

teami

# BEAUTY FROM THE INSIDE OUT

*with collagen*

**(19 COLLAGEN RECIPES INSIDE!)**



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# welcome

## TO THE TEAMI COMMUNITEA!

Welcome to the Teami Communita! My name is Adi Arezzini and I am the Co-Founder + CEO of Teami Blends, a lifestyle brand that is dedicated to creating wellness and beauty products inspired by the health benefits of tea! A few years ago I suffered from terrible digestive/stomach issues and that is what got me on the path of researching natural remedies, teas, herbs, and superfoods!



Discovering the powerful world of tea led me to creating a line of loose leaf tea blends, tea infused wellness powders and tea infused natural skincare!

One of our newest creations is our [Beauty Butterfly Collagen](#), a blend of wild caught marine collagen, butterfly pea flower and acai berry!

I put together this ebook to give you important information about collagen, why its important and some delicious recipes to make at home!

I can't wait for you to start using your [Beauty Butterfly Collagen](#) at home!

SHARE YOUR JOURNEY WITH US BY TAGGING  
[@TEAMIBLENDS](#) + [#THANKYOUTEAMI](#) + [#TEAMIMIXIT](#)

A handwritten signature in black ink that reads 'Adi' with a small heart at the end of the stroke.

CO-FOUNDER & CEO  
[@ADIAREZZINI](#)



## WHY IS COLLAGEN IMPORTANT?

Collagen is the most abundant protein in the body and helps give structure to the hair, skin, nails, bones, ligaments and tendons in your body. Everyone is born with collagen, men and women alike!

What most people DON'T know is that around your 20's bodies begin to decrease in our natural collagen production. This can affect skin elasticity, digestion and joint achiness.


Supplementing with collagen powders into your wellness routine is a great way to ensure you are getting a good amount of collagen protein daily!


# WHAT KIND OF MARINE COLLAGEN IS USED IN OUR BEAUTY BUTTERFLY COLLAGEN?

Our Marine Collagen comes from exclusively  
wild-caught Cod fish **scales**.



## *why* WILD CAUGHT?

 Marine collagen is considered to be the most premium source of collagen and **wild-sourced** is considered **more favorable** than farmed sourced.

 Wild-caught fish have a lot more benefits and are less likely to contain unwanted antibiotics or pesticides!

# WHY DID WE CHOOSE FISH SCALES FOR OUR BEAUTY BUTTERFLY COLLAGEN?

As with many products, there are various grades available.

Marine collagen is graded as follows:

## LOW GRADE:

fish skin collagen



## MID-GRADE:

mix of fish skin and scale



## PREMIUM GRADE:

exclusively fish scale (no skin)



Teami Beauty Butterfly Collagen is a premium-select grade collagen, sourced exclusively from the scales of sustainable, wild-caught cod fish. Fish scales are a very pure, clean, abundant source of collagen.

**We got your back!** We always test our Beauty Butterfly Collagen for impurities and contaminants, including lead and mercury before blending and packaging our products.

## WHAT TYPE OF COLLAGEN IS MARINE COLLAGEN?



Marine (Fish) collagen is made up of mostly Type I collagen. Consisting of mostly one type of collagen doesn't mean it is inferior to bovine collagen, which has both Type I and Type III. Type I collagen is found almost everywhere in the body except for cartilaginous tissue.



**TYPE I COLLAGEN MAKES UP 70% OF OUR SKIN AND IS THE MOST ABUNDANT COLLAGEN IN THE BODY!**



Marine Collagen =

*Your Skin's BFF*



## WHAT IS A PEPTIDE? MARINE PEPTIDES?

Fish hydrolyzed collagen consists of smaller peptides (pieces of protein) than other sources of collagen and is **1.5 times more easily digested, absorbed and distributed throughout the body.**

# BEAUTIFYING FORMULATION

Marine Collagen is amazing on its own for overall beauty support, but we wanted to go a step further. We blended two complimentary antioxidant ingredients with our wild caught marine collagen to make our ***powerful beauty collagen formula!***



*3 beauty heroes* **IN EVERY SCOOP**



## **BUTTERFLY PEA FLOWER**

Dried from a gorgeous blue pea flower that grows in Southeast Asia called *Clitoria ternatea* or Butterfly Pea, many countries have been utilizing this blue caffeine-free tea's benefits and natural beauty enhancers for years. This tea, a rich blue color when steeped, blooms from deep lavender, deep blue to baby pink as it changes pH levels with the addition of certain ingredients, like lemon / lime.



