



44 COLLAGEN POWDER *Recipes*

44 Delicious & Nutritious Recipes for
Younger-Looking Skin, Fewer Aches & Pains,
Easier Weight Management, and Better Overall Health



Organix®



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Thank You for Downloading Your Complimentary Copy of
44 COLLAGEN POWDER RECIPES

As you may have guessed from the title already, this recipe book is designed to help you take the most advantage possible of one of the best all-around health & beauty supplements available today – Clean Sourced Collagens Powder.

It doesn't matter if you're already a long-time user of collagen powder and are looking for new ways to incorporate it into your daily regimen... or a total newbie who has only just heard about the wide range of benefits attributed to collagen... this recipe book is for you! Speaking of collagen benefits, some of the best researched and reported benefits of collagen supplementation include:

- ✓ Healthier skin
- ✓ Thicker hair
- ✓ Stronger nails
- ✓ Diminished joint pain & Increased mobility
- ✓ Improved eyesight
- ✓ Better sleep
- ✓ Fat-burning & muscle-building
- ✓ Reduced cellulite
- ✓ Stronger teeth
- ✓ Improved detoxification & liver health
- ✓ Better heart health
- ✓ Faster-healing wounds
- ✓ Soothing leaky gut

If you haven't tried collagen powder yet, it may be hard to believe that adding this one product alone to your daily health and beauty routine can bestow so many potential benefits... but the results speak for themselves! Our Clean Sourced Collagens powder is our #1 best-selling product and receives rave reviews from customers who aren't shy to share the real-life results they've experienced. Flip to page 4 & 57 to check out some of the customer messages we've received.

As you go through the 44 recipes in this book, you'll see they're all gluten-free or have a gluten-free option. Many of the recipes are also appropriate for other dietary plans that are popular today including keto/low-carb, dairy-free, and recipes that can support weight loss efforts (i.e., recipes lower in overall calories). To make it easier for you to focus on the recipes most suitable for you, we have included icons on each recipe image and have also organized them by dietary consideration on page 5.

Thank you again for downloading this recipe book. We truly hope you discover some new favorite ways of using collagen powder that you'll enjoy for many years to come.

To your health!

The Organixx Team

The Organixx Team



9 QUICK & EASY WAYS TO USE COLLAGEN POWDER

Before we get into the 44 recipes, we want to first point out the multitude of general ways that collagen powder can be used. While we can't speak to every collagen powder on the market, [Organixx Clean Sourced Collagens](#) is formulated to be tasteless and odorless and to blend easily into both hot & cold liquids and soft foods.

Here are 9 popular ways to use collagen powder in addition to the 44 recipes in this book. Just add a scoop to any of these foods or beverages, stir to combine... and enjoy!



Want even MORE easy & delicious ways to use collagen powder?
Download your copy of [33 Superfood Smoothie & Drink Recipes](#)
for Weight Loss, Immune Support, Detoxing, and More.



Get All Five Types of Collagen Your Body Needs to Ease Joint Pain... Firm Skin... Boost Energy and More in ONE Formula

- › Helps reduce the appearance of fine lines and wrinkles
- › Eases joint stiffness and discomfort
- › Helps strengthen bones, hair, nails, and teeth
- › Provides five collagen types from four different sources
- › Contains eight grams of complete protein per serving
- › Formulated with vitamin C, horsetail extract, and zinc for maximum absorption
- › Odorless, flavorless formula mixes into water, juice, or smoothies

If there ever was a real life “fountain of youth,” it would be collagen. It’s the “glue” that holds our bodies together and plays a critical role in keeping every part of your body running in optimal condition.

In fact, the growing body of scientific research confirms collagen is one of the most powerful proteins. It can help smooth wrinkles... improve digestion and gut health... help you sleep better... and even promote joint health.

Clean Sourced Collagens contains all 5 major types of collagen your body needs to thrive: Types I, II, III, V, X.

To that we’ve added vitamin C, silica and zinc. Without these crucial nutrients, your body cannot absorb or USE collagen.

What makes the collagen in **Clean Sourced Collagens** so “clean”? We source it from grass-fed cows from Argentina... Clean Marine® Wild Harvested Alaskan Pollock from the North Pacific Ocean... non-GMO chicken bone broth... and even from high-quality egg shells.



Every package of Clean Sourced Collagens is also gluten-free, GMO-free, and contains ZERO artificial ingredients or preservatives.

