



## Pineapple Kiwi Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Pineapple (chopped, fresh or frozen)
- 1 Kiwi (peeled)
- 1/2 cup Baby Spinach
- 1 cup Oat Milk
- 15 grams Collagen Powder

### Nutrition

Amount per serving	
Calories	298
Fat	6g
Saturated	1g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	48g
Fiber	7g
Sugar	30g
Protein	18g

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

**No Collagen / Protein Powder:** Add some Greek yogurt or a tablespoon of hemp seeds.

**Milk Options:** Use any other milk alternative.

**More Flavor:** Add chia seeds, honey, or mango.

**Health Facts:** : Kiwi is high in fibre for bowel movement and loaded with antioxidants such as vitamin C to boost your immunity. Whilst collagen is a great protein source to aid joints, increase bone density as well as support your immune system too.