

## Energizing Acorn Squash Smoothie

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Recipe Type: Smoothie  
Serves: 16 ounces

Packed with protein, this green acorn squash smoothie had great flavor and will keep you full and energized until lunch or dinner.

### Ingredients

- 1 large handful baby kale, kale, or spinach
- 1 frozen banana
- $\frac{3}{4}$  cup cooked acorn squash or pumpkin puree
- 2 tablespoons flaxseed meal
- 1 tablespoons peanut butter
- 1 teaspoon vanilla extract
- 1 date (optional)
- 1 cup cold water

### Instructions

1. In a high powered blender combine all ingredients except hemp hearts and puree until smooth and creamy. Top with hemp hearts.

Recipe by Honest Cooking at <https://honestcooking.com/energizing-acorn-squash-smoothie/>