

VITAL PROTEINS®



COLLAGEN

in the Kitchen

50 Healthy & Delicious Recipes for
Incorporating Collagen into Your Diet

WHO IS VITAL PROTEINS?

We believe high quality nutrition is the essential element of feeling your best.

Founded in Chicago in 2013, Vital Proteins' has successfully helped people all over the country feel better and live fuller lives through sustainably-sourced nutrition products, promoting health, fitness and natural beauty. We have an ambitious goal of nourishing the most ambitious among us - the ones who seek to live their fullest lives.

From the beginning, we've been dedicated to providing natural, collagen nutrition using sustainable, clean practices and whole-food-based ingredients. An important pillar of our brand has been making this nutrition easy for people to consume anytime, anywhere.

We've applied our core principles of health, sustainability and convenience to everything we've done over the past few years: growing from a few simple products into a full collection of nutrition solutions for everyone, from professional athletes to plant-based foodies - and even those who are looking to make a small but healthy change to their every day routines.

Success for us is helping even one person live a fuller, more vibrant life.

xx Team Vital



IT ALL BEGINS WITH *Collagen*

We believe in the power of collagen.

Collagen is the cornerstone of what we do - and the vital, basic building block of our skin, hair, nails, bones and joints.** Since modern food processing has removed this natural, healthy protein from our diets, Vital Proteins has set out to provide nourishing collagen, helpful in promoting our body's production of collagen - supporting health, fitness and natural beauty.

The benefits of collagen include everything from increased athletic performance to glowing skin, and we're here to make sure they can be part of any lifestyle.

LIVING *The Vital Life*

The Vital Proteins' lifestyle is all about getting the most from each day. We're here to support you on the adventure of everyday life, and life's big adventures, too. Whether it's adding a mile to your run, a glow to your complexion or just enriching your everyday life, there's a protein for everyone, and more than one reason to love Vital Proteins.

Many of our products are odorless and tasteless powders that dissolve instantly in liquids. They can be mixed into water, beverages, smoothies, and food recipes - making them easy to incorporate into any diet.

WHAT IS *Collagen*

Collagen is the most abundant protein in the body, and contains a number of essential amino acids that the body needs for detoxification, immune health, and healthy digestion.** Our bodies rely on collagen to support healthy hair, skin, and nails, improve bone and joint health, and aid in digestion. From our muscles to our joints and everything in between, maintaining our collagen production is essential for overall health and wellness.** Think of collagen as a glue that holds the body together!

Supplementing with collagen is crucial in maintaining a healthy body. We at Vital Proteins have made it so easy to get your daily serving of collagen with delicious, healthy, vitamin-rich offerings, including **Collagen Peptides** (sourced from grass-fed pasture-raised bovine hide), **Marine Collagen** (sourced from non-GMO wild-caught red snapper), **Collagen Beauty Greens** (containing organic greens and hyaluronic acid), and **Collagen Beauty Water** (filled with organic fruits and veggies, as well as probiotics). And that's only the beginning!

**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.

Collagen AND OUR BODIES

Collagen is an important protein that gives structural support for our hair, skin, nails, joints and digestive system, providing strength, elasticity and moisture to nearly 30% of our bodies.** Even our bones rely on collagen to help keep them strong and flexible.** Suffice it to say, collagen is a vital nutrient our bodies need to keep us looking, feeling, and living our best lives.

DON'T OUR BODIES ALREADY PRODUCE COLLAGEN?

Well...they do! But as we get older - somewhere around the time we hit 25 - the amount we produce begins to decline, leading to skin with less moisture and elasticity, nails and hair that appear frail and brittle, and joints and bones with less strength and flexibility.**

Because of this decline in production, it's more essential than ever to ensure we're getting collagen in our diets. Sounds simple, right? Just eat foods that contain collagen and problem solved. Not so fast! With the introduction of modern food processing and our instinct to strip meats of skin, bones, and connective tissues before eating, we've nearly eliminated all forms of collagen that were once abundant. Our Ancestors, however, never had a problem getting collagen.

Collagen is found throughout the connective tissue of our body, as well as the connective tissue of animals and fish. Past generations consumed almost every part of the animal - organs included - which allowed them to enrich their diets with collagen, naturally. So for us - supplementing our diet with a clean form of this vital nutrient has become an important part of our daily routines.

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SO WHAT, EXACTLY, IS COLLAGEN DOING FOR US WHEN WE CONSUME IT?

There are a number of ways our bodies use the collagen we consume. Let's break it down.

Promotes Healthy Hair, Skin, and Nails

Since collagen is the most abundant protein in the human body, it's responsible for supporting skin elasticity, stronger hair, and nails.** As little as one serving a day can make a lasting impact not just on how you look, but in how you feel. Just as plants rely on regular watering to grow, our bodies rely on collagen to maintain hydration and keep our hair and nails growing.

Supports Bone and Joint Health

Collagen has been shown to improve joint health as a result of its gel consistency and ability to support ligament and tendon health. Studies have shown that collagen helps the joints to move with ease and can help to promote joint comfort in aging adults and supports overall joint strength.**

Improves Sports Performance

Collagen gets absorbed and used by our body right away. This means all the parts of our body that need it most get to take advantage of collagen's power, including for athletes and exercise enthusiasts. The more active we are, the greater the need for collagen in our body. Joint mobility and range of motion both benefit from collagen's ability to maintain hydration and flexibility through the parts of our body that need strength and endurance.**

Aids in Digestion

Collagen is made up of a collection of amino acids, all of which are unique, but work together to help aid in promoting healthy digestion. Two super stars in the amino acid world that are found in greater amounts in collagen than other forms of protein include arginine and glycine.**

Contributes to Weight Management

Collagen has been shown to aid in weight management due to its glycine content. Glycine, has been shown to promote the building of lean muscle mass and convert essential nutrients. Glycine has also been shown to help maintain a healthy body as a result of the roles it plays in the digestive and central nervous systems. One of glycine's most important roles is helping form muscle tissue by converting glucose into energy that feeds muscle cells. Research shows that glycine can help slow effects of aging since it supports healthy DNA and RNA, as well as improve how the body uses antioxidants.**

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Our Products

Vital Proteins' growing line of products has been developed with our customers in mind. Using only the highest quality ingredients in everything we make - from flavors to nutrient enhancements - our customers reap the benefits of Vital Proteins as a part of their daily diet.



VITAL PROTEINS® COLLAGEN PEPTIDES

COLLAGEN | JOINTS | SKIN, HAIR & NAILS

10 OUNCES, 14 SERVINGS: **\$25** | 20 OUNCES, 28 SERVINGS: **\$43**

STICK PACK BOX, 20 (10g) SERVINGS: **\$34**

Natural, 100% pasture-raised and grass-fed, our Collagen Peptides are gluten-free, rBGH-free, Kosher, Paleo, Non-GMO, and Whole30 Approved. No fillers, no additives. The odorless and tasteless nature of our peptides makes them the perfect addition to a morning smoothie, fresh juice, coffee, or even a hearty bowl of oatmeal.

PER SERVING:

18 grams of protein / 0 carbohydrates / 72 calories

PER SERVING (STICK PACK):

9 grams of protein / 0 carbohydrates / 35 calories



VITAL PROTEINS® BEEF GELATIN

COLLAGEN | DIGESTION

16 OUNCES, 23 SERVINGS: **\$28** | 32 OUNCES, 45 SERVINGS: **\$46**

STICK PACK BOX, 20 (10g) SERVINGS: **\$28**

100% pure and sustainably-sourced, the bovine collagen found in our Beef Gelatin powder is grass-fed and pastured-raised, naturally gluten-free, non-GMO, rBGH-free, Kosher, and Whole30 Approved. Add this supplement to tea or coffee, soups, stews, and even gelatin-based recipes – think fruit chews, custards, and pudding – for shinier hair, stronger nails, and improved digestive health.

PER SERVING:

17 grams of protein / 0 carbohydrates / 68 calories



VITAL PROTEINS® MARINE COLLAGEN

COLLAGEN | JOINTS | SKIN, HAIR & NAILS

10 OUNCES, 24 SERVINGS: **\$49** | STICK PACK BOX, 20 (10g) SERVINGS: **\$48**

Sustainably-sourced and wild-caught, our Marine Collagen Peptides are taken from the scales of Pacific Ocean red snapper. Each canister contains nearly a month's supply of pescatarian friendly, non-GMO, gluten-free, and Whole30 Approved peptide proteins. Add this nourishing, single ingredient supplement to any beverage – hot or cold – for an enriched radiance and overall healthy appearance.

PER SERVING:

11 grams of protein / 0 carbohydrates / 45 calories

PER SERVING (STICK PACK):

9 grams of protein / 0 carbohydrates / 35 calories



VITAL PROTEINS® COLLAGEN BEAUTY GREENS

BEAUTY | COLLAGEN | GREENS

10 ounces, 14 servings: **\$49** | 20 OUNCES, 28 SERVINGS: **\$79**

Light, clean, and all natural, just one scoop of our Collagen Beauty Greens contains two servings of your daily recommended greens. A blend of Marine Collagen Peptides, raw organic greens, probiotics, and natural hyaluronic acid, this beauty-boosting elixir is the simplest solution to getting those much-needed nutrients necessary for a youthful, radiant glow.

PER SERVING:

10 grams of protein / 120 milligrams of hyaluronic acid
2B CFU of probiotics / 70 calories



VITAL PROTEINS® VANILLA COLLAGEN PEPTIDES

COLLAGEN | HAIR, SKIN & NAILS | DIGESTION

10 OUNCES, 12 SERVINGS: **\$48** | 20 OUNCES, 24 SERVINGS: **\$75**

Our best-selling Collagen Peptides combine with natural hyaluronic acid, probiotics, Madagascar vanilla bean, and organic coconut water into a premium natural elixir that delivers fitness, wellness, and beauty benefits from the inside out. An abundance of probiotics nurture good gut health, natural hyaluronic acid boosts the skin's moisture and hydration, and collagen protein supports the overall health and wellness of bones, joints, skin, hair, and nails.

PER SERVING:

18 grams of protein / 80 milligrams of hyaluronic acid
2B CFU of probiotics / 90 calories



VITAL PROTEINS® COLLAGEN VEGGIE BLEND

COLLAGEN | GREENS | HAIR, SKIN & NAILS

22 OUNCES, 15 SERVINGS: **\$79**

This superpower blend co-created with Dr. Sarah Ballantyne of The Paleo Mom simplifies the process of getting your daily dose of collagen along with 11 USDA Organic whole fruits and vegetables. Rich in naturally-occurring phytonutrients and antioxidants, high in fiber, and containing no added sugar, Collagen Veggie Blend promotes healthy joints and bone strength and enhances skin hydration, elasticity, and firmness - all within an AIP Approved, whole-food-based, and nutrient-packed powder mix.

PER SERVING:

21 grams of protein / 78 milligrams of vitamin C
4 grams of fiber / 150 calories



VITAL PROTEINS® BONE BROTH COLLAGEN (UNFLAVORED BEEF)

DIGESTION | BONE HEALTH | JOINT HEALTH

10 OUNCES, 28 SERVINGS: **\$65** | STICK PACK BOX, 20 (10g) SERVINGS: **\$65**

Crafted from USDA Organic bones, our Unflavored Beef Bone Broth Collagen is sustainably sourced from grass-fed, pasture-raised cattle and simmered slowly to extract the maximum amount of nutrients. This simple antibiotic and hormone free formula results in a light, nourishing broth packed with collagen protein for overall digestive support, increased joint strength, and hair, skin, and nail health.

PER SERVING:

9 grams of protein / 390 milligrams of chondroitin sulfate
50 milligrams of hyaluronic acid / 40 calories



VITAL PROTEINS® COLLAGEN BONE BROTH (UNFLAVORED CHICKEN)

DIGESTION | BONE HEALTH | JOINT HEALTH

10 OUNCES, 28 SERVINGS: **\$59** | STICK PACK BOX, 20 (10g) SERVINGS: **\$59**

USDA Organic, free-range chicken bones are the single ingredient behind our clean, antibiotic, and hormone free Unflavored Chicken Bone Broth Collagen. A slow simmering process allows for maximum nutritional potency within a pure collagen protein formula for digestion and gut health, joint support and strength, and overall hair, skin, and nail health.

PER SERVING:

9 grams of protein / 267 milligrams of chondroitin sulfate
50 milligrams of hyaluronic acid / 40 calories



VITAL PROTEINS® COLLAGEN BEAUTY WATER (CUCUMBER ALOE)

HAIR SKIN & NAILS | ENERGY | JOINT HEALTH

9 OUNCES, 20 SERVINGS: **\$49** | STICK PACK BOX, 14 (13g) SERVINGS: **\$49**

Promote inner health and outer beauty with a nourishing elixir of natural and organic cucumber and aloe flavors, Non-GMO Project Verified Marine Collagen, hyaluronic acid, and probiotics – a combination of nutrient-rich ingredients that offer beauty benefits for hair, skin, and nails.

PER SERVING:

9 grams of protein / 120 milligrams of hyaluronic acid
2B CFU of probiotics / 45 calories



VITAL PROTEINS® COLLAGEN BEAUTY WATER (LAVENDER LEMON)

HAIR SKIN & NAILS | ENERGY | JOINT HEALTH

9 OUNCES, 20 SERVINGS: \$49 | STICK PACK BOX, 14 (13g) SERVINGS: \$49

Glow from the inside out with a spa-inspired blend of natural and organic lavender and lemon flavors, Non-GMO Project Verified Marine Collagen, hyaluronic acid, and probiotics – key ingredients to boost inner and outer beauty and support overall wellness. Add moisture and strength to your skin, hair, and nails with each sip of this nutrient-rich elixir.

