



VANILLA COLLAGEN SMOOTHIE

Yes, a Plant Collagen™ smoothie that is delicious and good for your skin and bones.

INGREDIENTS

- 2 pitted dates – we prefer medjool
- 1 cup unsweetened cashew milk
- 1 frozen banana, cut into small pieces
- 1 full serving (~10g) of your Blue Toad Vanilla Collagen powder
- 1 full serving of your favorite vanilla protein powder (optional)
- 1 tablespoon cashew butter
- 1/2 tablespoon cacao powder
- 1/2 teaspoon maca powder
- 1/2 cup ice for blending
- 1 pinch of cinnamon
- 1 pinch of ground vanilla bean

INSTRUCTIONS

1. Add all ingredients into the blender and blend at high speed until all ingredients are homogeneous.
2. Add more ice if you want the smoothie to be thicker...
3. Pour into a tall glass and top with your favorite fruit, nut, or garnish!
4. Toad heaven!