



Ingredients for one delicious smoothie serving

½ firm pear

¼ ripe avocado

1/3 cup coconut water

¼ cup coconut pro-biotic yogurt

Large handful of spinach leaves

2 ice cubes

Juice of ½ lemon

½ teaspoon of fresh grated ginger

13g either [Elite Hydrolysed Bovine Collagen Powder](#)

Or [Wild Caught Hydrolysed Marine Collagen Powder](#)

Blend together until smooth. You can peel the pear for a smoother result, but goodness will be lost.

Spiced Squash & Aubergine Roll—Serves 4-6

900g butternut squash cubed

265g/large aubergine, cubed

½ red onion, chopped

100g cooked pearl barley

½ teaspoon dried chilli flakes

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon fennel seeds

6 dried apricots, chopped

6 dates, seeds removed and chopped

Juice and zest of ½ lemon

100g firm feta cheese, cubed

Handful coriander leaves

26g either [Elite Hydrolysed Bovine Collagen Powder](#) or [Wild Caught Hydrolysed Marine Collagen Powder](#)

8 Sheets filo pastry

Salt and pepper to taste

Olive oil or butter to brush filo pastry

Icing sugar for dusting

Pre heat oven to 180°C



In a large pan gently fry onion, squash, aubergine, and all spices in olive oil. Add a good pinch of salt and ground pepper. Sweat vegetables until soft (approx. 20 minutes). Add chopped dried fruit and zest and juice of lemon. Add cooked barley and check seasoning adding more salt/pepper or lemon juice. Set aside to cool. Once cool add either [Elite Hydrolysed Bovine Collagen Powder](#) or [Wild Caught Hydrolysed Marine Collagen Powder](#) and chopped coriander leaves.

Lightly brush each of 4 layers of filo pastry and place half the cooled mixture along the bottom edge. Dot with half the cubed feta, roll up your first log and place onto a parchment lined oven tray. I use a rubber baking sheet to do this on and it makes rolling and transferring the rolls simple. Repeat the process to make the second roll.

Cook in oven for 20 mins, until lightly golden brown. Remove, dust with a little icing sugar, and return to oven for an additional 5-10 minutes.

Can serve with fresh tomato sauce and greens.

Cuts more easily after resting. Freezes well.