

Phone: +1 310.500.5846

Email: lauren@haasholistic.com

Facebook: @HaasHolistic

Banana Mac Nut Smoothie

Prep time: 1-2 minutes Make time: 1-2 minutes

Yields: 1 serving

Ingredients:

1.5 cups unsweetened vanilla almond milk or nut milk

1-2 handfuls raw spinach banana

5 whole macadamia nuts (or 10 halves) 2 scoops (20 grams) Vital Proteins collagen protein

1.5 scoops Biotics Nutriclear

Directions:

Place everything in the blender and mix until smooth.



Wellness Happiness Balance Good Food Love Vibrance