



Chocolate Collagen Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 5 leaves Romaine (washed and torn)
- 1/4 cup Frozen Cauliflower
- 1/2 cup Strawberries
- 1/2 Banana (frozen)
- 2 tbsps Chia Seeds
- 2 tbsps Cacao Powder
- 1 tbsp Almond Butter
- 1/2 oz Collagen Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Almond Milk: Use any other kind of milk like cashew, hemp or rice instead.

No Collagen Powder: Omit or use protein powder instead.

No Romaine: Use spinach or kale instead.

Nutrition

Amount per serving	
Calories	481
Fat	25g
Carbs	45g
Fiber	22g
Sugar	14g
Protein	27g
Cholesterol	0mg
Sodium	298mg
Potassium	1283mg
Vitamin C	67mg
Calcium	981mg
Iron	7mg
Vitamin D	151IU
Folate	251µg
Vitamin B12	0µg
Magnesium	201mg
Zinc	1mg