

Blueberry Muffin Smoothie Bowl

Whether it's breakfast, brunch, or snack time, this blueberry muffin smoothie bowl will be sure to get your skin glowing.

Packed with **CanPrev's Collagen Beauty Powder**, **Magnesium Bis-Glycinate 250 Ultra Gentle Drink Mix**, **Juicy Blueberry** flavour, and antioxidant-rich blueberries, your skin will thank you!

This tasty smoothie bowl will be your go-to all sunny summer long.



Preparation time: 5 mins | Servings: 1



Ingredients

- 1 cup coconut milk
- 1 scoop vegan protein of choice
- 1 tsp maca powder
- 1 tsp cinnamon
- 1 tbsp raw honey, or agave
- ½ cup frozen blueberries
- ½ frozen banana
- ¼ tsp Himalayan salt
- 1 scoop of Collagen Beauty Powder
- 1 scoop of Magnesium Drink Mix, Juicy Blueberry powder

Optional Topping Ideas: fresh, frozen or dried fruits, seeds, nuts, almond butter, tahini, chocolate chips, coconut flakes, bee pollen.

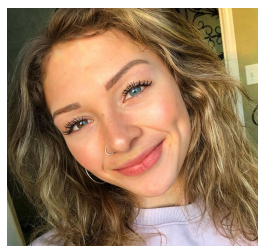
Method

1. Blend all ingredients on high speed, until smooth.
2. Pour into bowl, and top with your favourite fruits, nuts, seeds, granola or nut butters. Enjoy!

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Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

