

# Healthy Green Breakfast Smoothie with Collagen and Whey Protein



Prep Time

**10 minutes**

Total Time

**10 minutes**

Servings

**1**

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

**Blender**



## Nutrition

457 Calories

21g Fat

38g Protein

18g Net Carbs

## Ingredients

- 1 cup frozen mixed berries
- 2 handfuls baby spinach (or any triple washed organic leafy greens)
- 1/4 avocado
- 1 cup your favorite unsweetened coconut or nut milk
- 1 tbsp almond butter
- 1 scoop Natural Force Organic Vanilla Whey Protein
- 1 scoop Natural Force Collagen Peptides (omit if vegetarian)
- 2-3 ice cubes

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## Instructions

1. Layer the ingredients in your blender by adding nut milk first, then berries, greens, avocado, almond butter, Whey Protein, Collagen Peptides, and finally the ice and spinach.
2. Blend until smooth, adding additional nut milk if a thinner consistency is desired.
3. Pour into your favorite cup and enjoy! For maximum nutrient content, drink smoothie immediately.

### Variations

For more sweetness: Add 1 small banana or 2-3 dates

For more fiber: Add 1-2 tsps chia seeds or flax seeds

For more healthy fat: Add a tbsp of Organic MCT Oil

For dairy-free: Use 1 scoop of Natural Force Organic Plant Protein in place of Natural Force Organic Whey Protein Concentrate