

Shamrock Super Smoothie Recipe



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 less for thinner smoothie)
- 1 ¾ Cup Unsweetened Coconut Milk (reserve ¼ cup for topping off)
- 1 Scoop Organic Vegan Vanilla Protein
- 1 TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds
- 1 Medjool Date - Pitted
- 1 Teaspoons Moringa Powder or Spirulina
- 1 TBSP Coconut Cream
- 1 Cup Organic Spinach (or preferred greens)
- **Optional: Collagen Powder**

Instructions:

1. In single-serve blender 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.

For a Minty GREEN Shamrock Super Smoothie:

- Replace blueberries with ½ a Banana
- Add ¾ teaspoon Pure Peppermint Extract

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