

Orange Pineapple Smoothie

THM-Friendly: E

- 1 cup of ice
- 1/2 cup nut milk (or 1/2 cup water and 1 tsp. JOL)
- 1/2 of a fresh orange
- 1/2 cup of pineapple (fresh is so good!)
- 1/2 cup cottage cheese (or 1 Tbsp. silken tofu)
- 1 scoop (1 and 1/2 Tbsp.) collagen
- 1 tsp. vanilla extract
- 1 and 1/2 tsp. psyllium
- 1 tsp. THM Super Sweet
- 1/4 tsp. sunflower lecithin
- 1 tsp. baobab
- 1/2 tsp. pineapple extract
- 1/2 tsp. orange extract
- non-starchy vegetables (optional)

Put all ingredients in the blender and zing them up!

enJOY!

