

CREATED BY:



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COOL SUMMER

Sweets & Treats

12 real food recipes to keep you cool and healthy this Summer!

HEY THERE!

We're so glad you found us and we can't wait to share some of our favorite Cool Summer Sweet & Treats with you! These recipes are amazingly healthy, adult- and kid-friendly and they're perfect for keeping you cool on hot summer days. Best of all, they're each made with less than 10 ingredients. It's our mission to share simple and tasty real food recipes that get you in and out of the kitchen fast so you can spend more time doing the things you love.

But before we get to the simple and delicious recipes for healthy sweets and treats, we'd like to take a moment to give Vital Proteins a big shout out for making this recipe eBook possible! It's been such an honor to team up with them to create recipes using our favorite Vital Proteins products. We know you'll love these recipes too! In this eBook we'll also share why we choose Vital Proteins and what makes their products so great...#RealFoodRDApproved.

Get your blenders and your tastebuds ready for cool and healthy smoothies, pops, ice cream, mousses and more - it's time to treat yo' self!

HAPPY SUMMER!

Jess & Stacie

The Real Food Dietitians
therealfoodrds.com



What IS COLLAGEN?

Collagen is the most abundant protein in the body and is a crucial component of our connective tissue, cartilage, bone, skin and hair. Collagen is essentially the glue that holds us together. Likewise, in animals, collagen comes from the tougher 'parts' that we often throw out or cut off - parts like the gristle, ends of bones, tendons and skin that could be an abundant source of collagen in our diets if only we ate them on the regular.

Our ancestors actually did consume these tougher parts of the animal as part of their traditional diets. They made use of the entire animal, not just the choice cuts of beef or boneless, skinless chicken breasts like we often do today. But don't worry, you don't have to eat these tough parts of meat to get your daily dose of collagen. That's where Vital Proteins comes into play and the recipes we're sharing in this eBook! It's such an easy and delicious way to get more collagen into your diet.

When we boil down the cartilage, tendons, ligaments, skin and bones of animals we make gelatin which we can then consume to make our own body parts. Put simply, gelatin is the cooked form of collagen and contains the same beneficial amino acids as the whole source of collagen (i.e. cartilage, tendons, ligaments, skin and bone). When your bone broth or pan juices from a roast or whole chicken gel in the pan after cooling, that's the magic of gelatin you're seeing.

Another cooked form of collagen is collagen peptides which is slightly different from gelatin in that it doesn't gel, or thicken, when cooled. This hydrolyzed (aka broken down or pre-digested) form of collagen is processed so that the proteins are broken down into smaller pieces that retain all of the amino acid building blocks but prevents it from gelling when added to liquids. This form of collagen is easily digested, contains all of the health benefits of gelatin and is one of the most convenient ways to add collagen to your diet everyday.

Why VITAL PROTEINS?

Our go-to for collagen peptides (and collagen-based protein supplements) is Vital Proteins because they easily mix into hot and cold foods and beverages, are flavorless and provide 9 grams of easily digested protein in a heaping tablespoon. These collagen peptides are sourced from grass-fed and pastured raised bovine hide so all you have to do is mix and drink. No need to chew and chew on rawhide to get all the great benefits of collagen.

"Vital Proteins is committed to providing the highest quality gelatin and collagen products sourced from sustainably raised cattle who spend their days munching grass in the sun. The products provide essential building blocks to support optimal skin, hair, tissue, bone and joint health along with digestive and liver support."

You can learn more about Vital Proteins, and their entire line of products [here](#).

FIVE WAYS COLLAGEN CAN

Improve your Health

As you probably already know, we love our Vital Proteins collagen. The short chain amino acids found in collagen peptides are easy to digest, highly bioavailable (meaning your body can make full use of them) and a rich source of important amino acids such as glycine, proline, and glutamine to name a few - which are necessary for detoxification, immune function, healthy digestion, bone and joint health, skin health and tissue repair.