## **ACAI BERRY**

Acai berries are a grape-like fruit native to the rainforests of South America. They are harvested from acai palm trees. Bursting with antioxidants, specifically, the antioxidant anthocyanin, which is abundant in acai berries can help overall stability, balance and wellness.



## **MARINE COLLAGEN**

10 grams of collagen protein in every scoop! Adding Collagen as a daily supplement by adding it to smoothies, baking and more, is a great way to support healthy hair, skin and nails.



# HOW TO USE YOUR BUTTERFLY BEAUTY COLLAGEN

[Beauty Butterfly Collagen](#) is best used as a smoothie superfood supplement! Add 1 scoop to your favorite smoothie or smoothie bowl and enjoy the collagen boost!

## READ ME

Wild Caught Marine Collagen is a pure source of marine collagen and can have a fish-like smell and taste.

Our Beauty Butterfly Collagen can be mixed with coffee, tea and water **but we recommend that you use it as a smoothie superfood supplement as that is what we created it for!**

**We do not recommend drinking our collagen with just water.** It must be added to other ingredients in order to blend best!



## WELLNESS POWDERS TO BLEND WITH YOUR BEAUTY COLLAGEN SMOOTHIES



Teami Superfood Greens

[LEARN MORE](#)



Teami Wellness Protein

[LEARN MORE](#)



Teami Matcha Tea

[LEARN MORE](#)



## BEAUTY BUTTERFLY COLLAGEN

# *frequently asked questions*

We put together a list of your questions and answered each one with love + care!

**Q:** How many servings of Beauty Butterfly Collagen can I have per day?

The daily collagen recommendation varies per person. Doses can range between 2.5g - 10g per day. We recommend 1 serving of Beauty Butterfly Collagen which has 10g of collagen. Your healthcare provider may be the best source of advice to determine the proper dose for you.

**Q:** Does the Teami Beauty Butterfly Collagen contain caffeine?

No, it is caffeine free!

### Q: Is the Teami Beauty Butterfly Collagen safe for children?

There are no known harmful effects for children wanting to take Marine Collagen. However, we always recommend consulting with your healthcare professional first.

### Q: What is the shelf life of the Teami Butterfly Beauty Collagen?

2 years! Check your Butterfly Beauty Collagen bottle next to the bar code, the expiration is written there.

### Q: Can I take your Teami Butterfly Beauty Collagen if I am pregnant or breastfeeding?

Collagen is protein, which is recommended when you are pregnant or breastfeeding. Everyone has a completely unique body and circumstance, so if you want to use our Teami Butterfly Beauty Collagen supplement while pregnant or breastfeeding, please consult with your healthcare professional first. Once given the thumbs up, you are good to go!

### Q: What can you mix with the Teami Beauty Butterfly Collagen?

We recommend always taking your collagen in a superfood smoothie! You can add your favorite fruits, milks and nut butters! We also LOVE adding our Teami Superfood Greens Powder or Teami Wellness Protein!

### Q: What is the best time during the day to take collagen?

You can take our Teami Beauty Butterfly Collagen at any time of the day, with or without food. We recommend always taking it in a superfood smoothie! The most important factor is to take collagen consistently on a daily basis!

**Q:** How long do I need to take Teami Beauty Butterfly Collage before I start to notice the benefits?

Seeing changes and improvements vary from person to person. Many members of our Teami Communita report feeling more energetic a few days in! Hair, skin and nails support is expected within 3-12 weeks of taking our collagen on a daily basis. Consistency is key! To get best results we recommend taking collagen consistently on a daily basis if you want to notice the benefits the quickest.

**Q:** Does the Teami Beauty Butterfly Collagen contain gluten or dairy?

Nope! Our collagen does not contain any gluten or dairy and is keto-friendly!

