

# MORNING GLORY BLUEBERRY SMOOTHIE

SERVES (1)

Wild blueberries are one of the best sources of antioxidants on the planet! Plus, they have been found to support memory and mood. The collagen powder provides protein while the almond butter, chia seeds, hemp seeds and coconut oil all provide healthy fats that will fill you up, help you absorb key nutrients, and keep you energized throughout out the morning.

## INGREDIENTS

1/2 cup wild blueberries (find them at Trader Joes)  
1/2 Zucchini, peeled and frozen  
(Peeling the zucchini will keep the vibrant blueberry color)  
1-2 tablespoons collagen powder or protein powder  
1/2 cup unsweetened vanilla almond milk  
1/2 cup coconut water  
1-2 tablespoons almond butter or nut butter  
1 teaspoon chia seeds  
1 teaspoon hemp seeds  
1 teaspoon coconut oil or MCT oil  
1/4 teaspoon cinnamon

Add-ins:

Serve with toasted shredded coconut

## METHOD

Soak chia seeds in coconut water. Do not discard.  
Meanwhile, prepare the remaining ingredients.  
Combine all ingredients in a high-speed blender until smooth and creamy