

# Vanilla Maca Date Smoothie



**PREP TIME:**  
5 MINUTES

**COOK TIME:**  
N/A

**TOTAL TIME:**  
6 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

## Ingredients:

- 2 Cups Ice (add more for thicker smoothie)
- 1 ½ - 2 Cups Unsweetened Coconut, Almond, or Oat Milk (*I use So Delicious Organic Coconut*)
- 1 Scoop Organic Truvani Vanilla Protein [Purchase Here](#)
- 1 1/2 TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds
- 2 Pitted Medjool Dates
- 1 Teaspoon Maca Powder
- 1 TBSP Coconut Cream
- 1 Scoop Wild Marine Collagen Powder [Purchase Here](#)
- **Optional: 1 TBSP Nut Butter (I use almond butter) / Cinnamon for Top**

## Instructions:

1. In single-serve blender (I use Ninja brand) – add ice and then milk.
2. Add remaining ingredients.
3. Blend on high for about 20-30 seconds. Can blend longer for creamier smoothie. Pour into glass and enjoy.

**Optional:** Drizzle top with almond butter or sprinkle with cinnamon.

**\*Try and use all organic ingredients if possible.**

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