



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	3

Pina Colada Smoothie

Yummy protein packed smoothie!

Ingredients

- 1 medium Banana (s)
- 1 cup Baby spinach
- 1 cup Pineapple (Frozen)
- 1/4 cup Coconut milk
- 2 cup Coconut water, unsweetened, ready-to-drink
- 1 tbsp Collagen peptides
- 2 tsp Chia seeds
- 1 tbsp Hemp seeds, shelled
- 1 1/2 cup Water

Instructions

1. Add all ingredients to a blender and blend on high until smooth.
- Serve and enjoy!