PER SERVING:

9 grams of protein / 2B CFU of probiotics

120 milligrams of hyaluronic acid / 40 calories



VITAL PROTEINS® COLLAGEN BEAUTY WATER (MELON MINT)

DIGESTION | BONE HEALTH | JOINT HEALTH

9 OUNCES, 20 SERVINGS: \$49 | STICK PACK BOX, 14 (13g) SERVINGS: \$49

Revitalize the health and vitality of skin, hair, and nails with a light, refreshing and naturally nourishing elixir of Non-GMO Project Verified Marine Collagen, hyaluronic acid, and probiotics. A spa-like burst of natural and organic melon and mint flavors perfectly complements the beauty-boosting benefits of this light powder mix.

PER SERVING:

9 grams of protein / 2B CFU of probiotics

120 milligrams of hyaluronic acid / 40 calories



VITAL PROTEINS® COLLAGEN WHEY (VANILLA & COCONUT WATER)

FITNESS | JOINT HEALTH | ENERGY

20 OUNCES, 16 SERVINGS: \$59

A combination of our Collagen Peptides, grass-fed whey protein, probiotics, and natural hyaluronic acid, our naturally-flavored Collagen Whey offers the perfect dose of pre and post-workout nutrients for optimal joint, cartilage, ligament, and tendon support. Flavored with a blend of Madagascar vanilla beans and organic coconut water, this powder formula is an easy-to-use, nutrient-dense necessity for all fitness enthusiasts.

PER SERVING:

80 milligrams of hyaluronic acid / 130 calories

25 grams of protein per serving



VITAL PROTEINS® COLLAGEN WHEY (COCOA & COCONUT WATER)

FITNESS | JOINT HEALTH | ENERGY

20.2 OUNCES, 14 SERVINGS: \$49

Packed with essential nutrients needed for peak athletic performance, our Collagen Whey offers all natural flavoring within a blend of Collagen Peptides, grass-fed whey protein, probiotics, and natural hyaluronic acid. Help speed up your recovery time, heighten endurance, and achieve a lean body with this game-changing, easy-to-use formula. Flavoring is naturally extracted from organic coconut water and Dutch cocoa - no added sugars, artificial sweeteners, or maltodextrin.

PER SERVING:

50 milligrams of hyaluronic acid / 140 calories

27 grams of protein per serving



VITAL PROTEINS® COLLAGEN WHEY (BANANA, CINNAMON & VANILLA)

FITNESS | JOINT HEALTH | ENERGY

21.2 OUNCES, 16 SERVINGS: \$59

Our Banana Cinnamon Collagen Whey combines bovine collagen with organic grass-fed whey protein, organic banana, organic Ceylon cinnamon, Madagascar bourbon vanilla bean, probiotics, and natural hyaluronic acid in an advanced formula to help improve athletic performance and hydration. This premium protein blend is packed with potassium for added electrolytes and organic cinnamon to support a healthy inflammation response.

PER SERVING:

240 milligrams of potassium / 50 milligrams hyaluronic acid

26 grams of protein per serving / 140 calories



VITAL PROTEINS® ORGANIC WHEY

FITNESS | JOINT HEALTH | ENERGY

18 OUNCES, 16 SERVINGS: \$49

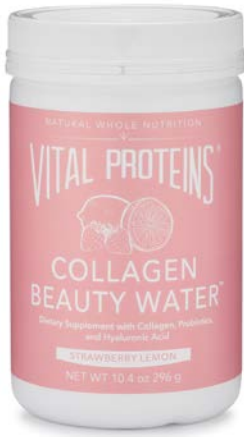
Certified USDA Organic, our Organic Whey is created with premium organic reserve protein from organic raw grass-fed milk. Through cold processing without acids, we're able to ensure this gluten free, soy free, non-GMO, and Whole30 Approved formula remains in its natural state for improved athletic performance and to build and restore muscles. No additives, no fillers, just pure, whole nutrients necessary to propel you forward on your fitness journey.

PER SERVING:

26 grams of protein / 5,104 milligrams of branched chain

amino acids / 5,763 milligrams of antioxidant amino acids

125 calories



VITAL PROTEINS® COLLAGEN BEAUTY WATER (STRAWBERRY LEMON)

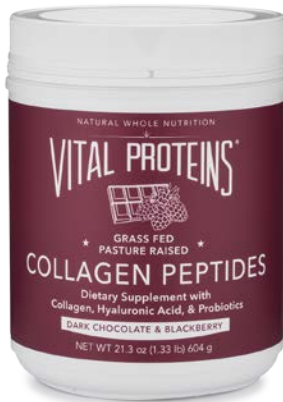
HAIR, SKIN & NAILS | ENERGY | JOINT HEALTH

5.9 oz, 12 servings: \$25 | Stick Pack Box, 14 (14g) servings

Transport yourself to a spa-like oasis with Vital Proteins' Collagen Beauty water. A deliciously subtle blend of organic strawberry and organic lemon, this elixir is packed with an additional punch: 20g of collagen peptides. Enjoy beauty benefits for hair, skin and nails thanks to collagen, as well as probiotics and hyaluronic acid.

PER SERVING:

9 g of protein / 120 milligrams of hyaluronic acid
2B CFU of probiotics / 45 calories



VITAL PROTEINS® DARK CHOCOLATE & BLACKBERRY COLLAGEN PEPTIDES

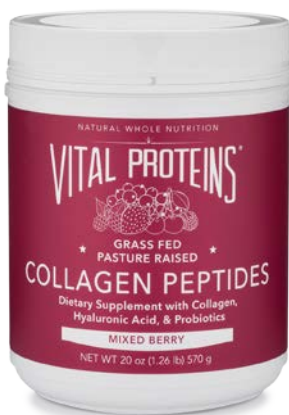
COLLAGEN | JOINT HEALTH | DIGESTION

20 oz, 24 SERVINGS

Natural, pasture-raised and grass-fed, our Dark Chocolate & Blackberry Collagen Peptides are gluten free, dairy free, and have no added sugars. This delicious elixir also contains hyaluronic acid and probiotics for added digestive benefits.

PER SERVING:

18 grams of protein / 120 mg of hyaluronic acid
2B CFU of probiotics / 90 calories



VITAL PROTEINS® MIXED BERRY COLLAGEN PEPTIDES

COLLAGEN | JOINT HEALTH | DIGESTION

20 oz, 20 SERVINGS

Vital Proteins' Mixed Berry Collagen Peptides are sourced from grass-fed, pasture-raised bovine and organic berries to ensure a natural, high quality, and nutrient-rich elixir great for healthy hair, skin & nails, bone & joint health, and digestion.**

PER SERVING:

18 grams of protein / 120 mg of hyaluronic acid
2B CFU of probiotics / 90 calories

HOW CAN COLLAGEN BE USED?

There's no "wrong" way to add collagen into your diet, so allow yourself to get creative! Easy uses such as adding Collagen Peptides into your morning cup of coffee are just as beneficial as more complex additions, such as from-scratch protein pancakes made with Banana Cinnamon Collagen Whey. Of course there are a number of options in-between, so we've broken down some of the easiest ways to add collagen into your day, throughout the next pages.

Our products can be easily incorporated in any meal throughout the day - morning, noon or night. Take a look at our product line below. You'll notice a wide variety of recipes blended into each of our delicious recipes.

Keep Collagen in the Kitchen

Now that you've had a chance to see how we like to blend Vital Proteins Collagen products into our favorite recipes, why not start blending our products into a few of your recipes!

If you've never used our products before, a good place to start is with the basics: Collagen Peptides, sourced from grass-fed bovine hide, or Marine Collagen, sourced from red snapper fish scale. Both are flavorless, odorless and make a simple, but healthy addition to anything you make, from smoothies to baked goods.

If you're looking for more flavor with the added benefit of collagen, then try one of our other delicious products, like our Dark Chocolate & Blackberry Collagen Peptides, Mixed Berry Collagen Peptides, or any of the products in our Collagen Beauty Water collection. Regardless of what you choose, we know that you'll love the benefits.

Let us know when you create a new recipe using Vital Proteins. Tag us on your favorite social media platform using #collagencrew so we can see what you've made!



DRINKS

Blackberry Thyme

INFUSED MOCKTAIL



Fresh blackberries make this a superpower drink! Try out this blackberry & thyme infused “mocktail” the next time you need a refreshing and nourishing drink - or just want to kick up your water a notch with some natural flavors & nutrients. Our Marine Collagen offers a protein-packed addition for anyone looking to get an unflavored serving of sustainably-sourced collagen.

SERVINGS: 1

INGREDIENTS:

- 1 C blackberries
- Thyme sprigs
- ¼ C fresh lemon juice
- ¼ C cranberry juice
- 1 C water
- Handful of ice
- 2 scoops **Vital Proteins Marine Collagen (Optional)**

DIRECTIONS:

1. Muddle 2 thyme sprigs and blackberries in a bowl and place in a drinking glass.
2. Fill glass with water, juices and Marine Collagen (optional).
3. Blend until Marine Collagen dissolves.
4. Add ice and garnish with additional thyme.

Tip: If adding Marine Collagen, make sure to blend the collagen into the sparkling water to let it dissolve before adding ice!



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins **Marine Collagen**

Bone Broth

TEA



You are what you drink as much as what you eat. If you're looking for a nutritious source of collagen protein with all the benefits of a bone broth, then grab a pot and a few simple ingredients to make this Bone Broth Tea with ginger, turmeric, pepper, lemon, and Vital Proteins' Bone Broth Collagen (of course!).

SERVINGS: 2

INGREDIENTS:

- 3 C water
- 2 scoops **Bone Broth Collagen Powder**
- 1 2" knob of fresh ginger - peeled and sliced
- 1 1" knob of fresh turmeric - peeled and sliced
- 2 slices fresh lemon
- 1 t black pepper

DIRECTIONS:

1. Add all ingredients into a pot and bring to a boil.
2. Remove liquid from heat.
3. Strain ingredients.
4. Sip and savor.



RECIPE ESSENTIAL:

Add 2 scoops of Vital Proteins
Bone Broth Collagen Powder

Dairy Free

WHITE RUSSIAN MOCKTAIL



This dairy free twist on a traditional holiday favorite is just as healthy as it is tasty. Made with Vital Proteins Vanilla Collagen Peptides, this drink gives just the right amount of vitamins and nutrients for a protein boost during the busy holiday season.

SERVINGS: 1

INGREDIENTS:

- 1 C cold-brew coffee (regular coffee, chilled, works fine too)
- ½ C unsweetened almond milk
- 1 scoop **Vanilla Collagen Peptides**
- Ice cubes

DIRECTIONS:

1. Combine coffee, almond milk and Vanilla Collagen Peptides in a glass.
2. Fill glass with ice and savor that sweet vanilla flavor!



RECIPE ESSENTIAL:

Add 1 scoop of Vital Proteins
Vanilla Collagen Peptides

Dragon Fruit SMOOTHIE



Sometimes we come across ingredients that are almost too pretty to eat. The key word here is almost, because we certainly couldn't pass on devouring this delicious Dragon Fruit Smoothie. Although the outward appearance of this fruit can look a little strange, the inside of a red-fleshed dragon fruit is a vibrant pink center with tiny, black seeds. It is packed full of nutrients, including antioxidants, vitamin C, omega-3 and omega-6 fatty acids found in the seeds, carotene, protein, and even calcium, phosphorus and iron. Looking for additional protein? Add in our unflavored Collagen Peptides for 18 additional grams of protein!

SERVINGS: 1

INGREDIENTS:

- ½ C of chilled or frozen dragon fruit
- ½ C of diced mango
- ½ avocado, sliced
- ½ -1 C of coconut milk
- Coconut flakes, raw cacao nibs and fresh blueberries (for garnishing)
- 2 scoops **Vital Proteins Collagen Peptides (optional)**

DIRECTIONS:

1. In a high-speed blender, mix dragon fruit, mango, avocado, coconut milk and, if desired, Collagen Peptides.
2. Tip: Using frozen fruit will give a thicker, creamier texture to the smoothie.
3. Add in fresh mint leaves, if desired.
4. Pour smoothie into a glass and garnish with coconut flakes, cacao nibs and blueberries.
5. Consume immediately.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins
Collagen Peptides

Eggnog

PROTEIN SMOOTHIE



You don't have to skip the eggnog this holiday to keep your diet on track. Simply pick your favorite nourishing milk, add in fresh egg yolks (super rich in vitamins A, B, D, E, K, and omega-3 fatty acids!), dates for natural sweetness, and nutmeg for that familiar eggnog flavor. Our Collagen Peptides make for a flavorless, balanced protein source that dissolve seamlessly into cold liquids. This delicious Eggnog Protein Smoothie works so well before or after a workout but could also double as an after-dinner treat! What more could you ask for?

SERVINGS: 2

INGREDIENTS:

- 1 ½ C coconut or Almond Milk (or other milk of choice)
- 4 fresh, pastured egg yolks
- 4 Medjool dates, pitted
- 1 T vanilla extract
- ½ t grated nutmeg
- Pinch of ground cloves
- Pinch of cinnamon
- ¼ t sea salt
- 6-8+ ice cubes
- 4 scoops **Vital Proteins Collagen Peptides (optional)**

DIRECTIONS:

1. Place all the ingredients in a blender, liquids first.
2. Blend on high speed until dates are mixed in and the liquid is smooth.
3. Portion into glasses and enjoy immediately.



OPTIONAL ADD IN:

This recipe works well with 4 scoops of Vital Proteins Collagen Peptides

Frothy

BUTTER COFFEE



Give your morning addiction a good-for-you twist with this Frothy Butter Coffee recipe. A few extra moments spent with a blender will yield a tastier (and less expensive drink!) than your neighborhood coffee shop. After all, butter is really just cream with a little extra water in it, so it's a more natural pairing with coffee than some may think.

