

Treats for the Festive Season

Christmas Cranberry Collagen Bliss Balls

Ingredients for 12-16 bites

100g pitted dates (11/12)
3 tbsp cocoa powder
3 tbsp favourite nut butter
55g porridge oats
40g dark chocolate
40g chopped cranberries
100g shelled lightly
chopped pistachios
Boiling water if required
30g either **Elite Hydrolysed Bovine Collagen Powder** or
Wild Caught Hydrolysed Marine Collagen Powder



Place dates, cocoa powder, nut butter, collagen and oats in food processor. Blitz to sticky dough. (If mixture dry add a small amount of boiling water). Add chopped cranberries and chopped chocolate. Pulse a few times to combine.

Divide dough into four and divide each quarter into 3 or 4. Using damp hands, to prevent sticking, roll each piece into a small ball and refrigerate until firm.

Drizzle with a little melted white chocolate and decorate with pistachio crumbs.

Choc, Nut and Collagen Date Bites

Ingredients for 10/12

10-12 Medjool dates
75g favourite nut butter
100g melted dark chocolate
20g either **Elite Hydrolysed Bovine Collagen Powder** or
Wild Caught Hydrolysed Marine Collagen Powder

For Decorating you can use chopped pistachio, dried raspberry crumbs, coconut sprinkles, or any festive candy sprinkles. Gold leaf also looks wonderfully festive!

Split dates and remove pits. Keep the dates open. Mix collagen into the nut butter and place into the date cavity. Gently squeeze dates to close.

Refrigerate or freeze to firm. Dip one end of the date into melted chocolate, or cover them completely.

Decorate with suggested toppings and place in fridge to set.

These bites freeze and keep well.

Apricot, Coconut and Collagen Snowballs

Ingredients for 16 bites

130g ground almonds
1 tbsp vanilla extract
1 tbsp coconut oil
80g desiccated coconut
Pinch of ginger
Pinch of cinnamon
250g dried apricots
30g either **Elite Hydrolysed Bovine Collagen Powder** or
Wild Caught Hydrolysed Marine Collagen Powder



Place 150g of the dried apricots, half the desiccated coconut and all other ingredients in food processor. Blitz until the mixture comes together.

Finely chop remaining apricots and mix through. To give the mixture added texture.

Divide dough into four and divide each quarter into 3, 4, or 5 depending on size required. Roll each piece into a ball, roll in the remaining desiccated coconut and refrigerate until firm.

Sprinkle with additional festive candy if you wish.