

*Tidal Wave Smoothie - A chocolate lovers dream inside a tropical paradise!  
- A beauty collagen and detox smoothie.*

## Ingredients

- 1 frozen banana (large)
- 1 handful fresh organic spinach
- ½ cup mango (fresh or frozen)
- ½ cup plant based milk
- ⅓ cup coconut water
- 2 scoops [Vital Proteins Tropical Hibiscus Beauty Collagen](#)
- 1 scoop chocolate flavored plant based protein powder
- 3 capsules [Vital Proteins Spirulina](#)
- 1 Tbsp cacao powder

## Directions

1. Add all ingredients to a high powered blender and blend until smooth and creamy. Remember to break open the spirulina capsules before adding to blender. You just want the powder, discard capsules.
2. Makes two servings

## Notes

- If not using the specific spirulina brand, regular spirulina is fine; about 1-2 tsp.
- If the banana and/or mango are not frozen, use ½ cup ice.
- I like using this [brand](#) for plant based protein powder.