SERVINGS: 1

DID YOU KNOW:

Butter that comes from grass-fed cows is much richer in omega 3s and vitamins A, D, E, and K2. It's also a great source of conjugated linoleic acid (CLA) and butyric acid, which are both proven to have heart protective, anti-cancer properties. Adding in a bit more saturated fat in the form of your choice (coconut, red palm, or MCT oil) only enhances those benefits and aids in making this beverage thick and creamy. As an option, use our Collagen Peptides for a filling morning drink topped with a little sprinkle of cinnamon.

INGREDIENTS:

- 8-12 oz. fresh-brewed hot coffee
- 2 T grass-fed butter (can sub ghee)
- 1 T coconut, red palm, or MCT oil
- 2 scoops **Vital Proteins Collagen Peptides (optional)**
- 1 t vanilla extract
- Pinch of sea salt
- Garnish with ground cinnamon, nutmeg or ginger

DIRECTIONS:

1. Place all ingredients in a blender.
2. Blend on high speed for 30-60 seconds until it's thick and frothy.
3. Enjoy immediately!



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Collagen Peptides

Green Apple

MOJITO MOCKTAIL



We've put a healthy (and nonalcoholic) spin on the traditional mojito with this Green Apple Mocktail. Fresh-pressed juice from tart green apple, lime, and zesty ginger are blended with raw honey for a sweet and vibrant base. Top with your favorite sparkling water for a bit of bubbly and add in Vital Proteins' Collagen Beauty Greens to get in extra veggies and protein!

SERVINGS: 4

INGREDIENTS:

- 1 large green apple
- 1 small lime, peeled
- 1" knob of ginger
- 1/3 C raw honey
- 8-12 oz. sparkling water
- 4 small mint leaves
- Ice cubes, for serving
- 2 scoops **Vital Proteins Collagen Beauty Greens (optional)**

DIRECTIONS:

1. Roughly chop the apple, lime, and ginger; press them through a juicer, according to the instructions.
2. Stir in honey and Collagen Beauty Greens until dissolved.
3. Add a mint leaf to 4 glasses.
4. Use a wooden muddler to break up the leaves and release their flavor.
5. Fill each glass with ice and divide the juice mixture evenly between the 4 glasses.
6. Top with sparkling water until desired flavor/soda balanced is reached.
7. Stir gently and enjoy immediately.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Collagen Beauty Greens

Hot Chocolate

WHEY



For those of us who are careful about what we put in our body, hot chocolate tends to be more of a dessert filled with sugar, and less of a nutritious drink. Well, good news: we found a workaround with this good-for-you version of the classic.

You have the option to make this hot chocolate with Vital Proteins Dark Chocolate Collagen Whey for the added benefits of collagen and whey protein - an excellent blend for healthy skin, hair and nails!

SERVINGS: 2

INGREDIENTS:

- 1 C almond milk
- 1 C canned light coconut milk
- 2 T cacao powder
- ¼ C honey or maple syrup
- 2 t vanilla extract
- ⅛ t ground nutmeg
- Pinch of sea salt
- 2 scoops **Vital Proteins Dark Chocolate Collagen Whey**

DIRECTIONS:

1. Add the almond milk, coconut milk, cacao powder, honey, vanilla extract, nutmeg and sea salt to a medium saucepan.
2. Stir well and place over medium heat. Continue to stir until the cacao powder is dissolved and the mixture is smooth.
3. As an option, remove from the heat and stir in the Dark Chocolate & Coconut Water Collagen Whey until dissolved.
4. Serve while hot.



RECIPE ESSENTIAL:

Add 2 scoops of Vital Proteins Dark Chocolate Collagen Whey

Strawberry Banana

PEANUT BUTTER SHAKE



Breakfast is all about striking the right balance of healthy foods that show up on your plate (or in your glass) to boost energy and keep you running throughout the morning. Enter our Strawberry Banana Peanut Butter Shake. It's packed with 18 grams of collagen protein, healthy fat, plenty of fiber and over a serving of fresh fruit. Sounds pretty good, doesn't it? It's hard to say what we like more about this shake - the flavor of the Banana, Cinnamon & Vanilla Collagen Whey, or the benefits packed within it. Regardless, we know you're going to enjoy it.

SERVINGS: 2

INGREDIENTS:

- 2 scoops **Vital Proteins Banana, Cinnamon & Vanilla Collagen Whey**
- 2 overripe bananas
- 1 C unsweetened almond milk
- ¼ C creamy peanut butter
- 1 C frozen strawberries
- ½ t vanilla extract
- ¾ C ice

DIRECTIONS:

1. Blend together all ingredients except for the Banana, Cinnamon & Vanilla Collagen Whey.
2. Add in the Banana, Cinnamon & Vanilla Collagen Whey and mix until blended.
3. Enjoy immediately!



RECIPE ESSENTIAL:

Add 2 scoops of Vital Proteins
Banana, Cinnamon & Vanilla Collagen Whey

Vanilla Berry

PROTEIN SMOOTHIE



The perfect berry smoothie contains just the right amount of protein, sweetness, and creaminess - and this Vanilla Berry Protein Smoothie fits the bill! Filled with antioxidants, amino acids, and pure collagen protein, this smoothie is the tastiest way to replenish muscles post-workout or start your day off right. Not to mention, it has a natural vanilla flavor and a boost of collagen thanks to the optional additional of the Vanilla Collagen Peptides.

SERVINGS: 1

INGREDIENTS:

- 1 scoop **Vital Proteins Vanilla Collagen Peptides**
- $\frac{2}{3}$ C vanilla Greek yogurt
- $\frac{1}{2}$ C frozen mixed berries
- 2-3 ice cubes
- 1 $\frac{2}{3}$ T water

DIRECTIONS:

1. Blend ice, yogurt, berries and water in a blender until smooth.
2. Add collagen peptides and blend again before enjoying!



BETH SMEETON: @POWERED.BY.BEETS

Chicago, IL

After ten years as a designer in the corporate world, Beth decided to follow her passion for health and fitness and become a certified Health Coach. She broke free of the "always being on a diet" mentality and wants to pay it forward with her clients. With so much conflicting information out there regarding health and nutrition, Beth wants nothing more than to help navigate individuals through the confusion so they can lead their healthiest lives. Plyometrics, running and weight lifting are just a few aspects of Beth's current routine that have proven essential to maintaining positive growth in her daily life. After hitting the gym, she loves to refuel with oats, peanut butter and, of course, Vital Proteins!



RECIPE ESSENTIAL:

**Add 1 scoop of Vital Proteins
Vanilla Collagen Peptides**



APPETIZERS & SNACKS

Spiced Apple GUMMIES



Apple and pumpkin pie spice are a match made in heaven. Mix them together with our flavorless Beef Gelatin and you've got some seriously delicious (healthful) gummies. We like to say "an apple (gummy) a day...". These little bites are a perfect nutritious snack for you and your kiddos both.

SERVINGS: 36

INGREDIENTS:

- 4 large ripe apples
- 2 T maple syrup
- 1 t pumpkin pie spice
- Large pinch of sea salt
- 4 T **Vital Proteins Beef Gelatin**

DIRECTIONS:

1. Run the apples through a juicer. You should end up with about 2 cups of juice.
(Note: if you don't have a juicer, blend the apples together and press them through a fine sieve.)
2. Pour the apple juice into a sauce pan and stir in the maple syrup, pumpkin pie spice, and sea salt.
3. Stir in the Beef Gelatin and allow the mix to rest for 3 minutes.
4. Turn the heat on to medium low and stir the juice continuously until the gelatin has melted.
5. Pour the juice into silicone molds or a large rectangular pan.
6. Refrigerate for 1 hour, or until the gummies have solidified.
7. Store extras in a sealed container in the refrigerator for up to a week.



RECIPE ESSENTIAL:

Be sure to add 4 tablespoons of Vital Proteins
Beef Gelatin

Blueberry FRUIT LEATHER



Summer is the perfect time to gather up the fresh fruit for some homemade fruit leather! We've used fresh blueberries in this recipe for a beautiful purple roll that will outshine those store-bought fruit roll-ups. Add in organic, unsweetened applesauce for a shortcut to extra fiber and natural sweetness. Our Beef Gelatin is a perfect companion for that sticky texture plus a bonus of added protein. Your kids (and other kids at heart) will love them!

SERVINGS: 6

INGREDIENTS:

- 2 C fresh blueberries
- ½ t vanilla extract
- Pinch of sea salt
- 2 C unsweetened applesauce
- 2 T fresh lemon juice
- 2 T **Vital Proteins Beef Gelatin**
- 2 T raw honey (optional)

DIRECTIONS:

1. Add the blueberries, vanilla, and sea salt to a blender. Blend on high until smooth.
2. Stir the applesauce, lemon juice, Beef Gelatin, and honey (if using) in a small saucepan.
3. Place the saucepan over medium-low heat and stir continuously until the gelatin and honey are dissolved.
4. Pour into the blender and blend again on high until very smooth.
5. Pour the mix onto teflex-style dehydrator sheets to about 1/4" thickness.
6. Dehydrate according to your dehydrators' instructions (generally 135F for 8 hours).
7. Slice and store wrapped with parchment in a ziplock bag.



RECIPE ESSENTIAL:

Be sure to add 2 tablespoons of Vital Proteins
Beef Gelatin

Buttery

PARMESAN CRACKERS



You can feel great about adding crackers to your kids lunches with this easy homemade Buttery Parmesan Cracker recipe. They are made with a few simple, real ingredients but still keep that familiar buttery cracker bite. Our Beef Gelatin subs in for eggs to bind them together and yield a longer shelf life (though we doubt they'll last that long!). They're delicious on their own or paired with your favorite dip.

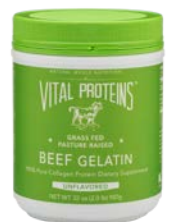
SERVINGS: 25

INGREDIENTS:

- 2 T butter or ghee
- ½ t honey
- 1 C almond flour
- ¼ C grated parmesan cheese
- 2 t **Vital Proteins Beef Gelatin**
- ½ t sea salt
- ¼ t black pepper
- 2-3 t filtered water

DIRECTIONS:

1. Preheat the oven to 350F. Line a sheet pan with parchment paper or aluminum foil.
2. Melt the butter and honey together in the microwave or stovetop. Set it aside.
3. Add the almond flour, parmesan cheese, Beef Gelatin, sea salt, and black pepper to the bowl of a food processor.
4. Process until well combined.
5. Add the melted butter and honey and process again until wet and crumbly.
6. Add the water one teaspoon at a time until the dough begins to form a ball (it's ready when it sticks together well when pinched).
The amount of water needed will vary depending on the local humidity in your area.
7. Dump the dough out onto a piece of parchment paper.
8. Cover with another piece of parchment and roll out to ¼" thickness.
9. Remove the top piece of parchment and cut into desired cracker shapes
(the crackers shown here were rolled with a ruler and rolling pastry crimper).
10. Carefully transfer the crackers to the lined sheet pan. Prick holes with a fork for a traditional cracker look.
11. Bake for 6-9 minutes, or until lightly golden. Allow the crackers to cool fully on the sheet pan before serving. Moving them while they are warm can result in crumbling.
12. Store at room temperature for up to two weeks.



RECIPE ESSENTIAL:

**Mix in 2 teaspoons of Vital Proteins
Beef Gelatin**

Cherry Lemon

PROTEIN BARS



Make your own protein bars with our grass-fed Organic Whey protein! These sweet and chewy bars are filled with fresh lemon and dried cherries (a delicious combo, in our opinion!). Healthy fats from coconut and hemp make them extremely satisfying. And with over 13 grams of protein per bar, they are great for a midday snack or post workout fix.

SERVINGS: 8

INGREDIENTS:

- 1 C almond flour
- 6 scoops **Vital Proteins Organic Whey**
- ¼ C coconut butter
- 2 T coconut oil
- ⅓ C honey
- ¼ C fresh lemon juice
- 2 t lemon zest
- 1 t vanilla extract
- 1 t sea salt
- ½ C hulled hemp seeds
- ¼ C dried cherries, roughly chopped
- ¼ C unsweetened coconut flakes

DIRECTIONS:

1. Whisk together the almond flour and Organic Whey in a large bowl. Set aside for later.
2. Add the coconut butter, coconut oil, honey, lemon juice, lemon zest, vanilla extract, and sea salt to a large food processor. Process until smooth and creamy.
3. Add the almond flour/whey mixture and the hemp seeds to the food processor. Process until thick and sticky. Note: depending on the humidity in your area, you may need to add 1-2 tablespoons of water to the dough to get help it achieve a wet, sticky texture.
4. Add the chopped cherries and process briefly until they are just combined.
5. Dump the dough out into a standard bread loaf pan lined with parchment or saran wrap. Press down into an even layer. Top with the coconut flakes and press them down a bit into the dough.
6. Chill for 1+ hours, or until the bars have firmed up. Slice into 8 squares and store in the refrigerator for up to 2 weeks.



RECIPE ESSENTIAL:

Be sure to add 6 scoops of Vital Proteins Organic Whey

Key Lime and Greens

CHIA PUDDING



For a light and rejuvenating dessert that won't leave you feeling heavy, try a cup of this Key Lime & Greens Chia Pudding. Made with raw, ripe avocados, it has a satisfyingly creamy texture. Fresh lime juice and raw honey add a delicious bright flavor. And our Collagen Beauty Greens add probiotics, organic greens, and sustainably-sourced marine collagen.

