

RECIPE

Chocolate nut smoothie



Ready in **5-7 minutes**

Serves **1**

Ingredients

- 2 TBS raspberries
- ¼ c blackberries
- ¼ c blueberries
- 4 strawberries
- ¼ c milk
- ¼ c apple cider
- 1 scoop Chocolate protein powder
- 1 TBS peanut butter
- 1 handful spinach
- 1 scoop collagen (optional)

Preparation

1. Place liquid then berries then powders and peanut butter into blender.
2. Blend on high until creamy and smooth about 2-3 minutes.