As we age, our bodies lose their ability to produce collagen, which makes it even more important to get enough from our diet to help combat signs of aging like osteoporosis, digestive troubles, arthritis, thinning skin and even wrinkles!

- **Promotes healthy skin, hair and nails.** Collagen is a building block for the largest organ of the body, your skin. As we age, collagen production naturally decreases, causing wrinkles and thinning skin. Supplementing with collagen daily can improve skin hydration, fine lines and overall appearance of your skin. It also supports the growth of hair and nails.**
- **Maintains a healthy gut barrier and supports good digestion.** Glutamine and glycine, two amino acids abundant in collagen, are essential for healthy digestion. Glutamine is the preferred fuel for cellular reproduction in the gut and supports the healing and growth of new cells and tissue that makes up the intestinal tract. Glycine contributes to the production of bile salts, which helps you digest fat and promotes adequate gastric secretion in the stomach needed for the breakdown of food.**
- **Enhances immune system.** Glutamine, found in collagen, is a key amino acid for a healthy and strong immune system because it's an essential component of glutathione which your body produces naturally when you eat a balanced diet with adequate amino acid intake. Glutamine also speeds healing injury, stress or surgery thanks to its involvement in both cellular turnover and repair and stimulation of immune cells.**
- **Improves joint and bone health.** Collagen is essential for maintaining and building cartilage. It represents up to 90% of organic bone mass and 60% of the dry weight of cartilage and is a major component of ligaments, joints and tendons. Your body can produce its own collagen with proper hydration and nutrition, however, as you age, your ability to produce the collagen essential for supple cartilage decreases and thus increases the likelihood of developing pain caused by bone rubbing on bone. Supplementing with collagen is an easy way to support joint health by providing the body with the collagen it needs to build and maintain cartilage in your joints. Collagen also contributes to bone health by supporting healthy bone and mineral density.**
- **Supports Detoxification.** Glutamine and glycine are important for liver health, thus vital for supporting your body's natural detoxification pathways. Both of these amino acids are necessary for the production of glutathione, the antioxidant required by the liver to do its job properly.**

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Beauty Greens

PINEAPPLE AVOCADO SMOOTHIE



This supercharged green smoothie can help improve the look and feel of your skin while leaving you satisfied, refreshed and ready to take on the day!

SERVINGS: 1

INGREDIENTS:

- ¼-½ avocado
- 1 cup frozen pineapple chunks
- ½-1 cup fresh spinach
- 1 tsp. minced fresh ginger
- 1 scoop **Vital Proteins Collagen Beauty Greens**
(may substitute **Collagen Peptides** or **Marine Peptides**)
- 8 oz. unsweetened coconut water

DIRECTIONS:

1. Place all ingredients into the blender. Blend until smooth.
2. For a thicker smoothie, add ½ - ¾ cups ice before blending.

NUTRITION INFO: (1 smoothie)

Calories: 267 • Sodium: 125mg • Fat: 5g • Carbohydrate: 38g
Protein: 13g • Sugar: 25g • Fiber: 9g



Vital Protein Products used:
Collagen Beauty Greens

CHOCOLATE COVERED STRAWBERRY *Breakfast Smoothie*



Everybody loves chocolate-covered strawberries so we've combined the flavors of this sweet treat with antioxidant-packed, fiber-rich Collagen Veggie Blend for a smoothie that makes getting a dose of fruits and veggies easy!

SERVINGS: 1

INGREDIENTS:

- ½ cup strawberries, frozen
- ½ banana, frozen
- 2 Tbsp. cocoa powder
- ½ tsp. ground cinnamon
- 1 tsp. chia seeds
- 1 scoop **Vital Proteins Collagen Veggie Blend**
(may substitute **Collagen Peptides** or **Marine Peptides** or **Cocoa + Coconut Water Collagen Whey**)
- 6 oz. non-dairy unsweetened milk of choice (coconut, almond, cashew, etc.)

