

Black & White Super 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 Coconut Milk
- 1 Scoop Organic Vegan Vanilla Protein (***I use Truvani***)
- 1 TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds
- 2 Medjool Dates - Pitted
- 3 Teaspoons OMG! Immunity Organic Superfood Blend Powder or Cacao Powder
- 2 TBSP Coconut Cream
- 1 Scoop Collagen Powder
- ***Optional: 2 Teaspoons Unsweetend Cacao Nibs***

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.

Optional: Add 2 Teaspoons Unsweetened Cacao Nibs after smoothie is blended. Pulse for 2 seconds to still that get crunch in every bite!

***Cleanse Friendly when using a clean source of protein – Truvani is one of them.**

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