**Q:** Is the Teami Beauty Butterfly Collagen vegan?

Nope! The Teami Butterfly Collagen contains marine collagen which comes from fish! This is not a vegan or vegetarian product.

**Q:** Can I take Teami Beauty Butterfly Collagen & Teami Wellness Protein on the same day?

YES! Our Beauty Butterfly Collagen contains Type I Marine Collagen and our Wellness Protein contains plant-based Pea + Rice Protein. These proteins have different benefits for the body and are actually a great combination!

**Q:** Does the Teami Beauty Butterfly Collagen contain mercury + heavy metals?

No, we made sure of that! Our wild caught marine collagen goes through mercury and heavy metal testing before blending to ensure we are giving our Teami Communita the highest quality collagen!

# superbeauty

## SMOOTHIE RECIPES



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## PURPLE BEAUTY POTION

### INGREDIENTS:

- 1 banana
- Handful blueberries
- 1 1/2 cup oat milk - or your choice of milk
- 1 tbsp almond butter
- 1 scoop Teami Beauty Butterfly Collagen
- 1 cup ice - or as desired

### INSTRUCTIONS:

Blend until creamy and enjoy!

## CHOCO-HAZELNUT SMOOTHIE

### INGREDIENTS:

- 1 frozen banana
- Handful frozen blackberries
- 1 tbsp hazelnut butter
- 1/4 cup raw cacao powder
- 1/2 tsp cinnamon powder
- 1 scoop of Teami Beauty Butterfly Collagen
- 1 cup ice - or as desired

### INSTRUCTIONS:

Blend until smooth and enjoy!



# GLOWING CHOCOLATE SMOOTHIE

## INGREDIENTS:

- 1 banana
- 1 1/2 cup oat milk - or your choice of milk
- 1 tbsp almond butter
- 1 tbsp raw cacao powder
- 1/2 tsp cinnamon powder
- 1 scoop Teami Beauty Butterfly Collagen
- 1 cup ice - or as desired

## INSTRUCTIONS:

Blend until creamy and enjoy!



# CHOCOLATE MATCHA SMOOTHIE



## INGREDIENTS:

- 1 banana
- 1 1/2 cup almond milk - or your choice of milk
- 1 tsp [Teami Matcha Powder](#)
- 1 scoop Teami Beauty Butterfly Collagen
- 1/2 tsp pure vanilla extract - optional
- 1/2 tsp cinnamon - optional
- 1 cup ice - or as desired

## INSTRUCTIONS:

Blend until creamy and enjoy!



## KETO BEAUTY COLLAGEN SMOOTHIE

### INGREDIENTS:

- 1 cup unsweetened Coconut Milk (or almond milk)
- 1 scoop Teami Beauty Butterfly Collagen
- 1 tsp stevia - optional
- 1 tbsp cocoa powder (unsweetened natural)
- 5 ice cubes

### INSTRUCTIONS:

Blend until creamy and enjoy!

## SUPER GREEN COLLAGEN SMOOTHIE

### INGREDIENTS:

- 2 cups baby spinach
- 1 cup pineapple
- 1/4 avocado
- 1 scoop Teami Beauty Butterfly Collagen
- 2 inch piece ginger root
- 1 tsp turmeric
- 1 cup water or 1 cup pineapple juice  
your choice!

### INSTRUCTIONS:

Blend until creamy and enjoy!







## OCEAN BEAUTY SMOOTHIE

### INGREDIENTS:

- 1 cup frozen/fresh blueberries
- 1/2 frozen banana
- 1/2 avocado
- 1 tbsp almond butter
- 1 tbsp chia seeds
- 1 scoop Teami Beauty Butterfly Collagen
- 1 1/2 cups milk - any kind you want!
- 1 cup ice

### INSTRUCTIONS:

Blend until creamy and enjoy!



## CREAMY COLLAGEN SMOOTHIE

### INGREDIENTS:

- 1/2 avocado
- Handful blackberries
- 1/2 tbsp almond butter
- 1 cup milk - your choice
- 1 scoop Teami Beauty Butterfly Collagen
- 1 scoop [Teami Superfood Greens](#)
- Ice - optional!

