

Strawberry Red Pepper Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately, but can be kept refrigerated in an airtight jar or container for up to two days.

Serving Size

One serving is equal to approximately two cups.

Make it Vegan

Use hemp seeds or plant-based protein powder instead of collagen.

Ingredients

- 1 cup** Frozen Strawberries
- 1/2** Red Bell Pepper (medium)
- 2 tbsps** Pitted Dates
- 2 tsps** Chia Seeds
- 2/3 oz** Collagen Powder
- 1/2 cup** Coconut Water

