

COLLAGEN YOGHURT POT

with Complete Collagen

1
serving

5 mins

INGREDIENTS



x1 yoghurt of your choice



x1 chosen toppings



x1 sachet of Complete Collagen

METHOD

1. Add your yoghurt of choice to a bowl
2. Layer all your toppings on your yoghurt
3. Serve in a glass and enjoy!
4. Enjoy!

Contains 8.5g of protein per sachet

Helps to reduce the appearance of fine lines and wrinkles • Supports with recovery after exercise



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