

### **Recipe Book**

Preparation Time: 5 minutes

# Collagen & Berry Smoothie Bowl

(Hayatna Collagen Drink, Greek Yoghurt)

#### Ingredients:

- ½ cup Hayatna Collagen Drink
- ½ cup Hayatna Greek Yoghurt
- 1 cup mixed frozen berries (strawberries, blueberries, raspberries)
- ½ banana
- 1 tbsp chia seeds
- Toppings: granola, fresh berries, coconut flakes, honey

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3. Drizzle with honey and serve immediately.

#### Steps:



1. Blend Hayatna Collagen Drink, Hayatna Greek Yoghurt, frozen berries, and banana until thick and smooth.



2. Pour into a bowl and top with granola, fresh berries, and coconut flakes.



