

**THE SKIN BODY HEALTH CO**



**SMOOTHIE  
RECIPES**

# Smoothies and drinks that boost your wellbeing.

COLLAGEN BEAUTY and COLLAGEN BODY, two unique food supplements with a synergy of clinically proven ingredients - Type 1, 2 and 3 premium bioactive collagen peptides in different ratios with Biome Complex®, deliver a unique two-fold nutritional approach.

The gut is interconnected with the skin, other body systems, and tissues Targeting the gut barrier with a two-fold nutritional approach, including specific nutrients, is an effective way to enhance your health and well-being and balance the immune system through the power of the gut.



# When it comes to making a smoothie, don't overthink it.

The best ones are often made from improvising with what you have on hand. Using a simple formula is all you need to make a healthy, nourishing smoothie.



## Using a simple formula is all you need to make a **healthy, nourishing smoothie...**

### 1. Choose a liquid base.



Cold water, coconut water, dairy or dairy-free milk (such as oat, almond, hemp, or cashew nut) for an extra creamy smoothie.

### 2. Choose your fruit or veggies.



To keep your smoothie chilled and creamy, use frozen fruits and veggies. You can use ready-frozen fruit or chop and freeze fresh fruit.

### 3. Choose an easily digestible protein powder.



Collagen peptides are almost tasteless and easily digestible together with Biome Complex® the nutrients are designed to promote renewal and maintain the gut barrier, boosting collagen production, essential for healthy skin and body.

**Use 1 tablespoon per smoothie.**

### 4. Choose nuts / seeds for essential fats & probiotic fibre.



Nuts and seeds are packed with healthy fats we need to help absorb those precious fat-soluble vitamins and nutrients. Nuts and seeds also contain pre-biotic fibre, which is the ideal fuel for our beneficial gut bacteria.

**All you need is a handful of nuts, a dollop of almond butter, a drizzle of coconut oil, a slice of avocado or a variety of seeds such as chia seeds or flax seeds.**

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### **Optional extra's – Superfoods powders & berries.**

Add a sprinkle of one of the following cinnamon, turmeric, maca powder, goji berries, chia or flaxseeds.

## TIPS

○ **FOR A THINNER SMOOTHIE**

Add 1 cup of liquid.

○ **FOR A THICKER SMOOTHIE**

Start with a 1/2 cup and add more until desired consistency is achieved.

*Note Most of these recipes make 1 serving.*

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## INSTRUCTIONS

*For asmoothies, coffees and drinks*

- ① Add liquid ingredients first to ensure constant blend.
- ② Add fruit or veggies next.
- ③ Add collagen peptides and any other dry ingredients.
- ④ Add ice cubes last -if desired

### **Fun Fact!**

Smoothies are best served chilled.

## Anytime Vanilla Soother

Serves 1

### Ingredients

- ½ cup almond milk
- ½ cup coconut milk
- ½ fresh or frozen medium banana
- ½ tsp vanilla essence or ¼ tsp vanilla extract
- 1 Tbsp of **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**

**Optional** small hand full of nuts



## Mango Blast

Serves 1

### Ingredients

- ¾ cup almond milk
- 1 Tbsp almond butter
- 1 fresh or frozen banana
- ½ cup fresh or frozen mango
- 1 Tbsp flaxseeds
- ¼ tsp ground turmeric
- 1 Tbsp of **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**



## Tropical Antioxidant Smoothie

Serves 1

### Ingredients

- ½ - ¾ cup almond milk/coconut water
- ½ cup fresh or frozen strawberries
- ½ cup fresh or frozen mango
- ½ cup fresh or frozen pineapple
- 2 pitted dried dates or honey to taste
- 1 Tbsp of **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**



## Banana Berry Whiz

Serves 1

### Ingredients

- ½ - 1 cup unsweetened almond milk/milk of choice
- ½ Small fresh or frozen banana
- ¾ Cup mixed fresh or frozen berries
- 1 Tbsp. almond butter or nut butter of choice
- ¼ Avocado
- 1 tsp chia or flax seeds
- 1 Tbsp of **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**

### Optional

- 1 Handful of spinach
- ½ cup Greek yoghurt (omit for dairy-free)
- 4 Ice cubes



## Blueberry Breeze

Serves 1

### Ingredients

- 1 cup coconut water
- ½ cup fresh or frozen blueberries
- ½ medium fresh or frozen banana
- ½ cup greek-style yoghurt
- 1 Tbsp flax seeds
- 1 Tbsp of **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**



## Coffee Lovers' Pick Me Up

Serves 1

### Ingredients

- 1 cup chilled coffee
- ½ cup almond milk
- 2 pitted dried dates or honey to taste
- ½ cup oats
- ⅛ tsp cinnamon
- ¼ tsp vanilla essence
- ½ cup ice cubes
- 1 Tbsp of **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**



## Chocolate Almond Collagen Smoothie

Serves 1

### Ingredients

- 1 cup almond milk (add more if you find the consistency too thick)
- 1 - 1½ Tbsp cocoa powder
- ¼ fresh or frozen banana
- 1 Tbsp **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**

### Optional

- 4 ice cubes
- 1 tsp honey



## Chocolate Coconut Collagen Smoothie

Serves 1

### Ingredients

- 1 cup coconut milk
- ½ fresh or frozen banana
- 1 Tbsp almond butter
- 1 - 1½ Tbsp cocoa powder
- 1 Tbsp of **Collagen Beauty** or 1 rounded Tbsp **Collagen Body**



## Berry Protein Bliss

Serves 1

### Ingredients

- ½ cup almond or coconut milk
- ¼ cup natural or vanilla yoghurt
- ¼, ½ or 1 cup of fresh or frozen strawberries or mixed berries
- 1 Tbsp **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**

### Optional

- 4 Ice cubes
- 1 tsp honey





## Satisfying Early Riser

Serves 1

### Ingredients

- ½ cup almond or dairy milk
- ¼ cup plain or vanilla yoghurt
- ½ cup of fresh or frozen berries  
(*blueberries, raspberries, or strawberries*)
- ¼ - ½ medium fresh or frozen banana
- 1 Tbsp **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**

### Optional

- 1/2 a hand full of nuts
- 1 tsp honey or another sweetener



## Go-to Green Smoothie

Serves 2

### Ingredients

- 1 ½ - 2 cups milk of choice
- ½ - 1 fresh or frozen banana  
(*can swap for a cup of fruit such as green apple, pineapple, or mango*)
- 2 handfuls of baby spinach
- ½ avocado
- 1 Tbsp **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**
- 1 - 1 ½ cups ice



## Nutrient Bursting Green Smoothie

Serves 2

### Ingredients

- 1 cup coconut milk
- 1 cup of mixed baby spinach
- 2 large carrots (*peeled*)
- 1 avocado
- 1 stick celery
- 1 medium cucumber
- 1 handful fresh basil leaves
- Salt to taste
- 1 Tbsp **Collagen Beauty** or 1 rounded Tbsp of **Collagen Body**

### Optional

- a squeeze of fresh lemon

