

beauty food.

VANILLA CHAI COLLAGEN SHAKE

Recipe



VANILLA CHAI

collagen shake

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food.

SERVES 2

✓ GLUTEN-FREE ✓ DAIRY-FREE

2G SUGAR/SERVE

PREP ~ 2 MINS

Heading into the cooler months, we like to add some warming spices to our smoothies to warm the digestive system! This Vanilla Chai Collagen Shake uses beautiful chai spices for warmth, coconut yoghurt for creamy factor as well as our Bioactive Marine Collagen Powder for a gentle protein boost.

INGREDIENTS

SHAKE

- 5 frozen coconut milk cubes (see note)
- ¼ cup plant based coconut yoghurt
- ½ teaspoon ground cinnamon
- Pinch ground ginger
- Pinch of nutmeg
- 1 teaspoon vanilla extract
- 1 tablespoon Beauty Food Bioactive Marine Collagen Powder
- 2 cups almond milk
- 1 teaspoon maple syrup

TOPPINGS

- Ground cinnamon
- Hazelnuts, finely chopped

★ NOTES

To make coconut milk cubes: Shake a coconut milk can to combine the fat solids and liquid. Then open and pour directly into an ice cube tray and freeze. Pop the coconut cubes out and store in an airtight container in the fridge to use in smoothies. These little coconut cubes add a creaminess and natural sweetness to smoothies in place of banana to reduce sugar content.

METHOD

Add all ingredients into a blender and blitz on high until smooth. Add a little more water if you want a thinner consistency.

Pour the smoothie into two glasses and top with some finely chopped hazelnuts and a pinch of cinnamon.