### INSTRUCTIONS:

Blend until creamy and enjoy!



## TRIPLE BERRY COLLAGEN SMOOTHIE

### INGREDIENTS:

- 1/2 cup strawberries
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 1/2 cups milk - your choice
- 1 scoop Teami Beauty Butterfly Collagen
- 1 scoop Teami Wellness Protein - Chocolate**
- Ice - optional



## SUNSHINE BEAUTY SMOOTHIE

### INGREDIENTS:

- 1 cup of milk of choice (almond milk, hemp milk)
- 1 banana
- 1 small-medium navel orange
- 1 small carrot
- 1-inch chunk fresh ginger peeled (or 1 tsp ground)
- 1 scoop Teami Beauty Butterfly Collagen
- 1/4 tsp ground turmeric

### INSTRUCTIONS:

Blend until creamy and enjoy!



## STRAWBERRY MUFFIN SMOOTHIE

### INGREDIENTS:

- 1 1/2 cups orange juice
- 2/3 cup fresh or frozen strawberries
- 1/2 cup rolled oats
- 2 tbsp flax oil
- 1/2 tsp cinnamon
- 1 scoop Teami Beauty Butterfly Collagen
- 1 cup ice

# ON VACAY SMOOTHIE

## INGREDIENTS:

- 1 scoop [Teami Superfood Greens](#) 🍃
- 1 scoop Teami Beauty Butterfly Collagen 🍃
- 1/2 avocado 🍃
- 1 1/2 cups coconut milk (or milk of your choice!) 🍃
- 1 cup chopped mango 🍃
- 1/2 cup chopped fresh pineapple 🍃
- Ice 🍃

## INSTRUCTIONS:

Blend until creamy and enjoy!



# SUPER BEAUTY SMOOTHIE (27G PROTEIN)!



## INGREDIENTS:

- 🍃 [1 scoop Teami Wellness Protein - Chocolate](#)
- 🍃 1 scoop Teami Beauty Butterfly Collagen
- 🍃 1-2 cups milk of choice
- 🍃 1 banana
- 🍃 1/2 tsp cinnamon powder
- 🍃 Ice

## INSTRUCTIONS:

Blend until creamy and enjoy!

MORE

*superbeauty*

RECIPES



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## BEAUTY COLLAGEN HOT CHOCOLATE

### INGREDIENTS:

- 1/2 cup cashew milk
- 1/2 cup filtered water
- 2 teaspoons cacao powder
- 1 medjool date, pitted
- 1 tsp vanilla extract
- 1 scoop Teami Butterfly Collagen
- Cinnamon powder - to sprinkle on top

### INSTRUCTIONS:

Combine the water and cashew milk in a small saucepan over medium heat. Bring to a simmer. Add the warm liquid to a blender with the rest of the ingredients. Blend on high until frothy, about 1 minutes.

Transfer collagen hot chocolate into a mug and sprinkle with cinnamon!



# COLLAGEN CHOCO-CHIP COOKIES

## INGREDIENTS:

- 1/2 cup coconut oil, solid
- 3/4 cup coconut sugar
- 1 large egg, room temp
- 1/2 tsp vanilla extract
- 1 1/4 cups unbleached flour  
or almond flour as a substitute
- 3/4 tsp baking soda
- 1/2 tsp salt
- 1 scoop Teami Beauty Butterfly Collagen
- 1 cup dairy-free dark chocolate chips

## INSTRUCTIONS:

1. Bring your egg to room temperature by placing it in a glass of warm water for around 10 minutes.
2. In a large bowl, beat together the solid coconut oil and coconut sugar. Beat in the egg and then the vanilla; set aside.
3. In a medium bowl, whisk together the flour, baking soda, salt, and collagen powder. Add dry ingredients to wet and use a large wooden spoon or spatula to gently mix until nearly combined. Stir in the chocolate chips, reserving 1/4 cup of chips to top the dough balls. Cover and chill the dough for 30 minutes.
4. Preheat your oven to 350°F and line a baking sheet with parchment paper. Scoop cookies 1.5 Tbsp in size and roll into smooth balls. Top each dough ball with extra chocolate chips\* and bake, six at a time, at 350°F for 5-6 minutes.
5. Allow cookies to cool on the baking sheet for 1-2 minutes and then gently move to a cooling rack.
6. Store cooled leftovers in an airtight container at room temperature. Cookies will be softer the next day.



