

Avocado Lime Refresher with Collagen

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 ripe avocado
- Juice of 2-3 limes
- 6 cups coconut water
- 2 tbsp honey or 10-20 drops stevia
- 2 tbsp fresh mint leaves, chopped
- 1 cup ice
- 1-2 scoops collagen

Instructions:

1. Place all the ingredients into a high speed blender. Blend on high until fully combined.
2. Enjoy right away or refrigerate until serving. Serve with extra ice if you like. Garnish with some extra mint leaves.

Notes:

This recipe is adapted from The Joyous Cookbook page 65. Serves 8