

Gut Boost 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 ½ Cup Unsweetened Coconut Milk
- 1 Scoop Organic Vegan Vanilla Protein (*I use Truvani*)
- 1 TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds
- 1 Teaspoon Green Matcha Powder
- 1 Medjool Date - Pitted
- ½ Cup Frozen Cranberries
- ½ Cup Frozen Pomegranate Arils
- 1 Scoop Collagen Powder
- **Optional:** 1 TBSP Coconut Cream

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.

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

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