

## **Homemade Protein Powder**

Serves: 16

### *Ingredients*

- $1\frac{1}{2}$  cups hemp protein
- 1 cup + 2 Tbsp. ground flax meal
- $\frac{1}{2}$  cup toasted carob
- $\frac{1}{2}$  cup raw cacao
- 4 tsp. vanilla bean powder
- $\frac{1}{2}$  - 1 tsp. stevia
- 4 tablets chlorella, ground up (1/2 tsp. if you have powder)
- $\frac{1}{4}$  cup maca powder



### *Instructions*

1. Add all ingredients to a large bowl, mix well to combine.
2. Store in an air-tight container in the freezer.
3. You can double the recipe and switch the super foods based on what you have on hand!

### *Nutrition Information*

Serving size:  $\frac{1}{4}$  cup Calories: 102 Fat: 4g Carbohydrates: 6 Sugar: 1g Sodium: 12mg Fibre: 8 Protein: 10.8g

*Additional: change it up or add in hemp seeds, spirulina (chia meal, almond meal and oats are natural thickeners).*



*Maca is rich in micronutrients vitamins B2, B3, B6 and C and the minerals potassium, iodine, zinc, iron, copper and manganese*