DIRECTIONS:

1. Place all ingredients into the blender. Blend until smooth.

NUTRITION INFO: (1 smoothie)

Calories: 217 • Sodium: 164mg • Fat: 5g • Carbohydrate: 36g
Protein: 16g • Sugar: 13g • Fiber: 13g



Vital Protein Products used:
Collagen Veggie Blend

BLUEBERRY VANILLA COCONUT *Smoothie Bowl*



Smoothie bowls are a great way to exercise your culinary creativity and they taste great. Bonus: Kids love them and they're an easy way to sneak in some leafy greens!

SERVINGS: 1

INGREDIENTS:

- 2/3 cup frozen blueberries
- 1/2 small banana, frozen
- 1 cup fresh spinach
- 1 Tbsp. walnuts, chopped
- 1-2 scoops **Vital Proteins Vanilla + Coconut Water Collagen Whey**
(may substitute **Vanilla + Coconut Collagen Peptides**)
- 4 oz. cup unsweetened coconut milk + 3/4 - 1 cup ice
- Optional toppings: toasted coconut flakes, walnuts, chia seeds, blueberries

DIRECTIONS:

1. Place all ingredients into the blender. Blend until smooth.
2. Pour into a bowl and top with toppings as desired.

NUTRITION INFO:

(1 smoothie with 2 scoops of Vital Proteins Whey without additional toppings)
Calories: 310 • Sodium: 155mg • Fat: 9g • Carbohydrate: 34g • Protein: 28g
Sugar: 20g • Fiber: 5g Protein: 16g • Sugar: 13g • Fiber: 13g



Vital Protein Products used:
Vanilla + Coconut Water Collagen Whey

NUTTY CHOCOLATE BANANA *Smoothie*



This satisfying, protein-packed smoothie will soon become one of your favorites thanks to the sweet and salty combo of nuts, bananas and chocolate.

SERVINGS: 1

INGREDIENTS:

- ½ banana, frozen
- 1 cup fresh spinach
- 1 Tbsp. nut or seed butter of choice
- 2 tsp. cocoa powder
- 1-2 scoops **Vital Proteins Cocoa + Coconut Water Collagen Whey**
(may substitute **Vanilla + Coconut Collagen Peptides**)
- 6 oz. non-dairy unsweetened milk of choice (coconut, almond, cashew, etc.) + ½-¾ cup ice

DIRECTIONS:

1. Place all ingredients into the blender. Blend until smooth.

NUTRITION INFO:

 (1 smoothie with 2 scoops of Vital Proteins Whey)

Calories: 313 • Sodium: 270mg • Fat: 12g • Carbohydrate: 28g
Protein: 33g • Sugar: 12g • Fiber: 8g



Vital Protein Products used:
Cocoa + Coconut Water Collagen Whey

VANILLA BEAN ESPRESSO

Frappé



Skip the coffee house and blend chilled leftover coffee with naturally sweetened Vanilla Collagen Peptides at home for budget-friendly and protein-packed pick-me-up anytime of day.

SERVINGS: 1

INGREDIENTS:

- ½ banana, frozen
- 1 tsp. cocoa powder
- ½ tsp. cinnamon
- 1 scoop **Vital Proteins Vanilla + Coconut Collagen Peptides**
- ½ cup brewed coffee, cooled
- 2 oz. non-dairy unsweetened milk of choice (coconut, almond, cashew, etc.) + ½ - ¾ cup ice

DIRECTIONS:

1. Place all ingredients into the blender. Blend until smooth.

NUTRITION INFO: (1 frappé)

Calories: 150 • Sodium: 167mg • Fat: 1g • Carbohydrate: 18g
Protein: 19g • Sugar: 8g • Fiber: 3g



Vital Protein Products used:
Vanilla + Coconut Water Collagen Peptides

CHERRY BERRY BONE BROTH *Smoothie*



Think you can't put bone broth in a smoothie? Think again! Sweet cherries and berries deliver loads of antioxidants in this smoothie while the almond butter and bone broth collagen bring a pleasant savory element (along with healthy fats and protein). Give this one a try - it just might become your new fave way to enjoy the benefits of bone broth.