SERVINGS: 4

INGREDIENTS:

For the greens layer:

- 2 ripe avocados
- ½ C canned light coconut milk
- 4 key limes, juiced
- ½ C raw honey
- 2 t vanilla extract
- ¼ t sea salt
- 3 scoops **Vital Proteins Collagen Beauty Greens (optional)**

For the chia layer:

- 1 C canned light coconut milk
- ¼ C whole chia seeds
- 2 T raw honey

DIRECTIONS:

1. Prepare the chia layer first by combining the ingredients together in a small bowl. Whisk well and set aside for the chia to plump up for about 10 minutes. Stir again before layering into the pudding.
2. While the chia layer is thickening, prepare the greens layer by adding the ingredients to the bowl of a large food processor.
3. Process until there are no visible chunks, stopping to scrape down the sides as needed.
4. Assemble the pudding by alternating layers, finishing with a layer of chia on top (this will keep the avocado layer from browning if stored for any length of time).
5. Store extras in the fridge and enjoy within 3 days.



OPTIONAL ADD IN:

This recipe works well with 3 scoops of Vital Proteins Beauty Greens

Mixed Berry & Coconut

FRUIT DIP



This cool accompaniment to fresh fruit is the perfect way to indulge in something sweet while staying healthy! Fruit dips are so simple to make and this one contains Vital Proteins' Mixed Berry Collagen Peptides, making it a protein-packed and filling snack. Pair with apple slices, berries, or bananas.

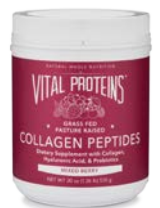
SERVINGS: 2

INGREDIENTS:

- 2 C of Unsweetened Organic Coconut Cream (approx. 2 cans)
- 2 ½ T of Raw Organic Honey
- 3 t Pure Vanilla Extract
- 2 scoops **Mixed Berry Collagen Peptides**

DIRECTIONS:

1. Remove coconut water from can and scoop cream into large mixing bowl.
2. Use an electric mixer to turn the coconut cream into a whip.
3. Add Mixed Berry Collagen Peptides, honey and vanilla.
4. Continue whipping until blended thoroughly.
5. Place dip in the refrigerator for 1 hour to cool.



RECIPE ESSENTIAL:

Mix in 2 scoops of Vital Proteins
Mixed Berry Collagen Peptides

Protein Packed

GUACAMOLE



Nothing quite beats a tasty dip, especially one that has an extra protein boost from our beloved Collagen Peptides. And extra protein isn't the only thing to be excited about, collagen will also help promote healthy bones, joints, hair, skin and nails. Because there's nothing better than dipping a chip into some fresh guac and scooping up some major beauty benefits on the side.

SERVINGS: 6

INGREDIENTS:

- 3 ripe avocados
- 1 Roma tomato
- ¼ C chopped red onion
- 1 T fresh lime juice
- 2 T fresh cilantro, chopped
- 1 jalapeño, deseeded and diced
- 1 garlic clove, diced
- Salt and pepper to taste
- 4 scoops **Vital Proteins Collagen Peptides**

DIRECTIONS:

1. In a medium bowl, mash the avocados and lime juice.
2. Carefully stir in onion, cilantro, tomato, garlic, jalapeño, and Collagen Peptides until well combined.
3. Season with salt and pepper.
4. Chill for 1 hour for best flavor, or serve immediately and enjoy! Serves 6.
5. Serve this guacamole alongside chips and salsa, over tacos or with veggies and know you're helping promote healthy hair, skin, nails, bone and joints with every bite.



RECIPE ESSENTIAL:

Be sure to add 4 scoops of Vital Proteins
Collagen Peptides

Pumpkin

ENERGY BITES



Fall means crisp air, sweaters and eating pumpkin-flavored everything! So, put down the Halloween candy and reach for these Pumpkin Energy Bites the next time that pumpkin craving calls. No heating or cooking required means you'll be able to whip up these Pumpkin Energy Bites in no time, thus turning them into your new favorite go-to snack. Looking for a protein boost? Add in our Vanilla & Coconut Collagen Whey for a premium blend of 25g of protein and 10g of collagen!

SERVINGS: 12-15

INGREDIENTS:

- ¼ C honey
- ¼ C pureed pumpkin
- ¼ C creamy peanut butter
- 2 C old-fashioned oats
- ¼ C flax seeds
- 1 t pumpkin pie spice
- 3 scoops **Vital Proteins Vanilla & Coconut Collagen Whey (optional)**

DIRECTIONS:

1. Mix together the honey, pumpkin, Vanilla & Coconut Collagen Whey and peanut butter.
2. Once combined and whey is dissolved, mix in the oats, flax seeds and pumpkin pie spice.
3. Chill batter in fridge for 30 minutes. After 30 minutes, roll into bite size balls and place in fridge for another 30 minutes to set balls.
4. Remove from fridge and enjoy!



OPTIONAL ADD IN:

This recipe works well with 3 scoops of Vital Proteins
Vanilla & Coconut Collagen Whey

Roasted Red Pepper

HUMMUS



A go-to hummus is a must for satiating those snack cravings while minding your waistline! This roasted red pepper hummus is the perfect blend of fresh herbs and veggies (thanks to our Collagen Veggie Blend) for a healthy snack to pair with your favorite vegetables.

SERVINGS: 2

INGREDIENTS:

- 1 can of chickpeas, drained
- 2 T olive oil
- 2 T tahini
- 4 T lemon juice
- 2 cloves chopped garlic
- ¼-1/2 C water (this will be added slowly throughout the blending process)
- ¼ t salt
- ½ C roasted red pepper
- 2 scoops **Vital Proteins Collagen Veggie Blend (optional)**

DIRECTIONS:

1. Blend wet ingredients minus the water (olive oil, tahini, lemon juice, chopped garlic) until smooth.
2. Add chickpeas and blend, slowly adding water until you see a thick but smooth consistency.
3. Add roasted red pepper and Collagen Veggie Blend last and continue blending.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Collagen Veggie Blend

Zesty

DEILED EGGS



Here's a recipe for deviled eggs like you've never experienced. Full of zesty mustard, pepperoncinis, Collagen Peptides (optional) and chipotle powder, there's just the right amount of kick without being too spicy. Top with prosciutto and chives for a show-stopping appearance. Perfect for game days and lazy days, alike.

SERVINGS: 12

INGREDIENTS:

- 6 hard- or soft-boiled eggs
- ½ C mayonnaise
- 2 t spicy brown mustard
- 2 T finely chopped pickles
- 2 T finely chopped pepperoncinis
- 1 garlic clove, minced
- Large pinch of chipotle pepper
- ¼ t sea salt
- ¼ t black pepper
- 2 oz. prosciutto, sliced into 12 thin strips
- Chopped chives, to garnish
- 2 scoops **Vital Proteins Collagen Peptides (optional)**

DIRECTIONS:

1. Carefully slice the eggs in half length-wise. Remove the yolks and add them to the bowl of a food processor.
2. Add the mayonnaise, mustard, pickles, pepperoncinis, garlic, chipotle, sea salt, and black pepper. Process until smooth, scraping down the sides as needed.
3. Scoop the filling into a piping bag (or gallon ziplock) fitted with a wide star tip.*
4. Move the bag to the refrigerator for 30 minutes to set the filling.
5. Arrange the egg white shells on a platter.
6. Pipe the filling equally among the 12 shells (you may have a small amount leftover).
7. Roll the prosciutto strips into small rolls and tuck one in each of the eggs, as pictures. Garnish with chopped chives and serve immediately.

*Note: if choosing to forgo the star-shaped tip for piping, simply wait until the filling has chilled, then cut a small piece off one end of the bag to pipe the filling out.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Collagen Peptides



BREAKFAST

Apple & Coconut

BREAKFAST QUINOA



Break out of the morning oatmeal rut with this flavorful Apple & Coconut. Using fresh seasonal apples, coconut milk, coconut flakes, and warm spices, it's a healthy balanced meal that will feel like dessert for breakfast. Quinoa is packed with fiber, protein, and minerals to help keep you full for longer.

SERVINGS: 2-4

INGREDIENTS:

- ½ C unsweetened coconut flakes
- 1 C uncooked quinoa
- 1 apple, chopped
- 2 scoops **Vital Proteins Collagen Peptides (Optional)**
- 1 C water
- 1 C coconut milk (or milk of choice), plus extra for serving
- 2 T virgin coconut oil
- 2 T maple syrup
- 2 t vanilla extract
- 2 t ground cinnamon
- 1 t ground ginger
- pinch of ground cloves
- 1 t sea salt
- *Optional to garnish: more chopped apple or sliced almonds*

DIRECTIONS:

1. Place the coconut flakes in a medium saucepan and place over low heat.
2. Cook the coconut flakes until browned, stirring them frequently to prevent burning (they can burn quickly). Remove about half the coconut flakes and set aside for garnishing later.
3. Turn the heat to medium and add the quinoa, chopped apple, water, and coconut milk to the remaining toasted coconut flakes. Stir well.
4. Bring the mixture to a simmer and cover. Cook for 15-20 minutes covered, or until all the liquid has been absorbed and the quinoa is fluffy. Turn the heat off and leave covered 5 minutes to rest.
5. Remove the lid and add the coconut oil, maple syrup, vanilla extract, cinnamon, ginger, cloves, sea salt, and Collagen Peptides (optional).
6. Stir well to incorporate all the ingredients.
7. Portion into bowls and garnish with coconut flakes, coconut milk, chopped apple, or sliced apples, as desired.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Collagen Peptides

Apple

PROTEIN PANCAKES



These Apple Protein Pancakes are a delicious addition to your weight loss or fitness goals. Made with Vital Proteins Organic Whey and Collagen Peptides, these pancakes are a healthy, gut-friendly ingredients, this is a breakfast that will have you reaching for seconds. Sweetened with just applesauce means you can enjoy these guilt-free (or add a bit of warmed apple slices and maple syrup, if it's that kind of morning).

SERVINGS: 6

INGREDIENTS:

- 3 eggs
- ½ C light coconut milk
- 1 C applesauce (look for no sugar added)
- 3 T softened butter, ghee, or coconut oil
- 2 t apple cider vinegar
- 1 t vanilla extract
- 6 T coconut flour
- 1 t ground cinnamon
- Large pinch of ground nutmeg
- 1 t baking powder
- ½ t baking soda
- ½ t sea salt
- 2 scoops **Vital Proteins Collagen Peptides**
- 4 scoops **Vital Proteins Organic Whey**
- *Optional for topping: warm apple slices and maple syrup*

DIRECTIONS:

1. Add the eggs, coconut milk, applesauce, butter, apple cider vinegar, and vanilla extract to a large blender. Blend on high until very smooth.
2. Add the coconut flour, Organic Whey, Collagen Peptides, cinnamon, nutmeg, baking powder, baking soda, and sea salt to the blender. Blend again to incorporate. Stop to scrape down the sides and allow the coconut flour to be fully absorbed. Blend again on high until you have a smooth and thick batter.
3. Heat a wide skillet over medium to medium-low heat (the pan used may cause this to vary slightly).
4. Grease lightly with additional butter and drop the batter into pancake shapes, 4-6" in size.
5. Spread the batter out slightly and allow the pancakes to cook until bubbles appear on the surface and the edges begin to brown. Flip and cook until browned on the other side.
6. Remove to a cooling rack for 3-5 minutes before serving.
Repeat with the remaining batter.



RECIPE ESSENTIAL:

Be sure to add 2 scoops of Vital Proteins **Collagen Peptides** and 4 scoops of Vital Proteins **Organic Whey**

Baked Eggs

WITH SMOKED SALMON



We love brunching on these cups of Baked Eggs with Smoked Salmon. A creamy layer of parmesan cheese and heavy cream balances out the spinach, smoked salmon, and barely-set baked egg. It feels decadent, yet it's extremely nourishing. To add even more nutrition, power these baked eggs with Vital Proteins Collagen Peptides. Wow your friends and family with this easy dish!

SERVINGS: 4

INGREDIENTS:

- ½ C pastured heavy cream
- 2 T grated parmesan cheese
- 2 C chopped baby spinach
- 4 oz. wild smoked salmon
- 4 eggs
- 1 T chopped chives
- Sea salt & black pepper, to taste
- 4 scoops **Vital Proteins Collagen Peptides (optional)**

DIRECTIONS:

1. Preheat the oven to 350F. Have 4 large ramekins ready set over a sheet pan.
2. Stir together the heavy cream, Collagen Peptides (optional), and parmesan cheese in a small bowl. Portion evenly between the 4 ramekins.
3. Top with 1/2 cup chopped spinach and 1 oz. smoked salmon per ramekin. Crack 1 egg on the top of each. Sprinkle with chives, sea salt, and black pepper.
4. Bake for 16-20 minutes (the shorter time will yield a more runny yolk). Allow to cool for 5-10 minutes before enjoying.



OPTIONAL ADD IN:

This recipe works well with 4 scoops of Vital Proteins Collagen Peptides

Chocolate Chip Flaxseed Waffles

(GRAIN-FREE AND REFINED SUGAR-FREE)



These waffles have Marine Collagen! Yup, you read that right. And you would never even know it. It doesn't change the taste but adds so many extra vitamins and nutrients you are going to become obsessed too.

