

# Mixed Berry & Greens Smoothie



Ready in less than 5 minutes

Serves 1 person

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## Ingredients

- 2/3 cup organic mixed berries (frozen)
- 1/3 cup organic chopped spinach (frozen)
- 1/4 cup [full-fat coconut milk](#)\*
- 1/2 cup [coconut water with pineapple juice](#)\*
- 12 grams [collagen peptides](#)\*
- 1/4 teaspoon [Natural Calm](#)\*
- Squeeze of fresh lemon juice
- Pinch of sea salt (optional)

## Method

1. **Combine all ingredients** in a blender or blender cup.
2. **Blend** until well combined.

## Notes

This is the perfect smoothie for a warm day, and would be great for breakfast alongside bacon, sausage, or hard-boiled eggs. It could also be enjoyed as a snack, or even as a post-workout beverage. Cheers!

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