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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

Directions:

Place everything in the blender and mix until smooth.



Wellness Happiness Balance Good Food Love Vibrance