SERVINGS: 6-8

INGREDIENTS:

- ¾ C almond flour (do not sub another flour)
- 1 T coconut flour (do not sub another flour)
- ½ t baking powder
- ⅓ C creamy almond butter (or any nut butter)
- 3 T coconut oil melted and cooled
- 2 eggs lightly beaten (have not tested to make vegan)
- 2 T flaxseeds
- ½ C almond milk (you made need ¾ cup depending on batter)
- Splash of vanilla extract
- Sprinkle of cinnamon
- ¼ C dark chocolate chips
- 1 scoop of **Vital Proteins Marine Collagen**

DIRECTIONS:

1. Mix together all ingredients except chocolate chips ingredients in a medium bowl
2. Fold in chocolate chips then let the batter thicken for a couple of minutes
3. Heat waffle iron and begin making waffles one by one by adding about 3 tablespoons each into a waffle maker
4. Should make anywhere from 6-8 waffles depending on how large you make the batter
5. Enjoy with your favorite syrup, nut butter and toppings!
6. Enjoy within 5 days and leave in fridge or you can freeze for longer



RACHEL MANSFIELD: @RACHLMANSFIELD

New York | www.rachlmansfield.com

I am not a certified nutritionist or health coach, just a girl who has a passion to inspire others to fuel their bodies with food that tastes amazing and makes us feel amazing. I don't believe in diets, I believe in a balanced lifestyle and finding what works best for YOU!



RECIPE ESSENTIAL:

Be sure to add 1 scoop of Vital Proteins Marine Collagen

Gray SMOOTHIE BOWL



"Try the gray stuff - it's delicious!" If Lumiere was talking about this smoothie bowl, he was right! Packed with protein from Vital Proteins Dark Chocolate Collagen Whey, and made with fresh fruits and veggies, this bowl is the perfect way to start your day off right!

SERVINGS: 1

INGREDIENTS:

- 1 T. hemp seeds
- ¾ C water
- 1 handful frozen fresh spinach
- 4 pieces steamed then frozen cauliflower
- ½ frozen banana
- 1 T peanut butter
- ¼ C fresh wheatgrass
- 2 scoops **Vital Proteins Dark Chocolate Collagen Whey**

DIRECTIONS:

1. Blend hemp seeds with water until milk is formed
2. Add remaining ingredients and blend until smooth
3. Add ice as needed to get desired thickness
4. Add toppings of choosing (in this bowl, there are chia seeds, goji berries, unsweetened coconut flakes, peanut butter, and frozen blueberries)



CECILIA JONES: @MOMMIESRUN

Memphis, TN | www.mommiesrun.com

I'm a Memphis gal working as a pharmacist all while running and raising identical twins girls, named Lexi and Lyla (or the Ls). Basically, I run for my health and sanity, and I also try to infuse my day with a little yoga and meditation to improve my zen. I call my lifestyle a "healthy living adventure", and I encourage you to live your own adventure!



RECIPE ESSENTIAL:

Be sure to add 2 scoops of Vital Proteins Dark Chocolate Collagen Whey

Hearty BREAKFAST BOWL



We have the perfect Hearty Breakfast Bowl to get you ready for those long workdays. Filled with tons of nutrients from winter squash, zucchini, and hearty greens, it will provide the vitamins your body needs to function well. Healthy fats in the form of avocado and a clean, healthy mayonnaise offer satiation that will last you well into lunchtime.

SERVINGS: 2

INGREDIENTS:

For the bowls:

- 4 slices bacon
- 2 C cubed butternut squash
- 2 small zucchini or yellow squash, sliced
- 3 C dark leafy greens of choice
- 2 fried eggs
- 1 ripe avocado, sliced
- *Optional for topping: cilantro or microgreens*

For the sauce:

- ¼ C light mayonnaise
- 2 scoops **Vital Proteins Collagen Peptides (optional)**
- 1-2 T sriracha sauce
- 1 lime, juiced

DIRECTIONS:

1. Mix together mayonnaise, sriracha (adjust to taste) and the lime juice until smooth.
2. To prepare the bowls: crisp the bacon in a large skillet. Set it aside on paper towels to catch the grease. Once cooled, crumble into small pieces.
3. Add the cubed butternut squash to the remaining bacon grease and cook until softened over medium heat, about 10 minutes. Add the sliced zucchini and continue to cook until the vegetables begin to brown, about another 10 minutes. Add the greens and saute until just wilted, about 2 minutes. Stir in the crumbled bacon. Season with sea salt and black pepper, to taste. Portion into two bowls.
4. Fry the eggs in the same skillet and add to the bowls, along with the sliced avocado.
5. Blend all sauce ingredients together, including the Collagen Peptides (optional).
6. Drizzle the sauce over and top with cilantro or microgreens, as desired.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins
Collagen Peptides

Maple Pecan

SCOTCH EGGS



Mix up your normal egg breakfast with these savory Maple Pecan Scotch Eggs. Ground pork is mixed together with warm spices to give that familiar sausage flavor, then wrapped gently around soft-boiled eggs. A dusting of ground pecans gives a delicious crunchy exterior after a quick sauté. Double the recipe and keep extras in your fridge for easy reheating.

SERVINGS: 6

INGREDIENTS:

- 1 lb. ground pork
- 2 shallots, minced
- 1 T maple syrup
- 2 t **Vital Proteins Beef Gelatin**
- 1 t dried sage
- 1/8 t ground nutmeg
- 1 t sea salt
- 1/4 t black pepper
- 1/4 C pecans
- 3 T coconut flour
- 1 t ground cinnamon
- 6 soft-boiled eggs
- High-heat cooking oil, for sautéing

DIRECTIONS:

1. In a large bowl, combine the ground pork, shallots, maple syrup, Beef Gelatin, sage, nutmeg, sea salt, and black pepper. Use a fork to mix it together well and set it aside.
2. Add the pecans, coconut flour, and cinnamon to a food processor. Process until the mix is finely crumbled. Dump it out into a wide, shallow dish or plate.
3. To assemble the eggs, divide the meat mixture into 6 even portions. Take one portion and flatten it out to cover your palm. Place a soft-boiled egg in the middle and gently wrap the meat around the egg, careful not to break the egg. Roll it between your hands to smooth out the edges. Roll the egg in the ground pecan mixture until all sides are covered in a thick coating.
4. Lightly grease a wide sauté pan with high-heat cooking oil and heat over medium heat. Add 2-3 scotch eggs to the pan at a time, rotating as they cook until all sides are browned.
5. Remove to a cooling rack for 5 minutes before serving.



RECIPE ESSENTIAL:

Be sure to add 2 tablespoons of Vital Proteins Beef Gelatin

Sausage & Egg

MUFFINS



For all our busy (and less busy) friends, here's a delicious Sausage & Egg Muffin recipe for your mornings on the go. A base of shredded sweet potato holds together fluffy eggs filled with spinach, our Collagen Peptides, and a bite of hearty sausage. They're quick to assemble and perfect for reheating, and can be made in double batches to store extras in the fridge for the whole family to enjoy.

SERVINGS: 12

INGREDIENTS:

- 2 C shredded sweet potato or yam (about ½ large one)
- 3 large pre-cooked sausages
- 6 eggs
- ½ C canned light coconut milk
- 1 C spinach, chopped small
- 1 t dried onion powder
- 1 t sea salt
- ½ t black pepper
- 4 scoops of **Vital Proteins Collagen Peptides (optional)**

DIRECTIONS:

1. Preheat the oven to 375F. Grease a 12-cup muffin pan.
2. Rinse the shredded sweet potatoes in cold water for 2-3 minutes, or until the water runs clear. Dry them well with a kitchen towel and divide between the 12 muffin cups. Press the sweet potato down well to form a cup shape.
3. Cut each of the sausages into 4 equal pieces. Press the 12 pieces into the center of the shredded sweet potato in the 12 muffin cups.
4. In a large bowl, whisk together the eggs, coconut milk, chopped spinach, onion powder, sea salt, and black pepper. Portion the egg mixture evenly between the muffin cups (they will be fairly full).
5. Bake for 20-25 minutes, or until the egg is cooked through and the top of the sausage is golden brown. Allow the egg muffins to rest in the pan for 5-10 minutes before removing to a cooling rack. Store extras in the refrigerator.



OPTIONAL ADD IN:

This recipe works well with 4 scoops of Vital Proteins Collagen Peptides

Spicy Hamburger

BREAKFAST STACK



Hamburgers for breakfast? When they're stacked with hash browns, bacon, and egg, it's a no-brainer. Mix the meat up with coconut aminos for extra browning power and chili paste for a kick that will wake you up. This fancied up meal is great for a weekend brunch or if prepped ahead the night before, would work as a big weekday breakfast.

SERVINGS: 4

INGREDIENTS:

- 1 lb. ground beef
- 3 scoops **Vital Proteins Collagen Peptides (optional)**
- 2 T coconut aminos
- 1 garlic clove, minced
- 1 T chili paste (or sub 1 t)
- 1 t sea salt
- ½ t black pepper
- 4 slices bacon
- 1 large russet potato, peeled and shredded
- 4 eggs
- Kimchi or sauerkraut
- Fresh avocado slices

DIRECTIONS:

1. Mix together the ground beef, coconut aminos, Collagen Peptides (optional), garlic, chili paste, sea salt, and black pepper. Set it aside to let the meat rest.
2. Cook the bacon in a large skillet over medium heat. Remove it to a paper towel to catch the grease. While the bacon is cooking, run the shredded potato under cold water until the water runs clear (about 3 minutes). Dump the potato shreds into a tea towel and squeeze out any remaining water.
3. Drop a scoop of the dried potato shreds to the hot bacon grease and press into a circular shape (or just spread them all out into an even layer and break them up later for serving). Cook until they begin to crisp on the edges, then flip to crisp the other side. Remove the finished hash browns to a cooling rack. Season with sea salt and black pepper, as desired. Optionally, you can move both the cooked bacon and hash browns to a warm oven (200F) to keep warm until serving.
4. Separate the ground beef mix into 4 hamburger patties. Grease the skillet if it's looking dry, move the heat to medium high, and add the patties to the pan. Cook until browned on both sides. Remove them to a plate to rest. While the meat is resting, fry up the eggs to your desired doneness.
5. Assemble the stacks by layering the hash browns, hamburger patty, bacon slices, kimchi or sauerkraut (as desired), fresh avocado, and a fried egg. Top with additional chili paste and enjoy immediately.



OPTIONAL ADD IN:

This recipe works well with 3 scoops of Vital Proteins Collagen Peptides

Spinach & Artichoke

FRITATA



A deliciously-filling breakfast, this Spinach & Artichoke Frittata will have your family thinking you are a gourmet chef! Caramelized onion and artichoke are packed with spinach and feta cheese for a very flavorful bite. Make extras and store them in the fridge (or freezer) for easy breakfasts on the go.

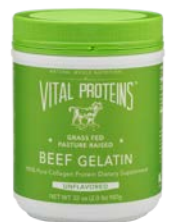
SERVINGS: 4-6

INGREDIENTS:

- ½ large onion, chopped
- 14 oz. canned artichoke hearts, drained
- 2 C roughly-chopped spinach (or other greens of choice)
- 6 eggs
- 3 T **Vital Proteins Beef Gelatin (optional)**
- ½ C canned coconut milk
- 1 t sea salt
- ½ t black pepper
- 4 oz. pastured feta cheese, crumbled
- Fresh parsley, for topping

DIRECTIONS:

1. Preheat the oven to 350F.
2. Heat a medium-depth, oven-safe skillet (8-10" diameter is best) over medium heat. Grease lightly and add the onion. Sauté until translucent, about 3-5 minutes. Cut the artichoke hearts into quarters and add them to the pan. Continue to sauté until both the onion and artichoke begin to brown, about 8-10 minutes more. Add the spinach and stir until wilted, about 2 minutes.
3. While the vegetables are sautéing, add the eggs, coconut milk and beef gelatin to a large bowl. Whisk well. Add the sea salt, and black pepper and whisk continuously until well-combined. (Note: if the gelatin clumps too much, you can run the mix through a blender to smooth it out.)
4. Pour the egg mix into the skillet and spread the vegetables out in an even layer. Sprinkle the feta overtop. Cook until the edges begin to brown, about 5 minutes.
5. Move the skillet to the oven and bake for 20-24 minutes, or until the eggs are puffy and cooked through. Allow the frittata to rest 5 minutes before slicing and serving. Top with chopped parsley, as desired.



OPTIONAL ADD IN:

Be sure to add 3 tablespoons of Vital Proteins Beef Gelatin



ENTREES

Cauliflower PIZZA CRUST



Having a go-to cauliflower pizza crust is a must, especially if you've been following a paleo, gluten-free or grain-free diet for some time. Sometimes it can get complicated and lengthy, maybe you've burned your hands before wringing out the cauliflower after you've cooked it, but no more! We made a simple, do-it-yourself crust that is a real crowd pleaser. And of course, we had to add in our grass-fed, USDA organic Beef Bone Broth Collagen to take the health level of this pizza crust up a notch.

SERVINGS: 4

INGREDIENTS:

Crust

- 2 pounds frozen cauliflower, thawed
- 1 egg
- 8 ounces vegan cheese, chevre or cream cheese style
- 1 t garlic powder
- ¾ t sea salt
- 1 scoop **Vital Proteins Beef or Chicken Bone Broth Collagen (optional)**

Toppings

- 16 ounces vegan or regular mozzarella
- 1 C sliced heirloom tomatoes
- ½ C sliced zucchini
- ½ C roasted red pepper
- 5-6 fresh basil leaves, chiffonade

DIRECTIONS:

1. Preheat oven to 400 F. Make sure frozen cauliflower is completely thawed.
2. Place thawed cauliflower in a blender to make "rice" and place into a clean dish towel or cheesecloth.
3. Wrap up cauliflower in the cloth, and squeeze out as much liquid as possible over a sink or bowl.
4. In a large mixing bowl, add in cauliflower (it should resemble a dough-like ball) along with the egg, vegan cheese, garlic powder, salt and bone broth (optional).
5. Mix until well combined.
6. Place a piece of parchment paper on a pizza stone or a baking dish and place your pizza dough on the parchment paper to shape into a crust (it will be quite sticky).
7. Bake the cauliflower pizza crust for 40 minutes, or until the crust is starting to turn golden brown and removes easily from the parchment paper.
8. Top with your favorite pizza ingredients, leaving off the fresh basil, and bake for another 10-15 minutes until the cheese is melted and the vegetables have softened.
9. Remove from the oven and top with fresh basil chiffonade.
10. Serve immediately.



