

Vegan Strawberry Beauty Smoothie

Indulge in this creamy Vegan Strawberry Beauty Smoothie packed with healthy fats, vitamins, antioxidants, and fibre to fuel your morning or satisfy your sweet tooth after a meal.

The star ingredient is **CanPrev's Silicon Beauty liquid** a trace element required for strengthening the body's connective tissues like collagen and elastin. It delivers the world's most absorbable source of silicon to support glowing hair, skin, and nails from the inside out. This is a great plant-based alternative to promote collagen production naturally.



Preparation time: 5 mins | Servings: 2



Ingredients

- 1 cup fresh strawberries
- 1 cup coconut milk
- ½ large avocado
- 1 tbsp ground chia seeds
- ¼ tsp stevia extract
- ⅛ tsp vanilla extract
- Cinnamon to taste
- 1 tbsp Silicon Beauty

Method

1. Wash and trim fresh strawberries, and add to a blender.
2. Add coconut milk, avocado, ground chia seeds, Silicon Beauty, coconut milk, cinnamon, vanilla, and stevia.
3. Blend until smooth and serve chilled.
4. Enjoy with a friend!

Featured Products



Developed by: Joyce Baddour



Joyce is a health enthusiast and recipe creator on a mission to empower individuals to transform their health with delicious and nourishing blood sugar-friendly recipes.

