

Strawberry Vegan High Protein Smoothie Recipe

Ingredients

- 1/3 cup raw, unsalted cashews
- 1 cup strawberries
- ¼ cup chickpeas
- ¼ cup vegan yogurt
- 5 pitted dates
- 1 tbsp. chia seeds
- 1 tsp. vanilla extract

Steps

1. Add the cashews to a small pot of water, bring to a boil, and reduce to a simmer. Let simmer for 10 minutes to soften the cashews.
2. Drain the cashews, and add to a blender along with all the remaining ingredients and about ½ cup of water. Blend until smooth, and serve.

