

### Chocolate and Collagen Smoothie Boost

Serves One

1 frozen banana

1 heaped tbsp raw cacao powder

Drizzle of raw honey or pure maple syrup

Handful of baby spinach leaves

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

160 mls milk of choice

1 tbsp milled seed mix

½ tsp cinnamon

½ tsp vanilla extract

Blend all ingredients together until smooth adding a little more milk if on the thick side.

Top with raw cacao nibs if desired.



### Collagen Boost it Bar

Ingredients for 16 bars

250g Medjool dates

2 tsp cinnamon

½ tsp ground cardamom

60g dried cranberries

60g dried blueberries (cherries or raisins can be substituted)

60g pumpkin seeds

60g pistachio

50g cacao nibs

25g chai seeds

50g ground almonds

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

100g porridge oats

25g rice crispies

Zest and juice of one lemon

1 tbsp raw honey



Preheat oven to 180°C. Line 20cm square or equivalent tin with parchment paper.

Place pitted dates into a saucepan with 300 mls cold water and gently bring to boil. Simmer for 5 minutes and allow to cool. Mash with a fork. Add lemon juice, honey, collagen, cinnamon and cardamom.

Combine all other ingredients in a large bowl, then add date mixture and mix well.

Press mixture into baking tin using back of spoon or spatula. Bake for 25 minutes. Mark cutting lines then leave to cool in tin before turning out bars.