

# beauty food.

## PAPAYA BEAUTY SMOOTHIE

*Recipe*



# PAPAYA

## *beauty smoothie*

**beauty  
food.**

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**SERVES 2**

✓ **GLUTEN-FREE** ✓ **DAIRY-FREE**

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**0G SUGAR/SERVE**

**PREP ~ 2 MINS**

**Did you know papaya contains enzymes that help digest proteins better, reduce inflammation and improve digestive health? It's also packed full of Vitamin C, an essential immune vitamin.**

**We've also included avocado in this Beauty Smoothie, which is full of essential fatty acids, needed for optimal skin health and of course our Bioactive Marine Collagen Powder which promotes skin and gut health.**

### **INGREDIENTS**

- 1 cup papaya, diced and frozen
- 1 cup frozen mango
- 2 tablespoons avocado flesh
- Pinch ground turmeric
- Pinch ground cinnamon
- 1 tablespoon Beauty Food Bioactive Marine Collagen Powder
- 1 cup coconut milk
- 1 cup water
- 1 lime, juiced

### **METHOD**

Add all ingredients for the smoothie into a blender. Blend on high until well combined.

Pour between two glasses to serve.