

blueberry coconut super smoothie

SERVES 2

PREP TIME: 5 minutes

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- 8 oz homemade almond milk or coconut milk
 - 2 cups organic baby spinach, packed (about 2 large fistfuls)
 - $\frac{3}{4}$ cup frozen blueberries, preferably organic
 - 1 Tbsp [hemp hearts](#)
 - 1 Tbsp chia or flax seeds
 - 1-2 scoops unsweetened, clean protein powder of choice (such as [Garden of Life Sport Organic Plant Protein Vanilla](#))
 - 2-3 Tbsp unflavored, clean collagen powder (such as [Vital Proteins Collagen Peptides](#) or [Great Lakes](#)), optional- omit for vegetarian/vegan
 - 1-2 cups ice
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PLACE milk, spinach and blueberries in a high-powered blender and start blending.

SLOWLY add hemp hearts and chia/flax seeds through the top opening of the blender canister.

ADD protein powder and collagen powder (optional).

ADD 1-2 cups of ice cubes, depending on desired thickness.

BLEND about 30-45 seconds until ice cubes are fully blended.

DIVIDE into 2 servings.

SHARE or freeze the other serving for later.

