



Berry, Coconut, Collagen Powder Smoothie

2 servings

5 minutes

Ingredients

1 cup Canned Coconut Milk (full fat)
1/2 cup Frozen Berries
1/2 Avocado
1/3 cup Grass-Fed Collagen Powder
1 tbsp Hemp Seeds

Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add baby spinach, or chia seeds before blending.