And it’s so easy to get all 5 types of collagen your body needs to stay firm and functioning: just add one or more scoops daily to a glass of water, juice, or your favorite smoothie! The odorless, tasteless powder blends in smoothly and can be used in a wide range of recipes.

To learn more about **Clean Sourced Collagens**, go here: [Organixx.com/collagens](https://www.organixx.com/collagens)

WHAT ARE PEOPLE SAYING ABOUT ORGANIXX CLEAN SOURCED COLLAGENS?

Here's just a sampling of what our customers* have shared...



Love This Product

“ I have been using Organixx clean sourced collagen for two years. It has helped with joint pain and hair loss. It has multiple benefits and I would not be without it. I recommend wholeheartedly. ”

NANCY



Joint Pain Gone and Lowered BP as Added Benefit

“ This powder truly is odorless and is great in a smoothie. My joint pain has vanished after only a few weeks' use and as an unexpected benefit, my BP is down to under 115/70 whereas before I was hovering at 140/85. Seriously wonderful!! I'm sure everyone's body chemistry is unique, but for some reason this stuff really agrees with me. Very happy with the outcome! ”

BASILWOOD FARM



The Best Collagen on the Market

“ This is the only collagen product I've purchased that helps with digestion issues. My stomach never hurts or gets upset from foods while I'm using this product. ”

CHRISTINA



Collagen!

“ Love this product! Finger nails, hair, weight loss! ”

RAE ANN



Clears Skin

“ Love this collagen. Clears my skin from dark age spots and helps my joints. ”

MARY



Helping to Heal

“ My husband and I feel a benefit from Collagen in the short time we've taken it; reduced joint pain, better skin tone. So we are going to continue with this as part of our new health plan. Aiming for quality of life. ”

HELEN



Awesome Product!

“ This product has been so beneficial for my joints! I have been using daily for over a year and it has improved my overall health and flexibility, I have no more knee pain! ”

MELINDA



Clean Collagens

“ Feel less stiff after workouts! ”

TAMMY

* As individuals differ, so will results. Organixx distributes a product line made with natural ingredients. Always check with your doctor for risks associated with dietary supplements and your specific health conditions and/or allergies.

DIETARY RECIPE INDEX



WEIGHT LOSS

Strawberry Rhubarb Applesauce
Keto Collagen Spinach Egg Bites
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Crunchy Detox Salad
Low-Carb Cauliflower Crust Pizza
Black Bean, Sweet Potato & Chicken Skillet
Faux Tuna Salad in Lettuce Wraps
Broiled Honey-Garlic Salmon
Turkey Spinach Meatballs
Cinnamon Chocolate Covered Kiwi Pops
Antioxidant-Rich Strawberry Sorbet



KETO/LOW-CARB

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No-Bake Chocolate Protein Oat Bars
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Brain Healthy Matcha Latte
Icy Keto Chai Tea Latte
Keto Pumpkin Spice Latte
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Crunchy Sweet Nut Mix
Lemony Cashew Chia Bites
Pumpkin Pie Pudding
Guilt-Free Choco Brownies
Keto Peanut Butter Balls
Low-Carb Chocolate Chip
Collagen Cookies



DAIRY-FREE

Gluten-Free Cinnamon Carrot Muffins
Keto Lemon Poppysseed Muffins
No-Bake Chocolate Protein Oat Bars
Strawberry Rhubarb Applesauce
High-Protein Apple Cinnamon
Quinoa Parfait
Avocado Lime Parfait
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Icy Keto Chai Tea Latte
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Low-Carb Chocolate Chip
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Antioxidant-Rich Strawberry Sorbet
Dark Chocolate Almond Mousse



BREAKFAST





GLUTEN-FREE CINNAMON CARROT MUFFINS

If you're looking for yummy ways to sneak more healthy veggies into your family's meals and snacks, you'll love these Gluten-free Carrot Cinnamon Muffins. Experiment with any or all of the suggested add-ins to customize these muffins to your taste.

