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Strawberry Skin Smoothie with Collagen

CATEGORY BEVERAGES
NUTRI SCORE C (Yellow)

INGREDIENTS

Phase	Ingredient	Function	Weight (%)
A	Coconut drink	Solvent & taste	54
	Maple syrup	Sweetener	2
B	Strawberries	Taste & source of vitamin C	22
	Banana	Taste & sweetness	10.0
	Dates	Sweetness, taste & prebiotics	4
	Collagen (plant-based)	Provides nutrients to boost collagen production in the body	2
	Avocado	Fat source & creaminess	2.5
	Vanilla extract	Taste	0.2
	Oligofructose	Prebiotics	0.8
	Vitamin C	Essential vitamin for collagen synthesis	0.05



METHOD

- A Let the dates soak in the milk for 5 min. Add maple sirup.
- B Mix all ingredients in a high performance blender at high speed for 90 sec. Serve cooled.

NUTRITION FACTS (100 g)

Energy	282 kJ / 67.6 kcal
Fat	1.2 g
of which saturates	0.5 g
Carbohydrates	8.8 g
of which sugars	8.3 g
Dietary fiber	1.8 g
Protein	5.4 g
Salt	0.1 g
Vitamin C	70 mg 87.5% NRV

HIGHLIGHTS

- Vitamin C contributes to normal collagen formation for the normal function of skin
- No artificial colorants or flavors
- Smooth and creamy texture
- Source of fiber

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