

Protein Smoothie

SIMPLE RECIPE

Ingredients

- 1 c blueberries
- 1/2 c blackberries
- 1/2 frozen banana
- 1/2 ripe avocado
- 1 tbsp almond butter
- 1 tbsp chia seeds
- 2 scoops of collagen powder (20 grams)
- 1.5 c coconut milk

Directions

Combine all ingredients in a blender and process until creamy smooth.

(Can substitute the banana for 1/2 cup steamed or frozen riced cauliflower)

Notes

Add extra maple if you prefer it sweeter

