

Collagen & Raw Honey Blueberry Smoothie

<https://brickhousenutrition.com/blogs/recipes/collagen-raw-honey-blueberry-smoothie>

Prep Time: 30
mins

Servings:
1

What You'll Need:

ITEM	AMOUNT1
Unsweetened almond milk	1 Cup
Frozen blueberries	1 Cup
Collegen Peptides	1 Scoop
Chia Seeds	1 Tbsp
Raw honey	1 Tbsp

Follow These Simple Steps:

1. Add all ingredients to a high-speed blender and blend until smooth.
2. Enjoy!

LET'S SEE YOUR RESULTS! Tag [@brickhousenutrition](#) on Instagram!