

sunrise super smoothie

SERVES 2

RECIPE FROM: [The Real Food Dietitians](#)

PREP TIME: 5 minutes

8-10 ounces homemade almond milk or
canned coconut milk (can find at Trader Joe's)

1 cup ice

2 small carrots

1 medium orange

2 Tbsp hemp hearts or chia seeds

1 tsp fresh ginger, minced
OR ¼ tsp ground ginger

½ tsp fresh turmeric, minced
OR ⅛ tsp ground turmeric

1-2 scoops unsweetened, clean protein powder

2-3 Tbsp unflavored, clean collagen powder
(optional)

PLACE all ingredients in a high-powered
blender.

BLEND until smooth.