



10 Ways To Use Collagen



Kate Smyth

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Welcome and thank you for your interest in collagen.

10 Ways to Use Collagen

We are delighted to share these delicious recipes so you can see how easy it is to incorporate collagen into your daily nutrition. We hope you enjoy them as much as we do.

Collagen is the most abundant protein in your body, and it's important for healthy joints, skin, bones, muscles, and more. But as you age, collagen becomes harder for your body to make and the collagen in your body starts to break down.

The inclusion of collagen in your nutrition has been shown to have many benefits:

1. Improve tendon repair and health
2. Strengthening skin, hair and nails as well as skin elasticity and hydration
3. Better joint health by lowering inflammation, cartilage joint support, and pain reduction.
4. Increase bone density
5. Reduce cardiovascular risk by improving arterial stiffness
6. Improve gut health

You can also boost the way your body utilises collagen with vitamin C. Some collagen powders include vitamin C, but we also recommend a diet rich in vitamin C. Vitamin C-rich foods include capsicum, broccoli, potato, Brussel sprouts, cauliflower, berries, citrus, currants, mango and kiwi fruit.

If you would like to know more about how you can improve your overall health and performance, reach out to us at www.athletesanctuary.com.au

Follow us on Instagram @athletesanctuary and Fb #athletesanctuary

Enjoy!

Kate Smyth

Founder of the Athlete Sanctuary, Naturopath, Nutritionist and Holistic Coach



Lemon Coconut Power Balls

12 servings

15 minutes

Ingredients

100 grams Unsweetened Shredded Coconut
 128 grams Coconut Butter
 21 grams Collagen Powder
 37 milliliters Lemon Juice
 40 grams Maple Syrup
 3 grams Lemon Zest
 5 milliliters Vanilla Extract
 375 milligrams Sea Salt (optional)

Directions

- 1 Add the shredded coconut to a food processor and blend until a coarse crumb forms.
- 2 Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
- 3 Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is one ball.

Additional Toppings: Top with shredded coconut, coconut sugar and lemon zest.

No Maple Syrup: Use honey or agave instead.

Consistency: The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.



Strawberry Tahini Smoothie

1 serving

5 minutes

Ingredients

360 milliliters Oat Milk
221 grams Frozen Strawberries
1/2 Banana (frozen)
10 grams Collagen Powder
30 grams Hemp Seeds
4 leaves Romaine (washed, torn)
5 grams Tahini

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Collagen Powder: Omit or use protein powder instead.

Make it Vegan: Omit the collagen powder.

No Oat Milk: Use another dairy-free milk instead.



Watermelon Jello

6 servings

3 hours

Ingredients

- 1/4 Seedless Watermelon (medium, chopped)
- 63 grams Raw Honey
- 3 grams Sea Salt
- 57 grams Collagen Powder
- 21 grams Gelatin
- 119 milliliters Water (hot, not boiling)

Directions

- 1 Add the watermelon, honey, salt, and collagen to a blender and blend for one minute. Transfer to a bowl and set aside.
- 2 Add the gelatin and hot water to a small bowl. Whisk until completely dissolved. Then, whisk into the watermelon mixture until well combined and transfer to the fridge to set for at least three hours.
- 3 Cut into cubes or scoop into a bowl. Enjoy!

Notes

Leftovers: Refrigerate covered for up to five days.

Serving Size: One serving is equal to approximately 1/2 cup.

More Flavor: Add mint leaves or basil.



Apricot Oat Energy Balls

16 servings

1 hour

Ingredients

40 grams Unsweetened Shredded Coconut (divided)
 130 grams Dried Apricots
 74 grams Pitted Dates
 41 grams Oats (rolled)
 112 grams Pumpkin Seed Butter
 40 grams Hemp Seeds
 28 grams Collagen Powder
 3 grams Sea Salt

Directions

- 1 Add half of the shredded coconut to a small bowl and set aside.
- 2 Add the remaining ingredients to a food processor and process until a sticky consistency is achieved.
- 3 Roll the batter into balls, with approximately two tablespoons of batter for each, until all of the batter is used up.
- 4 Roll each ball in the remaining shredded coconut to coat and transfer the balls onto a parchment-lined baking sheet. Transfer the baking sheet to the fridge to set for at least 30 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size: One serving is equal to approximately one ball.

More Flavor: Add cinnamon and vanilla.

Make it Vegan: Use plant-based protein in place of the collagen powder.



