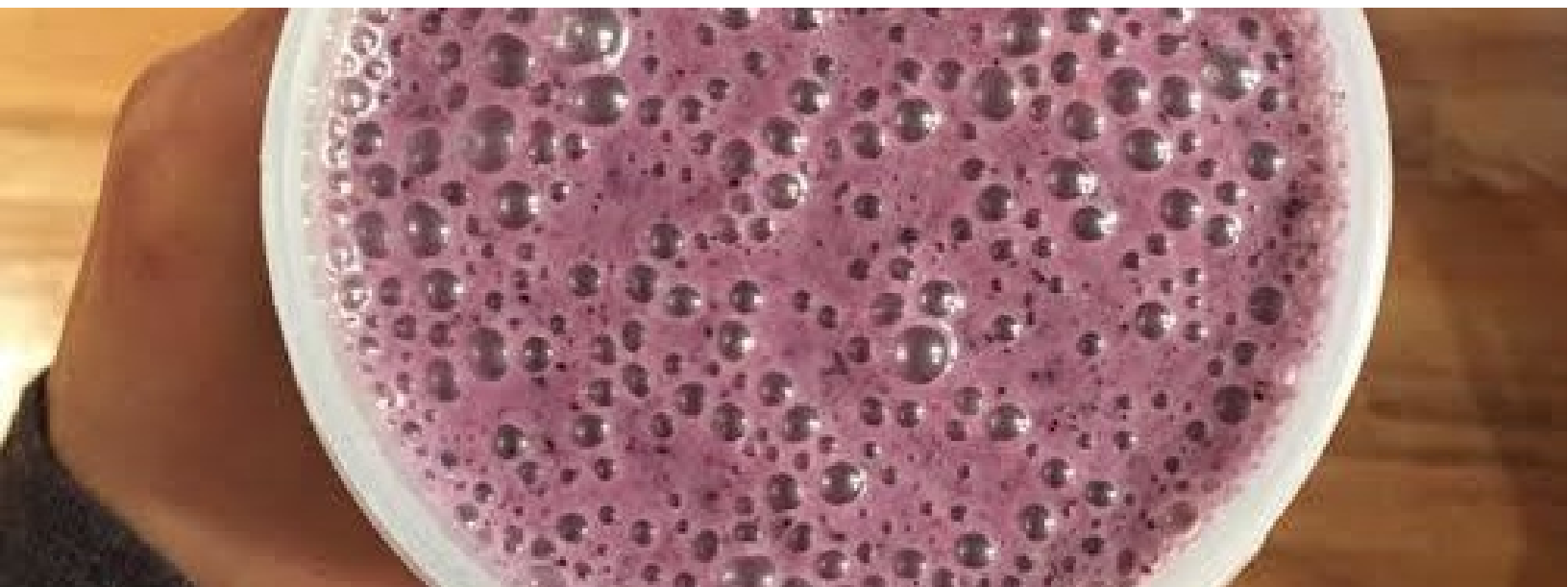


# Blueberry-Cardamom Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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1. All all ingredients to blender in order listed.
2. Add ice and blend.

## Notes

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### Protein

Add 1 scoop of collagen peptides for added protein boost.

## Ingredients

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- 1 cup** Unsweetened Almond Milk
- 1 tbsp** Ground Flax Seed
- 1/2 tsp** Cardamom (Ground)
- 1/4 tsp** Cinnamon
- 1 cup** Baby Spinach
- 1/2 cup** Frozen Banana (Cut into chunks)
- 2/3 cup** Blueberries (Fresh or Frozen)
- 4** Ice Cubes

# Anti-Inflammatory Smoothie

9 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in blender, in order listed.
2. Add ice and blend.

## Notes

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### Protein

Add 1 scoop of collagen peptides for an added protein boost

## Ingredients

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- 1 cup** Unsweetened Almond Milk
- 1 cup** Baby Spinach
- 1 tbsp** Almond Butter (Unsweetened)
- 1 tbsp** Ground Flax Seed
- 1/4 tsp** Turmeric
- 1/4 tsp** Ground Ginger
- 1/4 tsp** Cinnamon
- 1/2 cup** Frozen Banana (Cut into chunks)
- 4** Ice Cubes

# Chocolate Collagen Smoothie

9 ingredients · 5 minutes · 1 serving



## Directions

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1. Combine all ingredients into your blender. Blend until smooth, pour into a glass and enjoy!

## Notes

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### 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.

## Ingredients

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**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



# Glowing Green Mango Energy Smoothie

7 ingredients · 10 minutes · 2 servings



## Directions

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1. Place all ingredients together in a blender. Blend until smooth. Enjoy!

## Ingredients

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**4 cups** Baby Spinach  
**1/2** Cucumber  
**1** Lime (juiced)  
**1** Lemon (juiced)  
**1** Apple (skin removed and diced)  
**1 1/2 cups** Frozen Mango  
**2 cups** Water

# Collagen Green Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### No Collagen Powder

Omit or use protein powder instead.

### No Spinach

Use kale or romaine lettuce instead.

### Make it Vegan/Vegetarian

Omit the collagen and use a plant-based protein powder instead.

### Leftovers

Best enjoyed immediately.

## Ingredients

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**1 cup** Water

**2 cups** Baby Spinach

**1/2** Avocado

**1/2** Banana (frozen)

**1/2 oz** Collagen Powder