

NANCY'S PROTEIN PACKED SMOOTHIE

Prep. time:
10 min

Cook time:
N/A

Serves:
1



INGREDIENTS:

Mix all in blender

- 1 cup milk of choice
- 1 banana
- Handful blueberries
- 1 Tbsp chia seeds
- 1 tsp Maca powder
- 1 scoop Four Sigmatic Vanilla Protein Powder
- 1 scoop Collagen powder