SERVINGS: 1

INGREDIENTS:

- 6 oz. non-dairy unsweetened milk of choice (coconut, almond, cashew, etc.)
- ½ cup frozen cherries
- ½ cup frozen mixed berries
- 1 Tbsp. nut or seed butter of choice
- 1 scoop **Vital Proteins Bone Broth Collagen** (we used Unflavored Chicken) (may substitute **Collagen Peptides** or **Marine Peptides**)
- Optional: Handful of spinach or baby kale

DIRECTIONS:

1. Place all ingredients into the blender. Blend until smooth.
2. For a thicker smoothie, add ½ - ¾ cups ice before blending.

NUTRITION INFO: (1 smoothie)

Calories: 234 • Sodium: 182mg • Fat: 10g • Carbohydrate: 24g
Protein: 14g • Sugar: 15g • Fiber: 6g



Vital Protein Products used:
Unflavored Chicken Bone Broth Collagen

LEMON-MINT INFUSED *Beauty Water*



Infused water only sounds fancy - but it's actually super simple to make at home. We've added Collagen Beauty Water for those who want really lovely, glowing skin without a trip to the spa!

SERVINGS: 4

INGREDIENTS:

- 32 ounces filtered water
- 2 packs or 4 scoops **Vital Proteins Collagen Beauty Water** (or flavor of choice; we used Lavender Lemon)
- Juice of 1-2 lemons
- 1 lemon, thinly sliced
- Handful of fresh mint leaves
- Optional: Fresh blueberries

DIRECTIONS:

1. Place all ingredients in a large pitcher or jar, stir to combine.
2. Cover and store in the fridge overnight to allow flavors to infuse.

NUTRITION INFO: (¼ of recipe)

Calories: 32 • Sodium: 12mg • Fat: 0g • Carbohydrate: 6g
Protein: 4g • Sugar: 3g • Fiber: 1g



Vital Protein Products used:
Lavender Lemon Collagen Beauty Water

Four Ingredient

BANANA STRAWBERRY N'ICE CREAM



This cool summertime treat requires just 4 ingredients that you probably already have on hand - and it requires no additional sweeteners! A high-powered blender works best for this recipe though you can use a food processor if that's all you've got.

SERVINGS: 4

INGREDIENTS:

- 3 bananas, cut into chunks and frozen
- 12-ounce bag of frozen strawberries, about 2 ¼ cups
- 1 tsp. vanilla
- ½ cup unsweetened almond, cashew or coconut milk (plus more as needed to achieve desired consistency)
- 4 scoops **Vital Proteins Collagen Peptides** (may substitute **Marine Peptides**)

DIRECTIONS:

1. Place all ingredients in high-powered blender or bowl of a food processor. Blend/process until smooth, stopping to scrape down the sides and adding additional milk as needed.
2. Serve immediately.

NUTRITION INFO: (¼ of recipe)

Calories: 155 • Sodium: 75mg • Fat: 1g • Carbohydrate: 29g
Protein: 10g • Sugar: 17g • Fiber: 4g



Vital Protein Products used:
Collagen Peptides

NO-CHURN MINT CHOCOLATE CHIP *Ice Cream*



This non-dairy frozen treat relies on spinach to get a gorgeous green hue rather than artificial dyes. And it's just perfectly sweet thanks to honey - not sugar or corn syrup! The addition of gelatin keeps the ice cream from freezing solid so you get a nice creamy scoop even without the cream.

