

# Food Babe's Papaya Pineapple Protein Smoothie



| Prep Time: | Cook Time: | Total Time: | Serves: |
|------------|------------|-------------|---------|
| 5 mins     | 0 mins     | 5 mins      | 1       |

<https://foodbabe.com/protein-shake>

## Ingredients:

- 3 cups dark leafy greens
- 1 cup filtered water
- 1 cup frozen papaya
- ½ cup frozen pineapple
- 3 tablespoons pumpkin seeds (pepitos)
- 1 tablespoon shelled hemp seeds
- ½ lime, juiced

## Instructions:

1. Add the water and leafy greens to a blender and blend well.
2. Add the remaining ingredients, blend, and serve!
3. Optional: Store in fridge up to 48 hours to consume later.

## Notes:

- Please use all organic ingredients if possible