

PB&J SMOOTHIE

Did you grow up on peanut butter and jelly sandwiches for lunch? If you love those flavors but don't want the high carbs that come with it, make this smoothie and you'll get none of the added sugars and ALL that nostalgic flavor.

INGREDIENTS

2 heaping cups frozen strawberries
(use 1 10-ounce bag)
2 cups almond milk
2 tablespoons chia seeds
2 scoop non-flavored collagen
powder
2 teaspoons hempo seeds
2 heaping tablespoons peanut
butter
2 Medjool dates, pitted, soaked for
10 minutes in boiling water

MAKES TWO

1 Place all ingredients except the dates in a high-speed blender and blend through.

2 Taste and see if the smoothie is sweet enough. If not, add two dates and blend through.



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