

Healthy Homemade Sprite

A refreshing collagen-boosting drink — guilt-free, naturally sweetened, and ready in minutes.

INGREDIENTS

1 glass carbonated water

Ice (as required)

1 tbsp fresh mint leaves (finely sliced)

Juice of 1 lemon

1 tsp monk fruit sweetener

1 scoop collagen powder

¼ cup water

METHOD

- 1 Add mint leaves, lemon juice, collagen powder, monk fruit sweetener, and water to a blender.
- 2 Blend until smooth.
- 3 Add ice and blend again, or use crushed ice as preferred.
- 4 Pour into a glass.
- 5 Top with carbonated water.
- 6 Serve immediately and enjoy fresh.

<small>SERVES</small> 1	<small>PREP TIME</small> 5 minutes	<small>BEST CONSUMED</small> Immediately
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WHY IT WORKS

What's in It for You

- **Collagen powder** — supports skin elasticity, hair and nail strength
- **Lemon juice** — high in Vitamin C, which boosts collagen synthesis
- **Mint leaves** — aids digestion and adds a natural cooling effect
- **Monk fruit sweetener** — zero-sugar, zero-calorie natural sweetener
- **Carbonated water** — the fizz, without any of the nasties

This drink is a great way to sneak your daily collagen in — especially if you struggle with plain supplements. Pair it with a protein-rich meal for best results.