

# Velvet Garden Hydration Smoothie

A refined, mineral-rich smoothie designed to hydrate, nourish connective tissue, and gently support digestion while keeping the body light and energized.

## Ingredients

- Coconut water
- Bok choy stalk
- 1 organic banana
- 1 small red apple
- Collagen powder (Black Girl Vitamins)
- Date sugar (to taste)

## Benefits

- Deep cellular hydration and electrolyte balance
- Supports skin elasticity, joints, and connective tissue
- Gentle digestive and gut microbiome support
- Natural energy without heavy blood sugar spikes
- Antioxidant and mineral nourishment

*Perfect as a morning hydration ritual, post-movement refresher, or a light nourishment blend for glowing skin and steady energy.*