

The Beauty Bosses

Glow Smoothie

Makes 1 servings

Ingredients:

- 1 cup unsweetened almond milk
- 1 scoop collagen protein powder (our favorite)
- ½ cup frozen blueberries
- ½ cup frozen strawberries or raspberries
- ½ ripe banana (for creaminess + natural sweetness)
- 1 tablespoon ground flaxseed or chia seeds
- 1 teaspoon raw honey or maple syrup (optional)
- A few ice cubes (optional, for thickness)



Blend until smooth and creamy. Enjoy immediately

Glow-Boosting Benefits:

- Almond milk → hydration + vitamin E for skin softness
- Collagen protein → supports skin elasticity and firmness
- Berries → antioxidants that help protect skin from visible aging
- Flax or chia → omega-3s for skin barrier support and glow
- Banana → potassium + natural creaminess without dairy

Optional “Glow Up” Add-Ins (choose 1–2)

- 1 teaspoon MCT oil or almond butter for extra creaminess
- A pinch of cinnamon for circulation and flavor
- ½ teaspoon vanilla extract for dessert-like taste
- A handful of spinach (you won’t taste it — promise)

[The Beauty Bosses Recommended Collagen](#)