

## Product Review: Naked Pea and Naked PB by NakedNutrition.com

### Recipes utilized:

Two scoops of Naked Pea unflavored added 1 scoop of Naked PB powders, ½ frozen banana, 1 tbsp Cacao by Navitas, ½ tsp of vanilla extract, and 3-4 tbsp of Almond milk and Oat Milk creamer by Starbucks, 3-4 ice cubes, and 1 cup of unsweetened almond milk.

Unsweetened almond milk 12 ounces with a scoop of Naked PB mixed into hot milk with a little added cinnamon and or nutmeg.

### Taste & Mixability:

The products mix very well in the blender, and the warm milk mix easily with the Naked PB without a mixer. Both times the texture was creamy, which is rare with vegan powders. The Naked pea has a neutral taste and will take on the flavor of whatever you combine with it. There were no lumps and there were no artificial flavorings in it.

### Nutrition and Ingredients:

By adding the two protein powders together I could get 34 grams of protein and the product remained easy to drink. The Naked Pea was 27 grams of protein for 2 scoops and the Naked PB was 7 grams of protein per scoop. The shake did not become too thick to drink. I loved that both protein powders had only one ingredient and no chemical sweeteners, no added sugar or salt, or any other additives. It was made exclusively from farms in the USA and Canada.

### Great choice for people with allergies like me:

It was GMO, Soy, Gluten, Vegan, and Dairy free. A bonus; They are 3<sup>rd</sup> party tested for heavy metals which are extremely important with protein supplements today and the Pea protein was NSF certified which is needed for athletes.

### Digestibility:

This is a big one for me. Most protein powders upset my stomach, but this one gave me no GI symptoms at all. I drank it twice in one day, and I did not have any bloating or discomfort. I remained full and satisfied for up to three hours after drinking it.

### Cons:

- Third party tested protein powders will cost a little more but it's worth the cost for protection against heavy metals.
- I had to dig to find the scoop but was a minor issue.
- It does need a sweetener of some sort since it is unflavored but then you can control what you want to put into it.

### Final Verdict:

I was thoroughly impressed as a client and a registered Dietitian. With all the added ingredients and chemicals in foods and supplements these days It was amazing to get a product that was exactly one ingredient with high quality and regulatory measures to boot. The shake was tasty and I felt like I was doing something healthy for my body so hears to Naked Nutrition! Well done

**Rating:** 4.7/5