

Skin Glow Collagen Smoothie

Ingredients

- 1 scoop (10g) hydrolyzed marine collagen powder (best absorption for skin)
- 1 cup unsweetened coconut water (hydration + electrolytes)
- ½ cup frozen strawberries (vitamin C for collagen synthesis)
- ½ cup frozen papaya (enzymes for cell renewal)
- 1 Tbsp chia seeds (omega-3 + hydration)
- 1 tsp raw cacao powder (antioxidants)
- 1 tsp raw honey (optional, natural sweetness)
- 4–5 ice cubes

Instructions

1. Place all ingredients in a blender, starting with the coconut water for smooth blending.
2. Blend on high speed until creamy and silky.
3. Adjust thickness: add more ice for a thicker smoothie or extra coconut water for lighter texture.

4. Pour into a tall glass and sprinkle some chia seeds on top for garnish.

Benefits

- Collagen → improves skin firmness and elasticity.
- Vitamin C (strawberries + papaya) → boosts collagen production.
- Chia seeds → hydrate skin + fight inflammation.
- Raw cacao → protects skin against premature aging.
- Coconut water → restores minerals for a natural glow.