



COLLAGEN SMOOTHIE GUIDE

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

THE SKIN BODY HEALTH CO

**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.

Add a few ice cubes to the final mix if you use fresh fruit or veggies.

3. Choose an easily digestible protein powder



Collagen peptides are almost tasteless and easily digestible; they are designed to support gut-immune health and boost collagen production, essential for healthy skin, hair, nails, joints and muscle recovery. Sage collagens are unique because they combine clinically proven collagen peptides and Imunnobiotic LP20 together with Vitamin C or magnesium. Depending on your health goal, use 1 to 2 tablespoons 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.

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.

INSTRUCTIONS

For all smoothies

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

Fact!

Smoothies are best served chilled.

RECIPES



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 peptides

Optional

- small handful 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 peptides

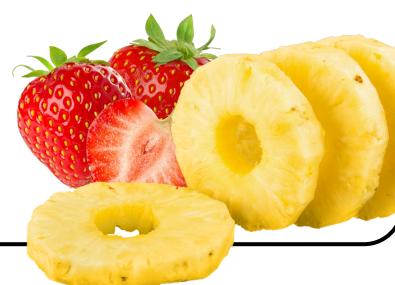


Tropical Antioxidant Smoothie

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 peptides



Banana Berry Whiz

Serves 1

Ingredients

- $\frac{1}{2}$ – 1 cup unsweetened almond milk / milk of choice
- $\frac{1}{2}$ Small fresh or frozen banana
- $\frac{3}{4}$ Cup mixed fresh or frozen berries
- 1 Tbsp. almond butter or nut butter of choice
- $\frac{1}{4}$ Avocado
- 1 tsp chia or flax seeds
- 1 Tbsp of collagen peptides

Optional

- 1 Handful of spinach
- $\frac{1}{2}$ cup Greek yoghurt (omit for dairy-free)
- 4 Ice cubes

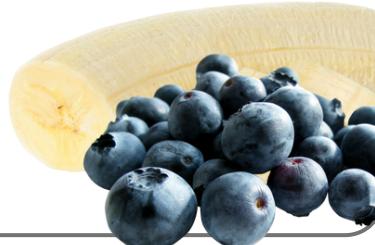


Blueberry Breeze

Serves 1

Ingredients

- 1 cup coconut water
- $\frac{1}{2}$ cup fresh or frozen blueberries
- $\frac{1}{2}$ medium fresh or frozen banana
- $\frac{1}{2}$ cup greek-style yoghurt
- 1 Tbsp flax seeds
- 1 Tbsp collagen peptides



Coffee Lovers' Pick Me Up

Serves 1

Ingredients

- 1 cup chilled coffee
- $\frac{1}{2}$ cup almond milk
- 2 pitted dried dates or honey to taste
- $\frac{1}{2}$ cup oats
- $\frac{1}{8}$ tsp cinnamon
- $\frac{1}{4}$ tsp vanilla essence
- $\frac{1}{2}$ cup ice cubes
- 1 Tbsp collagen peptides



Satisfying Early Riser

Serves 1

Ingredients

- $\frac{1}{2}$ cup almond or dairy milk
- $\frac{1}{4}$ cup plain or vanilla yoghurt
- $\frac{1}{2}$ cup of fresh or frozen berries
(blueberries, raspberries, or strawberries)
- $\frac{1}{4} - \frac{1}{2}$ medium fresh or frozen banana
- 1 Tbsp collagen peptides

Optional

- small handful of nuts
- 1 tsp honey or another sweetener



Go-to Green Smoothie

Serves 2

Ingredients

- $1\frac{1}{2} - 2$ cups milk of choice
- $\frac{1}{2} - 1$ fresh or frozen banana
(can swap for a cup of fruit such as green apple, pineapple, or mango)
- 2 handfuls baby spinach
- $\frac{1}{2}$ avocado
- 1 Tbsp collagen peptides
- 1 - $1\frac{1}{2}$ cups ice



Nutrient Bursting Green Smoothie

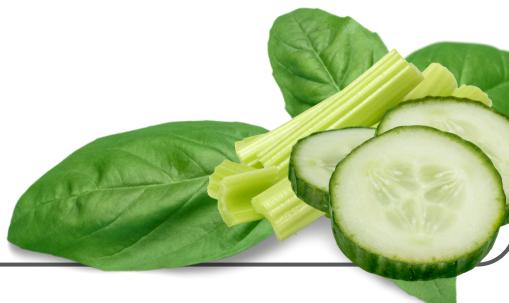
Serves 2

Ingredients

- 1 cup coconut milk
- 1 cup 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 peptides

Optional

- a squeeze of fresh lemon



Chocolate Almond Collagen Smoothie

Serves 1

Ingredients

- 1 cup almond milk (add more if you find the consistency too thick)
- 1 – 1 ½ Tbsp cocoa powder
- ¼ fresh or frozen banana
- 1 Tbsp collagen peptides

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 – 1 ½ Tbsp cocoa powder
- 1 Tbsp collagen peptides



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 peptides

Optional

- 4 ice cubes
- 1 tsp honey



Enjoy

THE SKIN BODY HEALTH CO

CONTACT US

info@skinbodyhealth.co.za

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