

beauty food.

SKIN FOOD
MANGO SMOOTHIE

Recipe



SKIN FOOD

mango smoothie

beauty
food.

SERVES 2

✓ GLUTEN-FREE ✓ DAIRY-FREE

NO ADDED SUGAR

PREP ~ 2 MINS

We're all about efficiency in the mornings! So this smoothie contains minimal, good-for-you ingredients, and maximum flavour. Our Bioactive Marine Collagen Powder provides a boost of protein and collagen for healthy hair, skin and nails. It's everything you need first thing in the morning. Enjoy!

INGREDIENTS

SMOOTHIE

- 2 mango cheeks (1 whole mango), chopped and frozen
- 2 teaspoons Beauty Food Bioactive Marine Collagen Powder
- ½ cup cashews
- 2 tablespoons shredded coconut
- 1 teaspoon vanilla extract
- 1 1/4 cups almond milk

TO SERVE

- ¼ cup raspberries
- 2 tablespoons bee pollen (optional)

METHOD

Add mango, Beauty Food Bioactive Marine Collagen Powder, cashews, coconut, vanilla and almond milk to a blender and blend on high until smooth.

Divide smoothie between two glasses and top with raspberries and bee pollen (if using) to serve.

★ NOTES

Spike with some turmeric! For even more of a golden yellow glow and anti-inflammatory boost, add ¼ teaspoon of ground turmeric and a pinch of black pepper (which enhances the absorption of curcumin in the turmeric).