The Glow-Up Smoothie Recipe For Firmer Skin

5 MIN READ

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A vitamin C–packed morning smoothie that supports radiant, youthful skin from the inside out.

Looking for a quick, delicious way to boost your skin health before you even check your email? This three-ingredient morning smoothie packs a powerful punch of vitamin C, delivering over 200% of your daily needs. Your skin will love you for it.

Why it works: Vitamin C is a cornerstone of healthy, youthful skin. It supports **collagen production**, fights free radicals, and even helps regulate the genes responsible for skin regeneration. Unlike creams that stay on the surface, dietary vitamin C travels through your bloodstream to nourish and plump your skin from the inside out.

The Glow-Up Smoothie Recipe:

- 1 handful of strawberries (about 1 cup, 89 mg of vitamin C)
- 1 ripe kiwi (about 71 mg of vitamin C)
- ½ cup of fresh orange juice (about 60 mg of vitamin C)
- Toss in a few spinach leaves for extra antioxidants
- A few slices of avocado for healthy fat to improve the bioavailability of antioxidants.
- ½ cup Greek yogurt (adds protein and probiotics to support absorption)

Instructions:

1. 1 Add all ingredients to a blender.

2. Blend until smooth.
3. Sip slowly and know you just gave your skin a glow-up!

Optional upgrades:

- For an added boost of skin-firming vitamin C, add Rose Hips. You can find powdered rose hips at most health food stores
- Add a spoonful of chia seeds for omega-3s
- Blend with ice or a splash of coconut water instead of yogurt for a hydrating twist

Pro Tip: For maximum absorption, pair this smoothie with a food rich in healthy fats, like a handful of walnuts or a spoonful of almond butter. The fats **help your body absorb fat-soluble antioxidants** that often travel alongside vitamin C in whole foods.

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