

Super-Skin Blueberry Smoothie

Yield: 1 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-fake-skin-recipe>

Ingredients:

- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 cup spinach
- 8 ounces unsweetened almond milk
- 2 tablespoons hemp hearts
- 1 scoop Collagen peptides
- 1 teaspoon spirulina optional