



Post Workout Collagen Green Smoothie

2 servings

5 minutes

Ingredients

2 servings Vital Proteins Collagen Peptides (4 scoops)
2 cups Water (cold)
1/2 Avocado
1 Banana (frozen)
2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	210
Fat	8g
Carbs	19g
Fiber	6g
Sugar	8g
Protein	21g
Cholesterol	0mg
Sodium	143mg
Vitamin A	2924IU
Vitamin C	19mg
Calcium	63mg
Iron	1mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach, Use kale instead.

No Protein Powder, Add a few spoonfuls of hemp seeds.