

# Chocolate Collagen Smoothie

9 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### 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

- 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
- 15 grams Collagen Powder

## Nutrition

Amount per serving

<b>Calories</b>	490	<b>Cholesterol</b>	0mg
<b>Fat</b>	25g	<b>Sodium</b>	294mg
<b>Carbs</b>	45g	<b>Vitamin A</b>	12995IU
<b>Fiber</b>	20g	<b>Vitamin C</b>	69mg
<b>Sugar</b>	14g	<b>Calcium</b>	961mg
<b>Protein</b>	27g	<b>Iron</b>	7mg