SERVES 12

INGREDIENTS

- 1 ½ cups gluten-free flour
- 1 ½ teaspoons aluminum-free baking soda
- 2 teaspoons Ceylon cinnamon
- ½ teaspoon pink Himalayan or sea salt
- 1 ½ cups shredded carrot
- ¼ cup shredded unsweetened coconut
- 2 eggs
- ½ cup maple syrup
- ½ cup melted & cooled coconut oil
- 1 ½ teaspoons vanilla extract
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

Optional Additions:

- 1 teaspoon freshly grated ginger root
- ½ cup chopped nuts (e.g. pecans or walnuts)
- ½ cup raisins
- ½ cup shredded apple
- ½ cup gluten-free oats

INSTRUCTIONS

Preheat oven to 350°F. In a large mixing bowl whisk together all dry ingredients: flour, baking soda, cinnamon, salt, and collagen powder.

Add in shredded carrots and coconut and mix together well (add any other fruit additions now).

In a separate bowl, whisk together eggs, coconut oil, maple syrup, ginger (if using), and vanilla extract.

Add wet egg mixture to flour mixture and stir until just combined. If using nuts, add in now. Divide batter into greased or lined muffin cups.

Bake for 15-20 minutes, or until toothpick comes out clean when inserted into middle of muffins.

Cool and enjoy! Store in air-tight container for up to 5 days at room temperature. Muffins also freeze well.

Nutritional Facts (Per Serving) | Calories: 208 | Total Fat: 11.1 g | Total Carbohydrates: 26.2 g | Dietary Fiber: 1.3 g | Protein: 2.9 g



KETO LEMON POPPYSEED MUFFINS

These muffins are perfect for when you're following a low-carb eating plan and are craving some baked goods. If you love lemon, amp up the lemony flavor even more by adding a few drops of [Organixx Organic Lemon Essential Oil](#).

MAKES 12

INGREDIENTS

- 3 cups almond flour
- ½ cup melted ghee (substitute coconut oil for dairy-free option)
- 3 large eggs, whisked
- 3 Tablespoons lemon juice + zest of 1 lemon
- 3 Tablespoons + 1 teaspoon Lakanto or preferred sweetener
- 1 teaspoon aluminum-free baking soda
- 2 Tablespoons poppy seeds
- Dash of pink Himalayan or sea salt
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

INSTRUCTIONS

Preheat oven to 350°F. Mix together all ingredients in a large mixing bowl. Pour batter into muffin pans (if not using paper liners or a silicone muffin pan be sure to grease muffin pan first).

Bake for 16-18 minutes until a toothpick comes out clean when inserted into a muffin. Serve warm or cooled. Enjoy!

Nutritional Facts (Per Serving) | Calories: 276.6 | Total Fat: 25.9 g | Total Carbohydrates: 6.7 g | Dietary Fiber: 3.2 g | Protein: 8.5 g



NO-BAKE CHOCOLATE PROTEIN OAT BARS

These no-bake chocolate oatmeal protein bars are quick and easy to make and provide a filling dose of protein per serving. They're much softer than a store-bought granola bar, so keep bars stored in the fridge and wrap tightly if packing in a lunch bag.

MAKES 12

INGREDIENTS

- 2 scoops [Organixx Chocolate Bone Broth Protein](#) powder
- 2 scoops [Organixx Clean Sourced Collagens](#) powder
- ½ cup cashew or other nut butter
- 1 cup vanilla or chocolate almond milk
- 3 cups sprouted rolled oats (use gluten-free oats for GF option)
- 2 Tablespoons raw cocoa or cacao powder
- 2 Tablespoons maple syrup
- ¼ cup low-carb chocolate chips
- ¼ cup chopped walnuts
- ¼ - ½ teaspoon salt (use less if nut butter is salted)

INSTRUCTIONS

In a mixing bowl, whisk together bone broth and collagen powders. Add in cashew butter and almond milk and mix well. Stir in remaining ingredients until well combined.

Press mixture into a lightly greased 8x8 pan. Refrigerate for about three hours. Remove from fridge and cut into desired number of bars and enjoy! Store bars in airtight container in the refrigerator.

Nutritional Facts (Per Serving) | Calories: 192.3 | Total Fat: 9 g | Total Carbohydrates: 20.9 g | Dietary Fiber: 2.9 g | Protein: 10.2 g



STRAWBERRY RHUBARB APPLESAUCE

Combine the best of both worlds – strawberry rhubarb and homemade applesauce! This recipe is best made with sweet apples such as Honeycrisp, Gala, Fuji, or Golden Delicious. Leave the skin on for extra fiber but be sure to use organic fruit to avoid pesticide exposure. This recipe is light on sugar, making it more suitable for weight-loss plans than conventional applesauce.

