

“ After I work out I have to make a protein shake with collagen ”

I've been told that as you age, women only have 65% of the protein that they need, so I get it every which way I can. **YES** to my nails, skin and joints!

Carla's Recipe

PROTEIN DRINK



- 1** Pour almond milk into blender safe cup (blender bottle)
- 2** Add scoop of protein powder of choice
- 3** Add 1 scoop of collagen powder unflavored collagen (such as Vital Proteins, one of Carla's favorites)
- 4** Add cinnamon for taste
- 5** Close lid to blender bottle
- 6** Blend until satisfied with consistency
- 7** Enjoy!