



# Collagen Fruit Smoothie (Easy)

**Plan Z Phase:** This is a Z3 ([ZReboot](#)) recipe.

One of my favorite breakfasts these days. So easy and quick. Refreshing and filling. Collagen protein powder is not cheap but the health benefits are HUGE.

## Ingredients:

- 1/3-1/2 cup of unsweetened pea milk. Ripple is a new one I buy. (Pea milk is the greatest! I love the flavor and texture in a smoothie. Really smooth. If I don't have pea milk, I use unsweetened coconut milk or unsweetened almond milk. Those both work too).
- 1 scoop (2 Tbl) of the collagen protein powder. There will be a scoop in the jar. They say 2 scoops. I go with one)
- 1/3 cup of berries. I use frozen strawberries, or raspberries and blackberries work too. You can really use any berries, or they make chunks of frozen mango now too for a tropical version. Assorted berry options work too. And if you want

your smoothie a little thicker and fruitier, just add more fruit.

- $\frac{1}{2}$  cup of cold water
- Truvia to taste

### **Instructions:**

Put this all in your blender and whiz until it's smooth. I use my Bullet blender for this job. No need to take out the bigger model.

Pour in a glass and sip or load it into your travel mug for a meal on-the-go.

My husband even opts for a smoothie for lunch sometimes.

Enjoy!