

Spiced Banana Collagen Shake

- by Healing Family Eats

I always have frozen bananas in the freezer, they're perfect for whipping up an impromptu ice cream or shake. Whenever I notice the ones on the counter top are turning a little on the over ripe side, into the freezer they go!

(makes 2 large or 4 small shakes)

2 frozen bananas, peeled and roughly chopped

1 cup (250ml) coconut milk (I use [this one](#))

1/2 cup (125ml) coconut water

2 tbsp collagen hydrolysate (I use [this one](#))

1/2 tsp cinnamon powder (I use [this one](#))

3 cloves (I use [these](#))

good pinch mace (I use [this one](#))

pinch salt (I use [this one](#))

Put all ingredients into a blender and whizz until completely smooth and well blended. Serve immediately.