## BEAUTY PROTEIN PANCAKES (GLUTEN-FREE)

### INGREDIENTS:

- 1 egg
- 1 very ripe banana, mashed
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 cup of flax meal
- 1 scoop Teami Beauty Butterfly Collagen
- 1 scoop Wellness Protein
- 2/3 cup of almond flour
- 1 tsp of pure vanilla extract
- Splash of water or almond milk

### INSTRUCTIONS:

1. Mix all ingredients together in a medium sized bowl
2. Add coconut oil to a large non-stick pan on the stove on medium heat
3. Add about a 2.5 inch in diameter sized pancake batter to the pan and let cook until bubbles start to form in the middle. You may not get many bubbles with this batter, but make sure to wait to flip until the pancake is browned on the bottom.
4. Flip and cook until browned on the other side

# COLLAGEN CHOCO CHIA PUDDING

## INGREDIENTS:

- 1/2 cup chia seeds
- 1/4 cup unsweetened cocoa powder
- 2 cups unsweetened almond milk
- 1/4 cup pure maple syrup
- 1 scoop Teami Beauty Butterfly Collagen

## INSTRUCTIONS:

1. Blend well until chia seeds are finely ground and the mixture is completely smooth..
2. Pour into a large bowl. Cover and place in the refrigerator for at least 2 hours (more is better) so that the pudding can chill and thicken.
3. Add your favorite toppings and mix-ins and enjoy!







## BERRY BEAUTY COLLAGEN POPSICLES

### INGREDIENTS:

- 🍴 2 cups of mixed berries
- 🍴 1 cup nut milk of choice
- 🍴 1 scoop Teami Beauty Butterfly Collagen

### INSTRUCTIONS:

1. Blend ingredients until smooth.
2. Pour mixture into ice pop molds.
3. Place in freezer for at least 5 hours or overnight.

## BANANA BEAUTY COLLAGEN POPSICLES

### INGREDIENTS:

- 🍴 1 banana
- 🍴 1 cup nut milk of choice
- 🍴 1 scoop Teami Beauty Butterfly Collagen

### INSTRUCTIONS:

1. Blend ingredients until smooth.
2. Pour mixture into ice pop molds.
3. Place in freezer for at least 5 hours or overnight.

# YOUR JOURNEY TO WELLNESS

*starts now!*

Wellness, health, beauty, happiness...it's a MINDSET. By investing in yourself and the products you consume, you are creating a brighter future for yourself.

I truly believe that wellness is a combination of small, healthy habits done on a daily basis. There are no shortcuts...it's a slow and steady lifelong commitment.

The turtle wins this one guys - **every single time.**

I am challenging you to use your [Beauty Butterfly Collagen](#) in superfood smoothies on a regular basis and see the difference in how you feel, your skin, your nails and your overall wellness!



If you need to do a little body reset you can also do our 5 day smoothie challenge any time you want! I am adding it on the following pages for you guys

Feel free to DM [@teamiblends](#) or me directly [@adiarezzini](#) and share your journey! I love being in touch with anyone that is part of our Teami Communita!



A handwritten signature in black ink that reads 'Adi' with a heart symbol at the end.

CO-FOUNDER & CEO  
[@ADIAREZZINI](#)

# benefits

## OF DRINKING SMOOTHIES FOR BREAKFAST

Smoothies are a great way to start your day off on a healthy note!

Here are 5 of my favorite reasons to drink a smoothie every day!



