



Tropical Ginger-Berry Smoothie

1 serving
10 minutes

Ingredients

3/4 cup Pineapple (diced)
1 tbsp Ground Flax Seed
1 1/2 tsps Ginger (peeled and grated)
2 cups Baby Spinach
1/2 cup Water
4 Ice Cubes
1/4 cup Blueberries
1/2 serving Vital Protein Collagen
Peptides

Directions

- 1 Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 2 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 3 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!