



## Gingerbread Collagen Smoothie

1 serving

5 minutes

### Ingredients

1 cup Unsweetened Almond Milk  
1 serving Vital Proteins Collagen Peptides  
1/2 Banana (frozen)  
1 tbsp Chia Seeds  
1 tbsp Almond Butter  
1 1/2 tps Blackstrap Molasses  
1/2 tsp Ginger (fresh, minced)  
1/4 tsp Cinnamon (ground)  
1/8 tsp Ground Cloves  
1/4 tsp Vanilla Extract

### Directions

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

### Notes

**No Chia Seeds,** Use flax seeds instead.

**No Blackstrap Molasses,** Use maple syrup instead.

**Nut-Free,** Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

**More Veggies,** Add frozen cauliflower.

### Nutrition

Amount per serving	
Calories	346
Fat	16g
Carbs	31g
Fiber	8g
Sugar	13g
Protein	26g
Cholesterol	0mg
Sodium	281mg
Vitamin A	539IU
Vitamin C	5mg
Calcium	635mg
Iron	4mg