

A collection of Summer Salad Collagen Dressings. These versatile dressings keep for weeks in the fridge, but rarely remain that long.

Maple, Mustard and Balsamic Collagen Dressing

Serves 4

- 6 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- 1 tbsp maple syrup

15g either **Elite Hydrolysed Bovine Collagen Powder** Or **Wild Caught Hydrolysed Marine Collagen Powder**

Pinch of sea salt & black pepper

Place all ingredients in a screw top jar and shake vigorously until well combined and looks creamy.

This dressing is delicious drizzled over salad made of simple green leaves and soft burrata cheese. It is also gorgeous drizzled over roasted Jersey Royale potatoes and tossed with chopped parsley and a tablespoon of capers.



Citrus and Basil Collagen Dressing

Serves 4

- Large handful of fresh basil
- 1 tbsp Dijon mustard
- 3 tbsp olive oil

15g either **Elite Hydrolysed Bovine Collagen Powder** or **Wild Caught Hydrolysed Marine Collagen Powder**

Juice of one lime

Juice of one orange

Pinch of sea salt & black pepper

Place all ingredients in a blender and blend until smooth.

This is a vibrant fresh dressing which is delicious drizzled over super salad full of lots of ingredients.

Lemon Poppyseed Collagen Dressing

Serves 4-6

- 6 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tbsp poppy seeds
- 1 tbsp honey

15g either **Elite Hydrolysed Bovine Collagen Powder** or **Wild Caught Hydrolysed Marine Collagen Powder**

Juice of one lemon

Place all ingredients in a jar and shake vigorously until creamy.

This is a thinner dressing, but lovely and zingy. If you like a thicker dressing use ½ lemon.

Freshens leaves and blueberries topped with roasted hazelnuts.

Peanut Collagen Dressing

Serves 4

- 2 tbsp peanut butter
- 1 tbsp soy sauce
- 1 tsp grated fresh ginger
- 1 tsp grated garlic
- 1tsp sesame oil

15g either **Elite Hydrolysed Bovine Collagen Powder** or **Wild Caught Hydrolysed Marine Collagen Powder**

Juice of one lime

1-2 tbsp water

Place all ingredients in a screw top jar and shake vigorously until the peanut butter is well mixed and the dressing is smooth.

This dressing works well over cabbage style salads. It is also gorgeous drizzled over roasted brussels sprouts with a sprinkle of toasted sesame seeds.