

Berry Rainbow Smoothie Bowl

Nourish your cells, and energize your soul with this delicious Berry Rainbow Smoothie Bowl! Loaded with healthy fats, minerals, phytonutrients and fibre from different fruits to support a healthy gut.

Add one scoop of **CanPrev's Collagen Full Spectrum Powder** to support healthy hair, skin and nails for maximum benefits! It's all about getting your glow on from the inside out!



Preparation time: 5 mins | Servings: 1



Ingredients

- $\frac{3}{4}$ cup water
- 1 avocado
- $\frac{1}{2}$ mango
- 1 cup frozen berries
- 2 tbsp chia seeds
- 1 tsp Ceylon cinnamon
- 1 scoop Collagen Full Spectrum Powder

Optional Toppings:

- Blueberries
- Mint leaves
- Banana slices, chopped
- Mango, finely chopped
- Strawberries, sliced

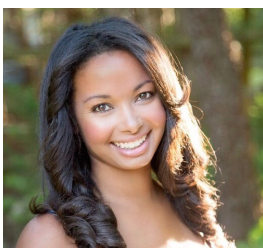
Method

1. Add all ingredients into a blender and blend until smooth. Pour smoothie mixture into a bowl.
2. Garnish with your favourite toppings and seasonal fruit.
3. Enjoy!

Featured Products



Developed by: Marilia Pereira



As a Holistic Nutritionist and Culinary Nutrition Expert, Marilia helps clients achieve optimal health through meal plans, clinical iridology, nutritional consultations, workshops and seminars.

