

Gut Healthy Pumpkin Spice Coffee

Spice up your morning routine with our Gut Healthy Pumpkin Spice Coffee— a comforting sip of gut-healthy, skin-nourishing goodness.

Infused with **CanPrev's L-Glutamine Powder**, this brew goes beyond taste, maintaining the health of our immune and gastrointestinal cells, with a little help from pumpkin and cinnamon, which help to restore and balance friendly gut bacteria. Take it up a notch with a few scoops of **CanPrev's Collagen Beauty Powder**, which promotes skin elasticity and hydration.



Preparation time: 5 mins | Servings: 1



Ingredients

- 1 cup coffee
- 1 scoop vanilla protein powder
- 2 tbsp cream
- 1 tbsp pumpkin purée
- 2 tsp maple syrup
- ½ tsp pumpkin pie spice
- ½ tsp cinnamon
- 1 scoop Collagen Beauty Powder
- 2 scoops L-Glutamine Powder

Method

1. Add all the ingredients to a blender and blend till frothy.
2. Pour into your favourite mug and enjoy!

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Developed by: Hilary Bajzik



Hilary is a health enthusiast, with a passion for cooking, nutrition and fitness. She loves creating recipes that anyone can enjoy, that taste as good as they make you feel.

