

Coffee with Collagen Peptides: Boost Hair, Skin, Nails, and Joints!



Prep Time

1 minutes

Total Time

1 minutes

Servings

1

Allergens

Peanut-free, seafood-free, shellfish-free, tree nut-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

A spoon



Nutrition

45 Calories

0g Fat

10g Protein

1g Net Carbs

Ingredients

- 8 oz brewed hot Natural Force Clean Coffee
- 1 scoop Natural Force Collagen Peptides
- 1 tbsp Keto Coffee Creamer (optional)
- 2-3 drops liquid stevia (optional)

Instructions

1. Add Collagen Peptides to hot coffee and stir until completely dissolved.
2. If using Keto Coffee Creamer or liquid stevia, add these ingredients and stir again.