

# Have unbelievably beautiful skin only after 2 weeks of dinner with this smoothie

To Get amazingly beautiful skin, apply this method of dinner right away and wait for the desired results within half a month.

Oats have anti-bacterial effects, prevent acne and skin infections. The amino acids contained in oatmeal help to reduce age spots, dark spots . on the skin. Meanwhile, red flesh dragon fruit is a fruit rich in vitamin C, containing anthocyanin content, a powerful antioxidant, slowing down the aging process, high.

The combination of both ingredients will help you get beautiful skin from the inside, prevent cardiovascular disease, improve immunity and help enhance vision .

## Raw materials to make oat dragon fruit element :

1. 1 red flesh dragon fruit
2. 2 tablespoons milk powder
3. 30g instant oats
4. A little sugar or diet omitted, the better.

## How to make dragon fruit oat smoothie :

Dragon fruit peeled and then chopped.



Pour 500ml of filtered water into a saucepan, add oatmeal and powdered milk to stir well and cover the lid on low heat for 10 minutes. Next add some sugar and stir.



Let the oat milk cool and then refrigerate the refrigerator. After cooling oat milk, then pour into a blender, add dragon fruit and puree is done.



Oat smoothie smoothie is a cool, nutritious and low calorie drink. Using this drink instead of dinner will be extremely good for your weight loss, beauty.



*Enjoy your meal!*

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