

Moving into summer we add our collagen mixes to a Strawberry Smoothie and Salmon Frittata

Strawberry and Collagen Sunrise Smoothie

Serves 2

160g frozen strawberries

Peeled and skinned flesh of a medium orange

375mls coconut water of your preferred milk

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

Maple syrup or honey to taste

Blend ingredients together until smooth



Salmon, Vegetable and Collagen Frittata



Serves 6

350g roasted mixed vegetables; courgette, red pepper, red onion. I also like to use up leftover vegetables.

260g salmon fillets

8 medium eggs

100mls milk of choice

40g **Elite Hydrolysed Bovine Collagen Powder** or **Wild Caught Hydrolysed Marine Collagen Powder**

Olive oil

Mixed chopped herbs; thyme, rosemary, basil

50g crumbled feta cheese

Preheat oven to 180°C

Roast vegetables for 20 minutes (if not already cooked) and salmon skin side up for 10 minutes. Set aside to cool.

Whisk eggs and milk together in a large bowl. Add the **Elite Hydrolysed Bovine Collagen Powder** or **Wild Caught Hydrolysed Marine Collagen Powder**, salt and pepper to taste, and chopped herbs.

Lightly oil a non stick baking dish. Arrange vegetables, flaked salmon and crumbled feta. Pour in egg mixture and cook in oven until almost set in middle. 15/20 minutes.

Allow to stand for 5-10 minutes before serving.

If you are not a fish person, it is also delicious without the salmon.