

This recipe is inspired by my friend Milena, who has been following JWN principles for years.

She often writes me to tell me that she has tweaked one of my recipes just a bit, and every time I implement her changes, the recipe gets that much better!

The Milena Smoothie is great for breakfast or a snack, but it also works for a quick and healthy dessert.

She reported that adding the chocolate chips to this smoothie was "*YUM. Tastes like a chocolate-covered strawberry.*"

So enjoy the **Milena**, my friends. I'm thankful for Milena, you, and this whole lovely community of women who love healthy food and love their families.



The Milena Smoothie

1 serving

5 minutes

Ingredients

8 fl ozs Unsweetened Vanilla Almond Milk (can use cashew milk, oat milk, or organic dairy milk if desired.)

1 cup Frozen Mixed Berries (can use single frozen berry- 1 cup strawberries or 1 cup blueberries instead of mix.)

1 scoop Collagen Powder (I like Vital Proteins, Great Lakes, or Bulletproof collagen.)

1 pinch Sea Salt (Use pink himalayan or grey celtic sea salt for minerals. Redmond's Real Salt or Selina Naturally Grey Salt are good options.)

2 tbsps Chocolate Chips (milk or dark chocolate, either is fine!)

Directions

1 Add all ingredients together in a high powered blender. Whirl and serve!

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Nutrition

Amount per serving	
Calories	137
Fat	4g
Carbs	25g
Fiber	5g
Sugar	17g
Protein	2g
Cholesterol	0mg
Sodium	175mg
Potassium	270mg
Vitamin A	0IU
Vitamin C	5mg
Calcium	496mg
Iron	1mg
Vitamin B6	0.1mg

Vitamin B12	0µg
Magnesium	27mg
Zinc	0mg