

Raspberry Turmeric Collagen Shake

8 ingredients · 5 minutes · 1 serving



Directions

1. Combine all the ingredients in a high-speed blender. Blend until smooth, adding a little extra water if the mixture is too thick. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately one cup.

Make it Vegan

Omit the collagen powder.

More Protein

Add a scoop of vanilla protein powder.

Ingredients

- 1/2 cup** Frozen Raspberries
- 1/2** Banana (large, roughly chopped)
- 1/2 cup** Plain Coconut Milk (from the carton)
- 1/4 cup** Water (or as needed)
- 1/4 tsp** Turmeric
- 1/2 oz** Collagen Powder
- 1/4** Lemon (juiced)
- 1/16 tsp** Sea Salt