OPTIONAL ADD IN:

This recipe works well with 1 scoop of Vital Proteins Beef or Chicken Bone Broth Collagen

Chorizo and Veggie STEW



The great thing about stews is that you can be so creative with what you have in your refrigerator. The great thing about THIS stew is that it's packed with collagen protein, in the form of the Vital Proteins Bone Broth Collagen! Full of nutritious veggies, this stew is just as tasty as it is a gut-healthy meal.

SERVING: 4

INGREDIENTS:

- 12 ounces chorizo sausage links sliced (4 three ounce sausages)
- 2 T olive oil
- 1 C sliced carrots
- 1 diced red or green pepper
- 2-3 sliced stalks of celery
- 2 white potatoes, roughly diced
- 1 large diced tomato
- Juice of ½ lime
- 1 T minced garlic
- 3 C water
- ½ C loosely packed fresh parsley, chopped (or 1-2 tablespoons dried parsley)
- Salt and pepper to taste
- 2 scoops **Vital Proteins Beef or Chicken Bone Broth Collagen (optional)**

DIRECTIONS:

1. Add oil and garlic to the bottom of a large stock pot over medium heat
2. Once hot, add in carrot, onion, pepper and chorizo and sauté for 3-4 minutes
3. Once veggies start to soften, add in potatoes, celery, tomato and lime juice
4. Stir and let sauté for 2-3 more minutes
5. Pour in the water
6. Add in salt and pepper to taste
7. Stir in Bone Broth (optional) and bring to a boil.
8. Once boiling, reduce heat a bit and cover
9. Let simmer for 10-15 minutes or until all veggies are cooked thoroughly
10. Stir in fresh parsley
11. Remove from heat and serve!



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Bailey spent the last two years changing her relationship with food and herself. She lost 120 pounds the old-fashioned way - through real food and moving more, and is now living a whole new life. She shares it all on Instagram @paleobailey and writes about healthy living, easy, delicious recipes, and the ups and downs as she navigates finding overall wellness on her blog PaleoBailey.com.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Beef or Chicken Bone Broth Collagen

Collagen Sweet Potato Salad

WITH MUSTARD VINAIGRETTE DRESSING



This gut-friendly potato salad is a healthy spin on your favorite comfort food! Simple to make and high in fiber, this salad is great for digestion especially with Vital Proteins Bone Broth Collagen added to the mustard vinaigrette dressing!

SERVING: 8

INGREDIENTS:

Sweet potato salad:

- 4 sweet potatoes (I used Japanese yams)
- ½ cup celery, chopped
- ¼ cup scallions
- 4 hard boiled eggs, sliced
- pepper to taste
- sea salt to taste

Mustard Vinaigrette dressing:

- Yields 1 cup.
- ¼ cup Dijon mustard
- ¾ cup olive oil
- sea salt to taste
- pepper to taste
- 2 tbsp. fresh rosemary
- 2 tbsp. fresh sage, chopped
- 1 scoop **Vital Proteins Beef or Chicken Bone Broth Collagen (optional)**
- *optional add ins: half of a lemon*

DIRECTIONS: SWEET POTATO SALAD

1. In a large pot (one that will fit all 4 of the potatoes or use two pots), bring the water to a boil. Option to add 1 packet of the Vital Proteins Bone Broth Collagen. It will dissolve completely in the water. Next, add the potatoes so they are completely covered by the water. Bring the temperature down to medium.
2. Boil the sweet potatoes for roughly 30 minutes. You want the sweet potatoes to be cooked, tender, yet still a little firm to touch. You can check by sticking a fork through. See notes.
3. Once the sweet potatoes are finished, remove them from the water and allow them to cool completely before you cut them. I stick them in the fridge to speed up the process.
4. While the sweet potatoes are boiling, boil the eggs. In a smaller pot, bring the water to a rapid boil. Then, turn the temperature to medium heat, carefully add the eggs to the water and boil for 12 minutes. Immediately place them in a bowl filled with cold water to stop the cooking process. Set aside. Allow to cool.
5. Chop the celery and the scallions. Set aside.

CONT →

Collagen Sweet Potato Salad

WITH MUSTARD VINAIGRETTE DRESSING

CONTINUED

DIRECTIONS: MUSTARD VINAIGRETTE

1. Add all of the ingredients into a mason jar (easier to shake up) or a bowl and whisk together! Taste test. Adjust to preference.

Note: The dressing will be on the thicker side. I prefer it this way and makes the sweet potato salad a little on the creamier side, but if you prefer it to be a thinner consistency, start by adding a small amount of warm water to the mixture. However, you do not want it to be extremely thin or you will have a pool of vinaigrette at the bottom of your sweet potato bowl. Note that this is more a thicker dressing vs. your regular salad dressing.

ASSEMBLE:

1. Once the sweet potatoes have cooled, slice them in half the long way and cut them into chunks.
I left the skin on, but feel free to peel the skin off.
2. Peel the egg shells and slice the eggs.
3. Add the sweet potatoes, the eggs, chopped celery, chopped scallions, sea salt, pepper, as well as the dressing to a large bowl and give it a good mix, until well combined. Serve cold.



BLAIR FLYNN: @BALANCEWITHB

Boston, MA | www.balancewithb.com

Blair is the lifestyle and wellness/food blogger behind Balancewithb and is also a certified yoga instructor. Her recipes focus on the idea of simplicity, a non-complicated way to approaching cooking and eating healthy, but focus on wholesome and healing foods for not only the body but for the mind as well. She loves sharing with her readers, that eating healthy doesn't have to be difficult or intimidating and her goal is to inspire others to embrace a healthy lifestyle in order to feel their best.



OPTIONAL ADD IN:

This recipe works well with 1 scoop of Vital Proteins
Beef or Chicken Bone Broth Collagen

Easy Baked

GLUTEN-FREE MEATBALLS



We've got another great recipe to balance out the amino acid profile of your protein with these Easy Baked Meatballs. Our Beef Gelatin binds the meatballs together and offsets the need for any gluten-filled, starchy binders. Mix up the ingredients, pop them in your oven, and you'll have a healthy dinner on the table in no time.

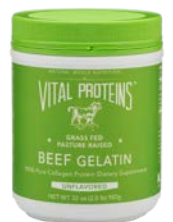
SERVINGS: 12

INGREDIENTS:

- 1 lb. ground beef
- 2 T tomato paste
- ½ C *grated parmesan cheese (optional)*
- 1 t garlic powder
- 1 t dried oregano
- 1 T onion flakes (or 1 tsp. onion powder)
- 2 T **Vital Proteins Beef Gelatin**
- 1 t sea salt
- ½ t black pepper
- A neutral-flavor high-heat cooking oil, for greasing
- Zucchini noodles (or pasta) and your favorite marinara, for serving

DIRECTIONS:

1. Preheat the oven to 375F.
2. Using a fork or clean hands, stir together all the ingredients aside from the cooking oil, zucchini noodles, and marinara.
3. Mix ingredients together well and then let the meat rest for about 3-5 minutes to absorb the gelatin.
4. Form meatballs in about 2" diameter and lay them out on a lined sheet pan.
5. Spray the meatballs with a neutral-flavor high-heat cooking oil (using a Misto or similar atomizer) or grease each meatball by hand.
6. Cook for 15-20 minutes, or until the meatballs begin to turn golden brown.



RECIPE ESSENTIAL:

Be sure to add 2 tablespoons of Vital Proteins Beef Gelatin

Ginger

CHICKEN CURRY



Looking for a dish with a kick? Look no further than this Ginger Chicken Curry, a healthy, vitamin-rich recipe that not only gives you vital nutrients, but tastes delicious, too. Full of nutrient-rich veggies and Vital Proteins' Chicken Bone Broth Collagen, this crowd-pleasing dish will leave you feeling full and satisfied.

SERVINGS: 3-4

INGREDIENTS:

- 1 pound chicken breasts, sliced into 1-inch chunks
- 1 large ginger knob, peeled and finely chopped
- 3 large garlic cloves, peeled and finely chopped
- 1 T chili powder or 1 tablespoon red curry paste
- 1 bunch of cilantro, chopped and divided
- Juice of 1 lime
- 2 T avocado oil, divided
- 2 medium yellow onions, peeled and diced
- 1 t ground turmeric
- 1 t ground coriander
- One 400 mL can of full-fat coconut milk
- ½ t sea salt
- 2 scoops **Vital Proteins Chicken Bone Broth Collagen (optional)**

DIRECTIONS:

1. Slice chicken breasts into large chunks and place in a large bowl.
2. Combine chopped ginger, garlic, chili powder or curry paste, half of the chopped cilantro, lime juice and one tablespoon of avocado oil until a paste forms.
3. Spread the ginger curry over the chicken breast and let marinade for as long as possible.
4. Heat avocado oil over medium high heat in a large pan. Chop onions until fine and sauté for 5-7 minutes until soft.
5. Add in turmeric and coriander powders into the onions and cook for another minute or so.
6. Add marinated chicken to the pan and cook for 5 minutes, until the chicken turns a different color.
7. Add in coconut milk, bone broth (optional), and sea salt, then cover and let simmer for 15-20 minutes.
8. Add in remaining cilantro and serve with cauliflower rice.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Chicken Bone Broth Collagen

Kabocha Squash

CASSEROLE (GLUTEN-FREE)



This creamy, naturally sweet kabocha squash casserole with gluten-free walnut topping is a marvelous dish to share with friends and family during the holidays, plus it's healthy! Containing Vital Proteins' Organic Whey, this Kabocha Squash Casserole is a savory and succulent way to add more protein and vitamins into your diet.

INGREDIENTS:

SERVINGS: 8

Kabocha Squash Filling:

- 1 large (6-pound) kabocha squash, about 5 cups mashed
- 3 large eggs
- ½ C pure maple syrup or honey
- 2 t pure vanilla extract
- 3 t gluten-free all-purpose flour
- 1 T ground cinnamon
- 1-¼ t sea salt

- ½ t ground nutmeg
- ¼ t ground cardamom, optional
- ¼ t ground cloves
- 3 scoops of **Vital Proteins Organic Whey (optional)**

Casserole Topping:

- 1 C gluten-free all-purpose flour
- 1 C raw walnuts, chopped
- ½ C pure maple syrup, to taste
- ⅓ C + 1 T coconut oil, softened or melted
- 1 t pure vanilla extract
- 2 t ground cinnamon
- ¼ t sea salt

DIRECTIONS:

1. Trim the top off of the kabocha squash. Drizzle the flesh with olive oil and use your hands to coat it. Sprinkle with salt and place cut-side down on a baking sheet. Roast in the preheated oven 55 to 65 minutes, or until kabocha squash is very soft when poked with a fork.
2. Scoop the flesh out of the kabocha squash and place it in a bowl to cool. Once cool, add the kabocha squash to a high-powered blender along with the rest of the ingredients for the filling. Blend until well-combined. Transfer filling mixture to a 9-inch round casserole dish (or 2-quart rectangular casserole dish) and preheat the oven to 375 degrees F.
3. Stir together all the ingredients for the topping until well combined. Evenly spread the topping mixture over the kabocha squash - it's fine to have large clumps.
4. Bake at 375 degrees for 40 to 50 minutes, until the topping is golden-brown and filling is bubbling, then turn off the oven and allow casserole to sit an additional 10 minutes. Remove from the oven and cool for 15 minutes before serving.
5. Store leftovers in a sealed container and refrigerate up to 7 days.



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I am the author of two cookbooks! You can learn about them at TheRoastedRoot.com. When I'm not cooking, writing or taking food photos, I spend my free time outdoors. I live in Lake Tahoe, where I mountain bike, run, hike, snowboard, and enjoy life and nature. If you're nutty about nature like me, you can follow my personal Instagram account, @bueller.bueller.



OPTIONAL ADD IN:

This recipe works well with 3 scoops of Vital Proteins Organic Whey

Orange Ginger

BUTTERNUT SQUASH SOUP



This Orange Ginger Butternut Squash Soup is the perfect, easy one-pot meal. Full of vitamins and minerals from lots of veggies and broth and rich in deep flavor with layers of ginger, fresh orange zest, and just a hint of ground cinnamon. Add in our Collagen Peptides in place of meat for a quick and filling protein source.

SERVINGS: 2

INGREDIENTS:

- 1 large onion, chopped
- 4 medium carrots, chopped
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 1 medium butternut squash
- 2 C vegetable or bone broth
- 5 fresh sage leaves, chopped
- 2" knob ginger, grated
- 1 orange, zest and juice
- 1 t ground cinnamon
- ½ C coconut milk or half & half (optional)
- Sea salt & ground pepper, to taste
- 2 scoops **Vital Proteins Collagen Peptides (optional)**

DIRECTIONS:

1. Heat a large saucepan or dutch oven over medium heat.
2. Add the onion, carrot, celery, and garlic with a few tablespoons avocado oil (or other high heat cooking oil).
3. Sauté until softened, about 5 minutes.
4. Peel the butternut squash and cut it in two pieces where the bulb begins.
5. Cut the bulb section in half and scrape the seeds out.
6. Cut all the squash into rough 1" cubes.
7. Add the squash to the pan and cook until warmed through, about 3-5 minutes.
8. Add the broth, sage, Collagen Peptides and ginger and stir well. Bring to a simmer and cover.
9. Cook covered for 30 minutes, or until the butternut squash is completely cooked and fall apart when pierced with a fork.
10. Remove from the heat and add in the juice and zest of 1 orange, ground cinnamon, and coconut milk.
11. Using an immersion blender, blend the soup until it's smooth.
12. Alternatively, scoop the soup in batches into a large blender but use caution with blending the very hot liquid.
13. Season with sea salt and pepper, to taste.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Collagen Peptides

Roasted Vegetables

WITH COLLAGEN PEPTIDES



Add a bit of protein to your vegetables by mixing our Collagen Peptides into a sauce coated for roasting. Pick out your favorite seasonal vegetables and chop them to a similar shape and size. Mix the peptides in with a little oil, vinegar, and dried herbs and spread it over the veggies. The sauce created by roasting is delicious for pouring over the vegetables when served and is full of protein from the peptides. Great as a light snack or side dish at dinnertime.

