

Best Breakfast Smoothie

INGREDIENTS

1 cup frozen mango

1 tbsp chia seeds

1 ½ cups coconut water

1 tbsp wheatgrass

2 cups spinach

2 scoops NaturesPlus

1 cup frozen pineapple

Collagen Peptides

1. Place all ingredients in a blend and blend until smooth and creamy.

Yields 1 smoothie