

Matcha Collagen Smoothie

♥ lowcarblove.com/blog/matcha-collagen-smoothie

April 19, 2022



Ingredients:

- ½ tsp matcha powder + 1 scoop collagen + 2 drops stevia OR 1 matcha collagen packet

- 1 cup almond milk
- 1 tbsp coconut cream
- 2 tbsp frozen avocado chunks
- ½ cup ice

Directions:

1. Add all of your ingredients in a blender and blend until smooth.
-