SERVINGS: 8 | FREEZE: 4HRS | PREP: 20MIN

INGREDIENTS:

- 2 cans full-fat coconut milk
- 1 handful fresh spinach
- ½ cup fresh mint leaves
- Scant ½ cup honey
- ½ tsp. pure vanilla extract
- ¼ cup boiling water
- 2 tsp. **Vital Proteins Grass-fed Beef Gelatin**
- 3 Tbsp. mini chocolate chips

DIRECTIONS:

1. Place ½ can of coconut milk, spinach and the mint leaves in the blender and blend until smooth.
2. Add remaining coconut milk, honey and vanilla and blend again.
3. Pour hot water into a small bowl or measuring cup. Sprinkle with gelatin and allow to stand for 5 minutes to allow the gelatin to bloom (aka swell). With the blender running on low speed, add bloomed gelatin to coconut milk mixture. Secure blender lid and process on high until well blended. If coconut mixture starts to separate, don't panic, just keep blending - it will get smooth.
4. Pour mixture into a shallow freezer safe container or loaf pan. Add chocolate chips. Place in freezer. Stir mixture every 30 minutes for the first 3 hours or so to incorporate air into the mixture as it freezes.
5. Serve after 4 hours (soft serve consistency) or freeze longer for a harder consistency.
6. If frozen solid, allow ice cream to sit at room temperature for 20 minutes before serving.

NUTRITION INFO: (1/8 of recipe)

Calories: 243 • Sodium: 39mg • Fat: 17g • Carbohydrate: 21g
• Protein: 3g • Sugar: 20g • Fiber: 0g



Vital Protein Products used:
Grass-fed Beef Gelatin

Chunky Monkey

FUDGE POPS



Chocolate and banana are a classic combo but the addition of salty roasted almonds gives these pops an unexpected crunch making them irresistible.

SERVINGS: ABOUT 6 3-OUNCE POPS

INGREDIENTS:

- 1 14-ounce can full-fat coconut milk
- 1 tsp. pure vanilla extract
- 2 Tbsp. honey
- 3 Tbsp. cocoa powder
- 1 scoop **Vital Proteins Marine Peptides** (may substitute **Collagen Peptides**)
- 2 large bananas cut into 18-24 slices
- ¼ cup roasted and salted almonds, chopped

DIRECTIONS:

1. Drop 3-4 banana slices into each freezer pop mold. Sprinkle banana slices with chopped almonds and set aside.
2. Add coconut milk, vanilla, honey, cocoa and marine peptides to a blender and blend until well combined.
3. Fill freezer pop molds with coconut milk mixture, being careful not to overfill.
4. Insert sticks into molds. If using wooden sticks, place a sheet of aluminum foil over the top of the filled molds and gently poke sticks through the foil to keep them upright until pops freeze solid.
5. Place pops in freezer and freeze 4 hours or overnight, until solid.
6. Garnish with a slice of banana and extra chopped almonds prior to serving, if desired.

NUTRITION INFO: (1 pop)

Calories: 225 • Sodium: 32mg • Fat: 14g
Carbohydrate: 19g • Protein: 8g • Sugar: 12g • Fiber: 3g



Vital Protein Products used:
Marine Collagen Peptides

Tropical FRUIT POPS



This is the perfect 'grown up' pop - not too sweet and just enough just enough zing from the lime zest to keep it interesting. We used Cucumber Aloe Beauty Water for this recipe because of the sublime cucumber flavor goes well with tropical fruits but you can use whichever flavor you choose.

SERVINGS: ABOUT 4 POPS
depending on size of molds used

INGREDIENTS:

- 8 oz. unsweetened coconut water
- 2 packets or 4 scoops **Vital Proteins Collagen Beauty Water** (or flavor of choice; we used Cucumber Aloe)
- 2 cups fresh mango and/or pineapple, chopped
- Zest + juice of 1 lime

DIRECTIONS:

1. Divide chopped fruit evenly among pop molds, filling each about $\frac{3}{4}$ of the way full.
2. Stir Beauty Water into coconut water. Add lime zest and juice then stir to combine.
3. Pour liquid mixture over chopped fruit.
4. If your pop molds don't have sticks that snap into place, cover each mold with a small piece of aluminum foil. Use a paring knife to cut a small slit into the top of each covered mold then insert a wooden stick into each.
5. Place molds in freezer. Allow to freeze until solid before serving.

