
SAGE AND GINSENG GREEN TEA WITH COLLAGEN

- 1 scoop Truvani Marine Collagen
- 1 tbsp of sage green tea
- 2 Stay Well tea bags
- 1 tbsp of honey
- 1 qt of water



SPARKLING LEMONADE WITH COLLAGEN

- 1 scoop of Truvani Marine Collagen
- 1 liter sparkling water
- juice from 1 large lemon
- 1 cup soaked almonds and cashews
- 1 tbsp of raw honey
- fresh sliced lemons and oranges to garnish

