

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
1	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.