NUTRITION INFO: (1 pop)

Calories: 85 • Sodium: 27mg • Fat: 0g • Carbohydrate: 15g
Protein: 5g • Sugar: 11g • Fiber: 1g



Vital Protein Products used:
Cucumber Aloe Collagen Beauty Water

AVOCADO CHOCOLATE *Mousse*



Sometimes you just want something truly decadent (yet still healthy) - like rich, dark chocolaty mousse. We've got you covered with this recipe! Packed with healthy, satisfying fats from avocado and lightly sweetened with maple syrup and organic coconut water, this treat also packs 13 grams of protein from grass-fed whey and collagen. Oh, and it's every bit as silky smooth and chocolaty as the real thing!

SERVINGS: 2

INGREDIENTS:

- 2 small ripe avocados
- 2 scoops **Vital Proteins Cocoa + Coconut Water Collagen Whey**
- 1-2 tsp. cocoa powder
- ½ tsp. pure vanilla extract
- 1 tsp. maple syrup (optional)
- Pinch of sea salt

DIRECTIONS:

1. Place all ingredients into the bowl of a food processor or blender. Secure lid and process until smooth, stopping to scrape down the sides of the bowl/container as needed.
2. Serve with fresh berries or sprinkle with shaved chocolate, if desired.

NUTRITION INFO: (½ recipe)

Calories: 227 • Sodium: 128mg • Fat: 11g • Carbohydrate: 9g
Protein: 15g • Sugar: 4g • Fiber: 1g



Vital Protein Products used:
Cocoa + Coconut Water Collagen Whey

How to Build A SUPERCHARGED SMOOTHIE

Start your day off with a nourishing, nutrient dense smoothie, incorporating these delicious REAL food ingredients! You will be fueled and ready for the day.

Simply add an ingredients from each category to build your Supercharged Smoothie.

VEGGIES: 1/2-1 CUP

Spinach	Cabbage
Kale	Carrots
Swiss Chard	Celery
Dandelion Greens	Pumpkin
Leafy red/green lettuce	Collards
Romaine lettuce	Mint
Beet Greens	Parsley
Cucumber	Basil
Zucchini	

FRUIT (FRESH OR FROZEN): 1/2-3/4 CUP

Strawberries	Apple
Blueberries	Pear
Raspberries	Peach
Blackberries	Pineapple
Grapes	Mango
Melon	Orange
Banana	Lemon
Cherries	Lime
Kiwi	

HEALTHY FAT: 1-2 TABLESPOONS

Avocado (1/4-1/2 avocado)	Cashew Butter	Tahini
Almond Butter	Coconut Butter	Sunflower Seed Butter

LIQUID: ADD LIQUID (1/2-1 CUP) AND ICE (1/2-1 CUP) TO DESIRED CONSISTENCY

Non-dairy Milk (of choice)	Keifer	Green Tea (Chilled)
Coconut Water	Organic Milk	Cold Coffee (Chilled)
Water		

PROTEIN: 1-2 SCOOPS OR 1 SERVING

Collagen Peptides	Collagen Whey
Marine Peptides	Collagen Veggie Blend
Vanilla + Coconut Water	Organic Greek Yogurt
Collagen Peptides	
Vanilla + Coconut Water	
Collagen Whey	
Cocoa + Coconut Water	



