

## BIOACTIVE BERRY BLAST

I call our new Bioactive Collagen Booster my daily dose. My favourite way to enjoy it is in a smoothie. Here's the recipe for you to enjoy as well.

Take super fruit berries and coconut milk combined with our Bioactive Collagen Booster for a nutritious and satisfying breakfast. Use certified organic produce where possible.

Serves 1

### INGREDIENTS

- 1 scoop Bioactive Collagen Booster
- 1 ½ cups frozen blueberries
- ½ avocado
- 1 tbsp sweet Shiro Miso
- 200ml macadamia nut/coconut (tinned) milk
- 4 scoops protein powder (hemp/whey)
- 2-3 ice cubes



### METHOD

Place all the ingredients in a high-speed blender. Blend for 1-2 minutes to a smooth consistency.

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This is a good balance of fat and protein that should keep you bursting with energy and sustained for a few hours.

There are lots of protein powders on the market but I recommend using one with NO flavours or additives just a plain hemp or grass fed whey protein isolate. The one I use is from 180 Nutrition and makes this recipe delicious, smooth and creamy.

The Bioactive Collagen Booster will add flavour and sweetness to the smoothie and the little hint of miso, a perfect balance of salty. I used tinned coconut as opposed to bottled.

Enjoy x