

Cosmic Coco Colada Smoothie

Sweet, creamy and refreshing, this delicious tropical smoothie treats your tastebuds and repairs your body!

Powered by the dynamic duo of **CanPrev's Liposomal Vitamin C** and **Collagen Full Spectrum Powder**, it's a recipe for skin and joint healing.

Blend this up for breakfast, post-workout, or as an afternoon snack for a citrus-coconutty blast.



Preparation time: 5 mins | Servings: 2



Ingredients

- 1 cup canned coconut milk
- 1 frozen banana
- 1 cup ice
- 2 dates, pitted
- ¼ cup shredded coconut
- 2 tbsp Liposomal Vitamin C
- 2 scoops Collagen Full Spectrum Powder

Method

1. Add all ingredients to a blender, and blend on high until smooth.
2. Pour into two glasses, and enjoy with a friend!

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Developed by: Hilary Bajzik



Hilary is a health enthusiast, with a passion for cooking, nutrition and fitness. She loves creating recipes that anyone can enjoy, that taste as good as they make you feel.

