

Keep well in the new year with a healthy addition of collagen to delicious coconut bread and soup



150g desiccated coconut soaked in 150mls boiling water

2 large eggs

300mls coconut milk

1 tsp vanilla extract

2 tsp baking powder

½ tsp bicarbonate soda

Juice ½ lemon

200g golden caster sugar

300g plain flour

75g melted butter

30g either **Elite Hydrolysed Bovine Collagen Powder** Or **Wild Caught Hydrolysed Marine Collagen Powder**

## Coconut Collagen Bread

Preheat oven 180°C

Line a 21x10cm/2lb loaf tin with parchment paper.

Add **Elite Hydrolysed Bovine Collagen Powder** Or **Wild Caught Hydrolysed Marine Collagen Powder** and vanilla extract to the soaking coconut.

Sift together flour, baking powder and bicarbonate of soda.

Lightly whisk together eggs and milk and combine with sugar and cooled soaked coconut, collagen and vanilla mixture.

Add lemon juice and melted butter and then gently fold in the flour. Mix to combine but careful not to over mix.

Pour into loaf tin (it will look full) and bake for one hour - check cake after 40 minutes and cover lightly with foil if it is getting too dark. Allow to cool for 5 minutes before removing from pan.

You can serve in thick lightly toasted slices with a dusting of icing sugar, blueberries and coconut yogurt.

## Cauliflower, Collagen and Turmeric Soup

Ingredients for two hearty servings:

300g cauliflower cut into florets

1 leek sliced thinly

1-2 cloves of garlic peeled and chopped

Sprigs of fresh thyme

1 tbsp turmeric

30g either **Elite Hydrolysed Bovine Collagen Powder** Or **Wild Caught Hydrolysed Marine Collagen Powder**

1 tsp cumin

Juice of ½ lemon

600mls stock

Add cauliflower floret, stock and lemon juice and bring to boil. Leave to simmer until cauliflower is very soft, approximately 20 minutes.

Blend with a stick blender. Add **Elite Hydrolysed Bovine Collagen Powder** Or **Wild Caught Hydrolysed Marine Collagen Powder** and one tablespoon of Greek yogurt. Blend again and serve with an extra drizzle of Greek yoghurt, black pepper and olive oil.



Heat a tablespoon of olive oil and gently fry leek, garlic, thyme and ½ teaspoon of salt and pepper.

Add turmeric and cumin to the golden leeks and mix well.