SERVINGS: 4

INGREDIENTS:

- 6 C chopped vegetables of choice (carrots, zucchini, beets, red pepper, and onion were used here)
- 2 T red wine vinegar
- 2 T avocado oil
- 2 t dried rosemary
- Sea salt & pepper, to taste
- 2 scoops **Vital Proteins Collagen Peptides (optional)**

DIRECTIONS:

1. Preheat the oven to 425F. Arrange the chopped vegetables on a large baking sheet.
2. In a small bowl, combine the red wine vinegar, avocado oil, Collagen Peptides (optional) and dried rosemary.
3. Pour the mix over top the vegetables and toss to coat.
4. Bake for 20 minutes, then remove the pan to toss the vegetables and spread them out again on the pan.
5. Bake another 20 minutes, or until the vegetables are softened and begin to turn golden.
6. Serve the vegetables with the sauce created in the pan and top with sea salt and pepper, as desired.



RECOMMENDED ADD IN:

This recipe works well with 2 scoops of Vital Proteins Collagen Peptides

Stuffed SWEET POTATOES



For a modern take on the traditional American sweet potato casserole, try these Stuffed Sweet Potatoes for your next holiday celebration. Perfect for individual servings, with a delicious fall-like flavor from pecans, apple, cranberries, and cinnamon. We couldn't leave the marshmallow behind but instead upgraded it from your average (chemical-filled) store-bought variation. Our Beef Gelatin sets up these maple-sweetened clouds with no stabilizers or preservatives needed.

SERVINGS: 4

INGREDIENTS:

For the marshmallow

- ½ C filtered water
- Butter, ghee, or coconut oil, for greasing
- Tapioca flour, for dusting
- 1 C maple syrup
- 1 t vanilla extract
- Pinch of sea salt
- 2 T **Vital Proteins Beef Gelatin**

For the sweet potatoes

- 2 large sweet potatoes or yams
- 2 T butter, ghee, or coconut oil
- 1 small apple, cored & cubed
- ¼ t sea salt
- ½ C chopped pecans
- ¼ C chopped naturally-sweetened dried cranberries
- 2 T maple syrup
- 1 t ground cinnamon

DIRECTIONS:

1. Prepare the marshmallow a minimum of 4-6 hours prior. Add the water and Beef Gelatin to the bowl of a stand mixer fitted with the whisk attachment. Mix briefly and leave it to bloom for at least 3-5 minutes. Grease an 8×8 square pan. After greasing, dust the inside completely with a light coating of tapioca flour. Set the pan aside.
2. Add the maple syrup to a small saucepan and heat over low heat. Cook at a low simmer until it has reduced by half and turned a dark golden (but not burnt) color. It will read about 280-300F on a candy thermometer.
3. With the stand mixer running on low speed, carefully drizzle the hot syrup over the bloomed gelatin. Turn the mixer to medium speed and mix until the gelatin is melted, about 2 minutes. Turn the mixer to high speed for about 5 minutes, or until the mixture has doubled in volume and turned a lighter, off-white color.
4. Once the marshmallow is whipped and no longer feels hot to the touch, stop the mixer and add the vanilla extract and pinch of sea salt. Turn the mixer back to high speed and whip to incorporate, about 30 seconds. You know the marshmallow is ready when it holds a shape when you lift the whisk up from the bowl.
5. Pour the marshmallow into the prepared pan, spread it out evenly, and set it aside for 4+ hours to set up. It's ready when it feels firm to the touch and the entire sheet of marshmallow can be lifted easily from the pan.

CONT →

Stuffed SWEET POTATOES

6. Dump the finished marshmallows out onto a surface coated with tapioca starch. Cut into very small squares using a greased knife or rolling pizza cutter. Coat each side of the squares well with tapioca starch. Store in an airtight bag or container.
7. To prepare the potatoes: cover the sweet potatoes in foil and roast for 60-75 minutes at 425F. Once cooked, carefully remove the outer foil to allow them to cool.
8. Add the butter, chopped apple, and sea salt to a large skillet over medium heat. Cook until the apple begins to brown, about 5-8 minutes. Add the chopped pecans and cranberries and continue to cook until the pecans are golden, about 3 more minutes. Add the maple syrup and ground cinnamon (it will bubble a bit) and stir for about 1 minute to incorporate. Remove the pan from the heat.
9. Slice the sweet potatoes in half lengthwise and place them with the insides facing up. Use a fork to mash the inner flesh outwards, creating a kind of boat shape. Fill the cavities generously with the warm apple mixture. Top with the small marshmallow pieces, pressing them down a bit to help them stay on top.
10. To brown the tops of the marshmallow, either do a few passes with a kitchen torch or place the potatoes under your oven broiler, set to "low broil" where available. Keep an eye out, checking every 30-60 seconds to ensure the marshmallow doesn't burn. Best served while the marshmallow is still warm.



RECIPE ESSENTIAL:

Be sure to add 2 tablespoons of Vital Proteins
Beef Gelatin

Twice Baked Kale

AND PECORINO ACORN SQUASH



Stuffed with hearty freekeh (a lovely grain that doesn't get as much attention as it deserves), kale, pecorino romano, and aromatic rosemary, the comforting, cozy factor definitely comes through in this twice baked pecorino squash acorn squash. As an option to add a boost of protein, incorporate Collagen Peptides for added benefits.

SERVINGS: 6-8

INGREDIENTS:

- 2 small acorn squash
- 2 T extra virgin olive oil
- ½ C freekeh (or other hearty grain like barley, brown rice, farro, wheatberries, etc.)
- ¾ C broth (chicken or vegetable)
- ½ T butter
- ½ large red onion, thinly sliced
- 1 T minced rosemary
- 1 small bunch lacinto kale, thinly sliced
- salt and pepper
- ½ C grated pecorino romano cheese plus more for topping
- 2 scoops **Vital Proteins Collagen Peptides (optional)**

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Cut acorn squash in half to create two bowls out of each. Scoop out the seeds, drizzle with the olive oil and place cut side down on a greased baking sheet.
3. Roast for about 20 minutes until flesh is softened but the squash is still firm enough to hold its shape well.
4. While squash roasts, combine freekeh, Collagen Peptides (optional) and broth in a medium sauce pot over high heat. Bring to a boil, stir, reduce to low, cover and cook until all the liquid is absorbed by the freekeh. Set aside.
5. Place the butter in a large skillet over medium heat.
6. Add the onion and rosemary and saute until softened, about 5 minutes.
7. Add the kale and cook another 3-5 minutes until wilted. Season to taste with salt and pepper.
8. Place the kale mixture in a large bowl with the cooked freekeh, collagen peptides and cheese.
9. Gently scoop out some of the flesh of the acorn squash, leaving enough in the squash so that it stands up and holds its shape well and place it in the bowl.
10. Mix the ingredients in the bowl together and scoop them back into each squash half.
11. Top with additional pecorino romano and return to the oven for another 10 minutes to warm through and melt the cheese. Finish under the broiler for about 2 minutes for a golden brown and crispy top.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Collagen Peptides

GRAND PRIX
NATURAL FLAVORS
GEN PEPTIDES
WITH SWEETENERS
SWEETENERS



DESSERTS

5-Ingredient No Bake

SAMOA COOKIES



Just as simple to 'bake' as they are delicious to eat, these No Bake Samoa Cookies will give the Girl Scouts a run for their money! Sweetened with dates and blended with Vital Proteins Beef Gelatin, these gut-healthy treats are just what your sweet tooth has been craving.

SERVINGS: 2

INGREDIENTS:

- 5 Medjool dates, soaked in hot water for 5 min.
- 2 T. **Vital Proteins Beef Gelatin**
- Chocolate of choice for melting
- 2 round rice cakes
- ½ C unsweetened shredded coconut

DIRECTIONS:

1. While dates are soaking, melt chocolate and lightly dip/spread chocolate on one side of rice cake. Set aside.
2. Puree soaked dates with 4-5 T. of soaking water until smooth.
3. Mix shredded coconut with date puree to create a paste; spread on rice cakes (chocolate dipped side).
4. Place in freezer for 30 minutes to allow caramel to firm (recommended but not necessary).
5. Remove from freezer and drizzle with chocolate.



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Bethany Ugarte has dealt with digestive issues for most of her life and nearly died because of it. She shares specific recipes and health tips on LilSipper.com geared towards digestive health that have not only helped her, but countless others who have shared their testimony after incorporating her tips, tricks, and recipes in their life. She's been working from home as a full-time blogger and she can work from home while still manage her own symptoms.



RECIPE ESSENTIAL:

Be sure to add 2 tablespoons of Vital Proteins
Beef Gelatin

Blackberry COBBLER



This delicious and fruity dessert is filled with nutrition, including the power of vitamin C and fiber from blackberries, healthy fat from almond flour and coconut oil, as well as the option to add in the benefits of the health benefits of Vital Proteins Dark Chocolate & Blackberry Collagen Peptides.

A simple dessert that can be thrown together in just a few minutes, this cobbler will be regular in your recipe rolodex.

SERVINGS: 6

INGREDIENTS:

- 4 C fresh blackberries
- 1 C almond flour
- 2 scoops **Vital Proteins Dark Chocolate & Blackberry Collagen Peptides (optional)**
- $\frac{3}{4}$ C gluten free baking flour
- $\frac{3}{4}$ C honey
- $\frac{1}{2}$ C coconut oil, melted
- 1 egg, whisked
- Pinch of sea salt

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Place four cups of fresh blackberries into a large bowl.
3. Gently toss Dark Chocolate & Blackberry Collagen Peptides (optional) into the blackberries.
4. Spoon a generous amount of blackberry mixture into six ramekins and set aside.
5. In a separate bowl, combine flours, honey, coconut oil, egg and salt to a medium bowl.
6. Mix well; mixture should be thick, but spoonable.
7. Add equal amount of the flour mixture over the top of the blackberries, and place in the oven.
8. Bake for 30 - 35 minutes, or until tops of the crumble are a golden brown.
9. Allow to cool and enjoy.



OPTIONAL ADD IN:

This recipe works well with 2 scoops of Vital Proteins Dark Chocolate & Blackberry Collagen Peptides

Chocolate Protein Donuts

WITH STRAWBERRY GLAZE



If you're a chocolate lover like us, you'll love these Chocolate Protein Donuts made with our Dark Chocolate Collagen Whey! Topped with a fresh strawberry glaze, these fudgy protein-packed pastries are perfect for after a workout, as an on-the-go treat, or for breakfast to go with your morning coffee.

SERVINGS: 4

INGREDIENTS:

Donuts

- ¼ C coconut flour
- 2 scoops **Vital Proteins Dark Chocolate Collagen Whey**
- ½ t baking powder
- ¼ t baking soda
- ¼ t salt
- ¼ C unsweetened applesauce
- ¼ C plain Greek yogurt
- 1 egg

Glaze

- 1½ C powdered sugar
- ½ C finely chopped strawberries

DIRECTIONS:

1. Preheat oven to 350°F. Grease donut pan with coconut oil or butter and set aside.
2. In a large bowl, whisk together coconut flour, baking powder, baking soda, and salt in a large mixing bowl. In a smaller bowl, whisk together applesauce, yogurt, and egg. Combine both bowls and whisk together well to make the batter.
3. Fill donut molds with batter (I put the batter in a Ziploc bag and cut a small hole to use as a piping bag). Tap the mold on the counter to even out the batter.
4. Bake donuts in oven for 10 minutes.
5. While the donuts are baking, crush 1/2 cup of strawberries in a bowl. Add 1½ cup of powdered sugar and whisk until you have a thick glaze. Set aside.
6. Remove donut mold from oven and let cool for 5 minutes. Then place donuts on cooling rack to finish cooling.
7. Dip the donuts into glaze and serve.
8. Tip: Slice and chop up strawberries to decorate your donuts! We suggest using Greek yogurt on one of the donuts so that the chopped strawberries stay on top.



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Karen Lao is a Dallas-based IT developer and freelance photographer with a love for coffee, food, fitness, and aesthetics. In her free time, she loves to travel, blog, and photograph everything around her. You can find her at KarenLao.com.



RECIPE ESSENTIAL:

Make sure to include 2 scoops of Vital Proteins Dark Chocolate Collagen Whey

Healthy JELLO CUPS



One memory you might have from childhood is making jello with your mom or grandmother. Who couldn't love wiggling, jiggling dessert that came in all sorts of flavors and colors? The downside, however, was the refined sugar, artificial colors and flavors, and conventional gelatin used to make jello. Thankfully, we have our own grass-fed Beef Gelatin to make a healthy version of this childhood treat. We even picked fruits high in vitamin C for an immune-boosting gelatin cup.

