

Peppermint Chip Dragon 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:

- 1 ½ Cups Ice (add more for thicker smoothie)
- ¾ Cup - 1 Cup Unsweetened Non-Dairy Milk
- 1 Scoop Organic Truvani Vanilla Vegan Protein [Purchase Here](#)
- 1 TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds
- ½ Cup Frozen Dragon Fruit (AKA Pitaya)
- 1-2 Pitted Medjool Dates
- ¼ - ½ Teaspoon Peppermint Extract
- 4 oz. Unsweetened Coconut Yogurt or 2 TBSP Coconut Cream
- 1 Scoop Wild Marine Collagen Powder [Purchase Here](#)
- 1-2 Teaspoons Cacao Nibs

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. May have to add more non-dairy milk getting to desired consistency.
4. Add in 2 teaspoons of cacao nibs after completely blending smoothie and give it a quick pulse. Top with another teaspoon of cacao nibs.

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

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