

Heart Healthy Smoothie

Makes: 1 serving

Prep time: 1 minute

Cook time: 1-2 minutes

INGREDIENTS:

1/4 ripe avocado

1/2 banana, fresh or frozen

1 cup blueberries

1-2 handfuls fresh spinach

Pinch of cinnamon

1 scoop collagen powder or vanilla vegan

protein powder *optional

Ice/water to blend



Serving size: 1 full smoothie

INSTRUCTIONS:

1. For a thicker smoothie, freeze the bananas ahead of time.
2. Add all ingredients to a blender, starting with the ice at the bottom.
3. Add in water so it covers the ice then blend on high until smooth.