- 1. Fast + efficient for your busy lifestyle!**  
Smoothies take under 5 minutes to make.
- 2. Stay full longer!** Because smoothies include real fruits and veggies, they are bursting with fiber that keep hunger at bay.
- 3. Reduce cravings naturally!** Because smoothies keep you full longer, it also comes with the added benefit of less cravings for snacks or unhealthy foods, especially if you add fruits to your recipes!
- 4. Full of antioxidants!** Fruits, veggies and superfoods are high in antioxidants, drinking a smoothie is a great way to get your dose of antioxidants in the morning!
- 5. Better Digestion!** Consuming fruits and vegetables in liquid form makes it easier for your body to break down nutrients and digest them.

### *extra tip:*

We love using a reusable straw when we drink our smoothies. It feels fancy and its' good for the planet!

## 5 DAY SMOOTHIE DETOX

# challenge!



As a Certified Nutrition Health Coach, I understand how important it is to get FRESH fruits, veggies, and superfoods into your diet. Easier said than done, I know!

I personally believe that if you start your morning with real foods your day will be more productive, your energy will be elevated and you will feel more vibrant overall!

### THE 5 DAY SMOOTHIE DETOX CHALLENGE IS SIMPLE:

- ✓ Make a smoothie every morning for breakfast instead of your usual meal (or lack thereof).
- ✓ Check-in with us on your social media and show us what you made!

Tag [@teamiblends](#) + [#thankyouteami](#) + [#teamismoothiechallenge](#)

You can use our Healthy Smoothie Recipes in this ebook, or make your own! Feel free to change our recipes to fit your own liking! Add more superfoods, add your choice of protein powder, just have fun with it!

CO-FOUNDER & CEO  
[@ADIAREZZINI](#)

## 5 DAY SMOOTHIE DETOX CHALLENGE

# success checklist

**Get your ingredients!** Pick out which recipes you want to make for the week and get the ingredients at your local grocery store! You can always order them on insta-cart as well!

**Frozen really is better!** Frozen fruits + veggies stay fresh longer, which means they won't go bad on you mid-week. There's nothing worse than having to throw away produce! If you already purchased fresh produce, I suggest putting them in Ziploc bags and storing them in your freezer!

**Stock up on your Teami Wellness Powders!** You're going to love adding our wellness powder into your smoothies for a nutrient boost!

**Superfood Greens** - 16 Green Superfoods in every scoop! Orders yours [HERE!](#)

**Wellness Powder** - 17g of plant-based chocolate protein! Orders yours [HERE!](#)

**Beauty Butterfly Collagen** - 10g of wild caught marine collagen! Orders yours [HERE!](#)

**Matcha Green Tea** - Bursting with powerful antioxidants! Orders yours [HERE!](#)

**Drink Water!** Don't neglect your water intake! While doing the 5 Day Smoothie Detox Challenge it is important to also stay hydrated! Take a 1/2 gallon or gallon jug with you to work to help you stay on track! (You can also use and refill your Teami Tumbler!)

**Inspire Others!** It's AWESOME that you decided to do the 5 Day Detox Smoothie Challenge, but now it's your turn to inspire your friends, family, and co-workers to do the same! Invite them to do the challenge with you!



# MAKE YOUR SMOOTHIES *on the go!*

Our [Mixit Portable Smoothie Blender](#) helps you make your superfood creations **ON THE GO!**

Add in your ingredients and make your smoothie in the car, office, gym, basically everywhere!



## WELLNESS POWDER FAVES



Teami Superfood Greens

[LEARN MORE](#)



Teami Wellness Protein

[LEARN MORE](#)



Teami Matcha Tea

[LEARN MORE](#)

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*teami ebooks!!*



**TEAMI 5 DAY WATER CHALLENGE**



**TEAMI 5 DAY SMOOTHIE DETOX CHALLENGE**



**TEAMI SUMMER DETOX**



**TEAMI DETOX APPROVED RECIPES**

Click [HERE](#) or head to

<https://www.teamiblends.com/blogs/ebooks> to get yours!

# WANT TO BE A TEAMI COMMUNITEA VIP?!

## *ways to get involved*

Join our Communithea Rewards Program to earn \$ points, get rewards and refer your friends!

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Post a selfie with your favorite Teami products on social media! Tag @teamiblends #thankyouteami

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**WE LOVE YOU,**  
Teami Communithea!