

SUPERFOOD SMOOTHIE

We believe in beauty from within and the first step towards glowing skin starts with fortifying your microbiome.

Take super fruit berries and healthy fats and combine 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 blueberries
- ½ avocado
- 1 tbsp sweet Shiro Miso
- 200ml macadamia nut/coconut (tinned) milk
- 1 tbsp macadamia nut butter
- 3-4 scoops protein powder (hemp/whey)
- 2 ice cubes



METHOD

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

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.

Enjoy x