

# Strawberry Banana Smoothie (Paleo, Whole30, Vegan)

[www.EatCleanDragQueen.com](http://www.EatCleanDragQueen.com)

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Every morning after my run, the one thing I look forward to more than anything is my Collagen Peptide Smoothie. It refuels my body, taste delicious, and gives me a chance to do my morning scroll! Everybody loves a Strawberry Banana Smoothie, but making them at home can be discouraging if you don't know the right ratios, ultimately ending up with a watery smoothie. The key to getting the perfect consistency is freezing your fruit overnight, so be sure to prep ahead if you plan on making this in the morning! It's naturally sweetened to perfection, but the flavor can be further enhanced with the addition of some freeze dried strawberries!

## INGREDIENTS:

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- 1 Large Ripe Banana, sliced and frozen overnight\*
- 6 Large Strawberries, halved and frozen overnight\*
- 6 oz Dairy Free, No Sugar Added Milk
- 1/4 tsp Vanilla Extract
- 2 Scoops of Collagen Peptides (Exclude for Vegan)
- Coconut Flakes for topping
- Up to 1/4 Cup Freeze Dried Strawberries (optional)

## INSTRUCTIONS:

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1. Combine all ingredients in a blender and blend for 1-2 minutes. Top with Coconut Flakes or topping of your choice! Enjoy!

## NOTES:

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\* It's VERY important to make sure you freeze the fruit prior to using it in your smoothie! This avoids you having to add ice, which dilutes the flavor of the smoothie. Using frozen fruit will keep the consistency creamy and the smoothie very flavorful!

**MAKES 1 SMOOTHIE**

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