

beauty food.

COLLAGEN
ROSE SPRITZ

Recipe



COLLAGEN *rose spritz*

beauty
food.

SERVES 2

✓ **GLUTEN-FREE** ✓ **DAIRY-FREE**

NO ADDED SUGAR

PREP ~ 2 MINS

The most gorgeous sugar free, collagen spiked, good for your skin and tummy beverage going around. We've used our Bioactive Marine Collagen Powder to help promote firmer, more elastic looking skin and strengthen hair.

INGREDIENTS

- 3 cups soda water
- 1 lime, juiced
- 2 teaspoons Beauty Food Bioactive Marine Collagen Powder
- Dried or fresh orange, sliced
- 2 teaspoons dried rose petals

METHOD

Pour soda water between two long glasses. Squeeze in the juice from 1 lime between the glasses and add in 1 tablespoon of the Beauty Food Bioactive Marine Collagen Powder into each glass. Give each glass a good stir.

Place in the orange slices and sprinkle over the dried rose petals to serve.



★ NOTES

Add 1 shot of tequila or gin to each glass to make a better-for-your-tummy cocktail!