



Collagen Berry Smoothie

Ingredients

- 1 cup mixed berries
- 1 ripe banana
- 1 cup spinach leaves (fresh or frozen)
- 1/2 cup Greek yogurt (plain or flavored)
- 1 serving of ESC collagen peptides
- 1 tablespoon chia seeds (optional)
- 1 cup almond milk or any milk of your choice
- Ice cubes (optional)

Directions

1. Wash the berries and spinach if they're fresh. Peel the banana and gather all the other ingredients.
2. In a blender, add the mixed berries, banana, spinach, Greek yogurt, grass-fed collagen peptides, chia seeds (if using), and almond milk.
3. Blend all the ingredients until you achieve a smooth and creamy consistency. If you prefer a thicker smoothie, you can add more frozen berries or ice cubes.
4. If the smoothie is too thick, you can add more almond milk in small increments until it reaches your desired consistency.
5. Pour the smoothie into a glass and enjoy immediately! You can also garnish with additional berries or a sprinkle of chia seeds if desired.

Nutritional Facts	
Servings Per Batch	1
Serving Size	1 Shake
Amount per Serving	
Calories	300
Carbs	50g
Fat	6g
Protein	20g

*Nutritional Facts will vary depending on ingredients