

Red, White & Blue 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
- 1 Cup Coconut Milk (may need more to thicken smoothie)
- 1 TBSP Chia Seeds
- 1 TBSP Flax Seeds
- 2 Pitted Medjool Dates (*can do 1 if want lower sugar count*)
- 1 Scoop Vegan Vanilla Protein
- 1 Scoop Collagen
- 1 teaspoon Blue Spirulina
- 1 TBSP Coconut Cream + 1 TBSP for Coating Inside of Glass
- 2 Organic Strawberries

Instructions:

1. Pour ice and then milk into blender cup.
2. Add chia seeds, flax seeds, dates, protein, collagen, spirulina and 1 TBSP coconut Cream.
3. Blend until desired consistency – about 1 minute. May need to add more liquid for thinner smoothie.
4. In a clear glass, take about 1 TBSP of coconut cream and coat the inside of the glass, to give it a cloud effect as seen in photo (demonstrated in video as well).
5. Top with sliced strawberries.
6. **Optional** – Substitute raspberries for strawberries.

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