Peanut Butter Mocha Chia Pudding

4 servings

3 hours 10 minutes

Ingredients

424 milliliters Canned Coconut Milk
 118 milliliters Coffee (brewed drip or espresso)
 10 grams Cacao Powder
 64 grams Chia Seeds
 32 grams All Natural Peanut Butter
 19 grams Collagen Powder
 1 gram Stevia Powder (to taste)

Directions

- 1 Add all ingredients to a blender and blend for at least one minute, until completely smooth. Scoop into bowls or jars and refrigerate overnight or for a minimum of three hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add cinnamon and/or banana.

Additional Toppings: Cacao nibs, hemp hearts, fresh or dried fruit, nuts, seeds.

Make it Vegan: Omit the collagen powder.

No Stevia: Use maple syrup, raw honey, dates, or coconut sugar to taste.



Chocolate Orange Ginger Smoothie Bowl

1 serving

10 minutes

Ingredients

- 225 grams Frozen Banana
- 49 grams Cauliflower Rice (frozen)
- 6 grams Ginger (fresh, grated)
- 10 grams Cacao Powder
- 19 grams Collagen Powder
- 5 milliliters Orange Extract
- 1 Navel Orange (peeled, chopped, divided)
- 8 grams Cacao Nibs (optional)

Directions

- 1 Add the banana, cauliflower rice, ginger, cacao, collagen, orange extract, and half of the orange to a blender or food processor and blend until a smooth consistency is achieved. You may need to stop and scrape down the sides or use a tamper while blending.
- 2 Transfer to a bowl. Top with the remaining orange and cacao nibs. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cups

Make it Vegan: Use plant-based protein or hemp seeds in place of the collagen powder.

Additional Toppings: Add chocolate chips, shredded coconut, or candied ginger.



Peaches & Cream Chia Pudding

3 servings

2 hours 5 minutes

Ingredients

20 grams Hemp Seeds (optional)
2 Peach (chopped, divided)
424 milliliters Canned Coconut Milk
64 grams Chia Seeds
21 grams Raw Honey
19 grams Collagen Powder
5 milliliters Vanilla Extract

Directions

- 1 Set aside the hemp seeds and half of the peaches.
- 2 Add the remaining ingredients to a blender and blend for at least one minute or until a smooth consistency is achieved.
- 3 Divide the pudding into bowls or jars, and top with the remaining chopped peaches and hemp seeds, if using. Refrigerate for at least two hours to set. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.

Sugar-Free: Use monk fruit sweetener or stevia in place of the raw honey.

Make it Vegan: Omit the collagen powder or use hemp seeds or plant-based protein instead.

No Blender: Finely chop the peaches and whisk everything together in a large bowl.



Pina Colada Kefir Smoothie

1 serving

5 minutes

Ingredients

225 grams Plain Coconut Kefir
 165 grams Frozen Pineapple
 1/2 Lime (juice, zested)
 7 grams Raw Honey
 9 grams Collagen Powder (optional)

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Add some water to thin out if desired. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/4 cups.

No Coconut Kefir: Use liquid of choice.

No Honey: Use maple syrup or add a pitted date instead.



Berry Cottage Cheese Overnight Oats

2 servings

8 hours

Ingredients

- 54 grams Oats
- 210 grams Cottage Cheese
- 28 grams Collagen Powder (optional)
- 5 milliliters Vanilla Extract
- 28 grams Raw Honey
- 240 milliliters Unsweetened Almond Milk
- 36 grams Sliced Almonds (divided)
- 124 grams Frozen Berries

Directions

- 1 Add the oats, cottage cheese, collagen powder, vanilla, honey, milk, and half of the sliced almonds to a bowl. Mix well to combine.
- 2 Divide between sealable containers and top with the berries. Refrigerate sealed overnight or for at least eight hours.
- 3 Top with remaining sliced almonds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately one cup with toppings.

Make it Vegan: Use coconut yogurt or cashew cheese instead of cottage cheese. Omit the collagen and/or use vegan protein powder instead.



Chocolate Collagen Smoothie

1 serving

5 minutes

Ingredients

360 milliliters Unsweetened Almond Milk
5 leaves Romaine (washed and torn)
45 grams Frozen Cauliflower
72 grams Strawberries
1/2 Banana (frozen)
24 grams Chia Seeds
10 grams Cacao Powder
16 grams Almond Butter
15 grams Collagen Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Almond Milk: Use any other kind of milk like cashew, hemp or rice instead.

No Collagen Powder: Omit or use protein powder instead.

No Romaine: Use spinach or kale instead.