TAKE YOUR SUPERCHARGED SMOOTHIE *to the next level*

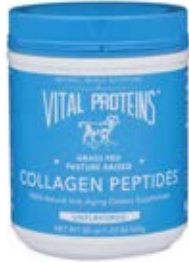
ADD-IN'S: OPTIONAL -- CHOOSE 2-3

- Vital Proteins Collagen Beauty Greens
- Vital Proteins Collagen Beauty Water
- Maca Root - for improved mood and hormonal balance
- Bee Pollen - rich in protein, energy enhancer, reduces cravings, relieves allergies
- Matcha Green Tea - antioxidant rich (catechins), calming effect, memory booster
- Pure Aloe - gut health, anti-inflammatory, antibacterial, antiviral and antifungal properties
- MCT Oil - instant energy, metabolism booster, good for brain health
- Raw Cacao/Cacao Nibs - promotes digestive regularity and heart health, antioxidant-rich, improves blood sugar control
- Chia seeds or Flax meal - antioxidant rich, anti-inflammatory, high in fiber, protein, and omega-3's, bone health, helps regulate blood sugar levels
- Hemp Hearts - provides 3g of protein per tablespoon, good source of magnesium and manganese, delicious nutty taste
- Cinnamon - rich in antioxidant polyphenols, anti-inflammatory, improves insulin sensitivity and blood sugar regulation
- Ginger - anti-inflammatory, may improve brain function, help regulate blood sugars, aids with digestion and boosts immune function
- Turmeric - anti-inflammatory, rich in antioxidants, decreases joint pain, may prevent cancer or degenerative diseases
- Spirulina - source of dietary protein, B vitamins and iron, improves digestions and boosts metabolism
- Pumpkin Pie Spice - all the antioxidant goodness of cinnamon, ginger and nutmeg in one spice blend



VITAL PROTEINS

Featured Products



Vital Proteins Collagen Peptides

- Highly bioavailable, digestible and soluble in cold or hot liquids. Add to smoothies, coffee, yogurt and more.
- 18g of protein from collagen per serving.
- Whole30® Approved.

Also Available in Stick Packs!



Marine Collagen Peptides

- Sourced from fresh wild-caught snapper.
- Highly bioavailable, digestible and soluble in cold or hot liquids. Add to smoothies, coffee, yogurt and more.
- Suitable for pescatarian diets.
- 11g of protein from collagen per serving.
- Whole30® Approved.

Also Available in Stick Packs!



Beef Gelatin

- Sourced from pasture-raised, grass-fed bovine hide.
- Can be mixed into both hot and cold liquids, but will gel if blended in cold.
- Great for use as a binder in baked goods or frozen treats or making fruit gummies.
- 17g of protein from gelatin per serving.
- Whole30® Approved.

Also Available in Stick Packs!



Collagen Beauty Greens

- Nourishing elixir combines marine collagen peptides with raw organic greens, hyaluronic acid, and probiotics
- Helps prevent the signs of aging improves skin's moisture, smoothness, and tone.
- 10g of protein from collagen per serving.
- Whole30® Approved.



Collagen Beauty Water

Cucumber Aloe • Lavender Lemon • Melon Mint

- A deliciously subtle blend of collagen, hyaluronic acid, probiotics, organic fruits, vegetables and herbs.
- Great for collagen lovers who are looking for a convenient and light-tasting blend to support glowing skin and healthy hair and nails
- 10g of protein from collagen per serving.

Also Available in Stick Packs!



Collagen Veggie Blend

- Combines the benefits of collagen with 11 USDA organic veggies & fruits to help you maintain your overall health & live life to the fullest.
- 20g of protein from collagen per serving.
- Whole30® Approved.



Vanilla + Coconut Water Collagen

- Sourced from grass-fed, pasture-raised bovine hides. Easily digestible and soluble in cold or hot liquids.
- Naturally flavored with organic coconut water and Madagascar Bourbon vanilla beans
- 20g of protein from collagen per serving.
- Whole30® Approved.



Collagen Whey

Vanilla + Coconut Water • Cocoa + Coconut Water and Banana, Cinnamon + Vanilla

- Collagen peptides and whey protein sourced from grass fed cattle for balanced amino acid profile.
- Natural hyaluronic acid for joint support.
- 25-27g of protein per serving (18g or protein from collagen)



Bone Broth Collagen

Chicken • Beef

- USDA organic chicken bone broth crafted with bones from free-range chickens.
- Convenient to use and mixes well in water, savory beverages, and your favorite recipes.
- 9g of protein from collagen protein per serving.
- Whole30 Approved

Also Available in Stick Packs!

