

## A Valentine's treat without sugar and a hearty soup

### Chocolate, Collagen and Avocado Mousse



- Serves 4 (or 2 large portions)
- 1 ripe peeled frozen banana
  - 3 tbsp raw cacao powder
  - 1 large ripe avocado (220g)
  - 2 tsp honey or maple syrup
  - 1 tsp lemon juice
  - 1 tsp vanilla extract
  - 2 tbsp coconut yogurt
  - 30g either **Elite Hydrolysed Bovine Collagen Powder** Or **Wild Caught Hydrolysed Marine Collagen Powder**
  - Pinch of sea salt

Mix together the collagen, cacao and yogurt until smooth.

Blend all ingredients together and spoon the smooth thick mousse into glasses or ramekins. Chill to firm.

Can be served with cacao nibs, berries, coconut yogurt, bee pollen or Valentine's decorations of your choice.



### Mushroom, Collagen and Barley Soup

Serves 2-4

- 1 small leek, washed and chopped
- 50g pearl barley soaked in water
- 625g family pack mushrooms
- 500 mls good quality chicken or vegetable stock
- 50 mls milk of choice
- Squeeze of lemon juice
- 30g either **Elite Hydrolysed Bovine Collagen Powder** Or **Wild Caught Hydrolysed Marine Collagen Powder**
- Fresh thyme or tarragon chopped
- Sea salt & pepper



Use a large saucepan to heat a little olive oil and sweat chopped leek until soft.

Add chopped mushrooms and stock then bring to boil. Cover and reduce heat to simmer for 3 minutes.

Remove from heat . Use stick blender lightly to give a textured and chunky soup.

Add drained barley and cook until barley soft (about 30 mins).

Add milk and boiling water to give desired thickness.

Check seasoning adding more salt and pepper if needed.

Stir in collagen, lemon juice and finish with chopped herb and a drizzle of yogurt.