THE LIGHTER PLATE METHOD

Gut Support Chocolate Shake

A collagen and cocoa shake built for easy digestion, with papaya for a gentle sweetness.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 10 g hydrolysed collagen powder
- 5 g L-glutamine powder (1 tsp)
- 1 slice papaya
- 10 g unsweetened cocoa powder
- 1 tsp ground cinnamon
- 200 ml water

Method

1. Add all the ingredients to a blender with the water.
2. Blend briefly until smooth, then serve.

Tips & swaps

- Collagen and glutamine powders are both widely available in the supplements aisle.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**12g**	**6g**	**2g**	**2g**

Estimated values, for guidance only.