

COLLAGEN AND PROTEIN

smoothie

1
serving

5 mins

INGREDIENTS



x1 banana



x1 cup of diced pineapple



x1 cup of diced mango



100ml chosen nut milk



x1 sachet of Complete Collagen

METHOD

1. After prepping your ingredients, add all of them to your blender
2. Turn on the blend and wizz all of the ingredients together
3. Serve in a glass and enjoy!



Firmer, vibrant skin • Fuller hair and stronger nails • Energy and strength for the active body

Contains 2,500mg of Bioactive Collagen Peptides®

Proto-col
Collagen