SERVINGS: 4

INGREDIENTS:

Gelatin Cup Base

- ½ C boiling water
- 1 scoop **Vital Proteins Beef Gelatin**

Orange Cup

- ¼ C carrot juice
- ¼ C orange juice
- 2 T gelatin-water mixture
- Add-in: fresh mandarin orange slices

Red Cup

- ½ C cherry juice
- 2 T gelatin-water mixture
- Add-in: sliced, pitted cherries

Purple Cup

- ⅓ C purple carrot juice
- ⅛ C cherry juice
- 2 T gelatin-water mixture

Yellow-green Cup

- ½ C aloe vera juice
- ½ lime squeezed
- ½ lemon squeezed
- 2 T gelatin-water mixture

DIRECTIONS:

1. Bring half a cup of water to a boil in a small pot. Once boiling, whisk Beef Gelatin in until well mixed.
2. Add in desired fruit to the bottom of individual cups.
3. In a separate glass or mixing bowl, add in fresh fruit juice of choice and whisk in one-fourth or two tablespoons of the gelatin mixture.
4. Pour juice over fruit in the cup and cover. Keep in the refrigerator for 2 to 3 hours until set.



RECIPE ESSENTIAL:

Be sure to add 1 scoop of Vital Proteins
Beef Gelatin

Lavender LEMON BARS



If you haven't tried the lavender and lemon flavor combination yet, now is the time to jump on that bandwagon. Highlighted in our Lavender Lemon Collagen Beauty Water, this pair not only provides a refreshing light flavor to a beverage, but is dynamic in baking as well. We wanted to show off the versatility of this collagen supplement, so we added it to these delightful Lavender Lemon Bars. We're proud of the ingredients in our Collagen Beauty Water, so we only added in the good stuff to our bars.

SERVINGS: 12

INGREDIENTS:

Lavender Coconut Sugar

- 2 C coconut sugar
- 1 T dried lavender buds

Crust

- 1 C coconut oil, room temperature
- ½ C lavender coconut sugar
- 2 t vanilla extract
- ½ t sea salt
- 1 ½ C cassava flour

Filling

- 8 eggs
- 1 C lavender coconut sugar
- 2 scoops **Lavender Lemon Collagen Beauty Water**
- 2 t lemon zest
- ½ C cassava flour

DIRECTIONS:

1. To make the lavender coconut sugar, blend coconut sugar and dried lavender buds in a high-speed blender until lavender is in small bits.
2. Preheat the oven to 350 degrees. Grease an 8x11 baking dish and set aside.
3. In a large mixing bowl, add in coconut oil, ½ cup of the lavender coconut sugar, vanilla extract and sea salt. Mix with a handheld mixer until creamy.
4. Slowly add in the cassava flour to the coconut oil mixture until no more dry flour can be seen. The crust mixture will be in tiny little crumbles.
5. Pour the crust mixture into the baking dish and press firmly with the back of your hand or the bottom of a glass cup.
6. Bake the crust for 25-30 minutes.
7. While the crust is baking, add eggs, remaining lavender sugar, lemon zest, cassava flour and Lavender Lemon Collagen Beauty Water (optional) and into a large mixing bowl.
8. Mix on high until well blended. *Note the filling batter will be darker than traditional lemon bars since coconut sugar is darker in nature than powdered sugar*
9. Remove baking dish once the crust is baked and pour the filling mixture over the top. Lower the oven heat to 325 degrees and bake for 25-30 minutes.
10. Let bars cool completely, then refrigerate for at least 2 hours before serving. Best served cold.



OPTIONAL ADD IN:

**This recipe works well with 2 scoops of Vital Proteins
Lavender Lemon Beauty Water**

Make Ahead

BEAUTY BITES



Spirulina is gaining in popularity as a superfood, so why not try this simple, make-ahead spirulina recipe? Get an energizing protein boost with these Make-Ahead Beauty Bites. Sweetened with dates and raw honey, this delicious spirulina recipe gives you a lasting jolt of energy without an accompanying crash. We've added our Collagen Beauty Greens for protein, probiotics, and nutrients from greens. Keep these Beauty Bites on hand for an afternoon pick-me-up or post workout fix.

SERVINGS: 12-15

INGREDIENTS:

- 6 Medjool dates, pitted
- ¼ C hemp seeds
- ½ C sunflower seeds
- ½ C unsweetened, shredded coconut
- 2 T chia seeds
- 8 **Vital Proteins Spirulina capsules, opened (contents only)**
- 2 scoops **Collagen Beauty Greens**
- ¼ C melted coconut oil
- ¼ C raw honey
- ½ t vanilla extract
- ½ t sea salt

DIRECTIONS:

1. Add the dates, hemp seeds, sunflower seeds, shredded coconut, chia seeds, Beauty Greens and spirulina powder to the bowl of a large food processor.
2. Process until everything is small and crumbly.
3. Add the melted coconut oil, honey, vanilla extract, and sea salt to the bowl. Process until the mixture begins to clump together.
4. Use a small cookie scoop to dish out balls. If they begin to fall apart, simply roll them between your hands.
5. Place the balls on a lined sheet pan or plate and move them to the refrigerator for 30 minutes to set up.
6. Store in a sealed container in the refrigerator for up to a month.



RECIPE ESSENTIAL:

Be sure to add **Collagen Beauty Greens** and 8 capsules of **Vital Proteins Spirulina**

Paleo

PUMPKIN PIE BITES



Like the name says, these bites are Paleo meaning there's no grain, dairy or refined sugar in them, but they still taste just like traditional pumpkin pie... maybe even better!

On top of being full of wholesome ingredients they have an extra boost of protein in them thanks to Vital Proteins Collagen Peptides. We're seriously obsessed with adding collagen to my food and drinks. They dissolve almost immediately and you can't taste them at all. You do however reap the benefits of healthy skin, hair, nails, extra protein, digestive benefits and more. Why not give them a try, if you haven't yet!

SERVINGS: 12-15

INGREDIENTS:

Pie Crust

- 2 C almond flour
- 1 T ground cinnamon
- ¼ t ground nutmeg
- ¼ t kosher salt
- 2 T coconut oil, room temperature
- 1 egg, lightly beaten

Pumpkin Pie Filling

- 1 C pumpkin puree
- ½ C canned light coconut milk
- 1/4 C pure maple syrup
- 3 scoops **Vital Proteins Collagen Peptides (optional)**
- 1 egg + 1 egg white
- 1 t vanilla extract
- 2 t ground cinnamon
- ¼ t ground nutmeg
- ¼ t ground ginger
- Pinch of ground cloves and kosher salt
- 2 t arrowroot powder

Whipped Cinnamon Coconut Cream

- 1 can full fat coconut milk, refrigerated overnight
- 1 T pure maple syrup
- ¼-½ t ground cinnamon

DIRECTIONS:

Pie Crust

1. Preheat oven to 350 degrees and grease a mini muffin tin with oil, set aside.
2. In a large bowl, whisk together the dry ingredients.
3. Add in the coconut oil and egg and work them into the mixture until everything comes together and a ball of dough forms.
4. Place 1/2 of a tablespoon of the mixture into the bottom of each mini muffin cup.
5. Use a shot glass or your fingers to firmly press the crust into the bottom of each cup and up the sides of it.

Pumpkin Pie Filling

1. Whisk together all the filling ingredients, including Vital Proteins Collagen Peptides (optional) until smooth.
2. Add approximately 1 tablespoon of the filling to each of the crusts, you will probably have a little extra filling.
3. Place the mini pumpkin pie bites in the oven and bake for 18-20 minutes or until the filling is set.
4. Remove from the oven and let them cool in the pan for 5-10 minutes before removing them to cool completely on a wire cooling rack.
5. You may need to run a knife along the edge to loosen them from the pan.
6. Once they have cooled completely, refrigerate in an airtight container until ready to serve.

Whipped Cinnamon Coconut Cream

1. Take the refrigerated can of coconut milk out of the fridge and flip the can over.
2. Open the can and pour the water into a bowl or container, the cream and water should be separated.
3. Scoop the cream into the bowl of a mixer and add in the maple syrup and cinnamon.
4. Beat the cream on high speed with the whisk attachment for several minutes or until stiff peaks form.
5. Pipe the whipped cream on top of the pumpkin pie bites or serve alongside them.



OPTIONAL ADD IN:

This recipe works well with 3 scoops of Vital Proteins Collagen Peptides

Pumpkin Streusel

MUFFINS



Can't have eggs? No problem! We've got the perfect egg-free & gluten-free Pumpkin Streusel Muffin for you to enjoy any season. It's naturally sweetened with coconut sugar and molasses, and filled with pumpkin pie spice for that familiar flavor. Our Beef Gelatin helps to bind these muffins and keep them moist inside - no eggs needed.

SERVINGS: 8

INGREDIENTS:

For the muffins:

- 1 C pumpkin puree
- ¼ C canned light coconut milk
- ¼ C melted butter, ghee, or coconut oil
- ½ C coconut sugar
- 1 t molasses
- 1 t vanilla extract
- 2 t apple cider vinegar

- 1 T **Vital Proteins Beef Gelatin**
- 1 t pumpkin pie spice
- ½ t sea salt
- 1 ½ C blanched almond flour
- 3 T coconut flour
- 3 T ground flax meal
- 1 t baking powder
- ¼ t baking soda

For the streusel:

- ¼ C whole almonds
- 2 T blanched almond flour
- 2 t coconut sugar
- 1 T butter, ghee, or coconut oil

DIRECTIONS:

1. Preheat the oven to 350F. Line a 12-cup muffin pan with cupcake liners.
2. Add the pumpkin puree, coconut milk, melted butter, coconut sugar, molasses, vanilla extract, apple cider vinegar, pumpkin pie spice, and sea salt to a large bowl. Whisk well until smooth.
3. Add the almond flour, coconut flour, ground flax meal, Beef Gelatin, baking powder, and baking soda to a separate bowl. Whisk well.
4. Add the dry ingredients to the wet and mix with a wooden spoon. Set aside 3 minutes to allow excess moisture to be absorbed by the flours and gelatin. Mix again vigorously to ensure everything is combined evenly.
5. Prepare the streusel by adding the whole almonds, blanched almond flour, coconut sugar, and butter to a food processor. Pulse a few times until the almonds are broken up and the butter gets mixed in. Continue pulsing until a desired streusel texture is reached.
6. Portion the batter into the muffin cups using a large scoop (a large ice cream scoop works well for a standard muffin pan). The scoop should be large enough to fill the muffin cups entirely. Sprinkle the streusel over the top. Bake for 35-40 minutes or until golden and a toothpick inserted into the center comes out clean.



RECIPE ESSENTIAL:

Be sure to add 1 tablespoon of Vital Proteins Beef Gelatin

Roasted Strawberry & Avocado

POPSICLES



Those late season strawberries are just begging to be roasted and added into this Strawberry and Avocado Popsicle. For an added nutrition boost, add in our Marine Collagen. The high amount of heart-healthy fats in avocados are perfect for dairy-free popsicles, helping them to stay creamy – and not icy – once frozen. And we've swirled in roasted strawberries (which, if we're honest, is just another word for easy strawberry jam!) for a sweet and surprisingly complimentary flavor.

SERVINGS: 10

INGREDIENTS:

- 1 ½ lb. strawberries, chopped
- Avocado oil, for greasing
- 1 ½ C light coconut milk
- 4 scoops **Vital Proteins Marine Collagen (optional)**
- ¼ C honey or maple syrup
- 2 T lemon juice
- 1 t vanilla extract
- 1 t almond extract
- 1 medium ripe avocado

DIRECTIONS:

1. Preheat the oven to 350F.
2. Very lightly grease a sheet pan and spread the chopped strawberries out onto it.
3. Bake for 30-40 minutes, or until the strawberries are softened and syrupy. Remove the pan halfway through the cooking time to toss the strawberries. Allow them to cool to room temperature before proceeding.
4. Add the coconut milk, honey, Marine Collagen (optional), lemon juice, vanilla extract, almond extract, and avocado to a large blender. Blend on high until very smooth.
5. Portion the roasted strawberries evenly between the popsicle molds.
6. Pour the avocado mixture in over top.
7. Use a knife or skewer to gently swirl the strawberries. Tap the mold onto the counter a few times to release any air bubbles.
8. Insert the popsicle sticks and freeze for 6+ hours, or until fully frozen. Enjoy within 2 weeks for best results.



OPTIONAL ADD IN:

This recipe works well with 4 scoops of Vital Proteins Marine Collagen

Very Vanilla

SUGAR COOKIES



Sometimes all you want is a traditional, tasty sugar cookie. These Very Vanilla Sugar Cookies are not only tasty, they're healthy too! You'll love that they remind you of your grandmother's specialty, and your body will love that they contain no added sugar, and tons of vitamins and nutrients (like our Vanilla Collagen Peptides)!

SERVINGS: 20

INGREDIENTS:

- 2 C blanched almond flour
- ½ C **Vital Proteins Vanilla Collagen Peptides (optional)**
- ¼ C honey
- 1 egg
- 2 t unsalted butter or coconut oil
- ½ t vanilla extract
- ½ t baking soda
- ¼ t sea salt
- 1 t coconut flour - for dusting

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Combine the dough ingredients in a food processor and process until a smooth ball of dough forms, about 30 seconds.
3. Flatten the ball of dough into a disk approximately 1/2" thick.
4. Cover in plastic wrap and chill for 20 minutes.
5. Roll the dough out between two sheets of parchment paper, keeping it 1/4" in thickness.
6. Remove the top sheet and sprinkle the top of the dough with 1 teaspoon coconut flour, rubbing it in slightly with your fingers.
7. Dip a cookie cutter in a little flour then cut your shapes, peeling away excess dough as you work. Gather the excess dough into a ball and re-roll it.
8. Bake the cookies on a tray lined with parchment paper for 8-10 minutes.
9. Cool completely on a wire rack.



OPTIONAL ADD IN:

This recipe works well with ½ cup of Vital Proteins
Vanilla Collagen Peptides



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