

Adding collagen to a Sweet and a Savoury Summer Food Bowl

Cherry Collagen Smoothie Bowl

Serves 1

160g frozen pitted cherries

1 peeled frozen banana

120mls of coconut water
or milk of choice

1tsp chai seeds

Pinch of cinnamon

13g either **Elite Hydrolysed Bovine Collagen Powder** Or
Wild Caught Hydrolysed Marine Collagen Powder

Suggested toppings:

Fresh whole cherries

Coconut flakes

Raw cacao nibs

Sliced banana



Allow frozen ingredients to soften slightly then blend together in a high speed blender until fluffy and smooth.

Pour into a bowl and decorate with favourite toppings.

Crispy Chickpea, Tomato and Halloumi Summer Salad

Serves 4

200g halloumi

400g can of chickpeas drained and rinsed

30g sunflower seeds

600 g mixed cherry tomatoes

½ red onion thinly sliced

Bunch of parsley roughly chopped

½ tsp cumin

Salt & pepper

4 tsp extra virgin olive oil

Juice of ½ lemon

13g **Elite Hydrolysed Bovine Collagen Powder** Or
Wild Caught Hydrolysed Marine Collagen Powder

Heat 2 tsp olive oil in frying pan. Add chickpeas, cumin and a good pinch of sea salt and black pepper. Cook until starting to crisp.

Add sunflower seeds and cook until everything is coated and crispy.

Place tomatoes on a platter and top with thinly sliced red onion. Add crispy chickpea mixture and gently toss.

Add together collagen, lemon juice and 2 tsp of olive oil with salt and pepper in a screw top jar and shake well to combine. Drizzle over the salad.

Toss through chopped parsley adding more salt and pepper to taste.

Gently fry sliced halloumi and place on top of salad.