SERVES 8

INGREDIENTS

- 3 medium organic apples, cut in chunks (about 3 ½ cups)
- 2 Tablespoons fresh, filtered water
- 2 cups organic strawberries, sliced or diced
- 2 cups frozen rhubarb, sliced into chunks about 1 to 1 ½-inches long (if using fresh rhubarb, add 2 Tablespoons water for each cup)
- 2 Tablespoons coconut palm sugar or Lakanto
- 2 Tablespoons fresh orange juice
- 1 teaspoon vanilla extract
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 1-2 drops [Organixx Orange Essential Oil](#)
- 1 teaspoon Ceylon cinnamon (optional)

INSTRUCTIONS

- In a Dutch oven or medium-sized pot over med-high heat, cook apples and water for 5 minutes, stirring often.
- Add strawberries, rhubarb, sweetener, orange juice, and vanilla. Continue cooking on med-high heat until mixture begins to boil. Lower to a simmer and cover, stirring occasionally for 25 minutes.
- Remove from heat and add in orange essential oil. Blend in collagen powder by sprinkling over mixture slowly and stirring.
- Spoon into serving dishes and enjoy! Keep leftover applesauce covered in the fridge for up to 5 days.

Nutritional Facts (Per Serving) | Calories: 66.4 | Total Fat: 0.4 g | Total Carbohydrates: 17 g | Dietary Fiber: 3.5 g | Protein: 1.5 g



HIGH-PROTEIN APPLE CINNAMON QUINOA PARFAIT

This unlikely combination of quinoa paired with classic apple & cinnamon is just what you need to shake up your morning routine. Making the quinoa mixture the night before will allow you to assemble your parfait in under 5 minutes in the morning. Triple or quadruple the recipe when feeding a family or to have extra quinoa base on hand.

SERVES 2

INGREDIENTS

- 1/3 cup quinoa, uncooked & rinsed
- 3/4 cup + 2 teaspoons fresh, filtered water
- 1/3 cup fresh, organic apple, skin on & diced small
- 1/2 teaspoon Ceylon cinnamon
- 3/4 teaspoon pure vanilla extract
- 1 Tablespoon + 1 teaspoon maple syrup
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 4 oz Greek yogurt (substitute coconut or cashew yogurt for a dairy-free option)

INSTRUCTIONS

In a small saucepan, combine quinoa, water, apple, cinnamon, and vanilla. Bring to a quick boil over med-high heat. Reduce to low heat and add collagen powder and maple syrup. Simmer for 15-20 minutes until water is mostly absorbed, stirring often.

Allow quinoa mixture to cool entirely in the refrigerator, roughly 45 minutes minimum.

Once cold, assemble parfait by layering quinoa (1/3 cup) and yogurt (2 oz) in 2 layers. Enjoy!

Tip: Make your parfait in a small Mason jar for a truly grab & go breakfast or snack.

Nutritional Facts (Per Serving) | Calories: 413.4 | Total Fat: 1.9 g | Total Carbohydrates: 25.5 g | Dietary Fiber: 2.3 g | Protein: 13.4 g



KETO COLLAGEN SPINACH EGG BITES

If you're on keto (and even if you're not), you'll love these flavorful grab & go bites. This recipe keeps carbs very low at less than two grams of carbs per egg bite. The batch can easily be doubled for an even dozen.

MAKES 6

INGREDIENTS

- 1 Tablespoon avocado oil
- 4 large, fresh, pastured eggs
- ¼ cup whole milk organic cottage cheese
- ¼ teaspoon pink Himalayan or sea salt
- Dash of pepper
- 1 Tablespoon organic heavy cream
- 1 cup fresh spinach
- ½ large shallot, roughly chopped
- 2 baby Bella mushrooms, roughly chopped
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 3 slices crispy bacon, crumbled
- ⅓ cup shredded goat cheese

INSTRUCTIONS

- Preheat oven to 350°F and coat muffin pan with avocado oil.
- In a food processor, blend eggs, cottage cheese, salt, pepper, and heavy cream for 10-15 seconds.
- Add spinach, shallots, mushrooms, and collagen powder; pulse 4-6 times.
- Pour egg batter into muffin tins; add equal amounts bacon and cheese into each cup.
- Bake for 20 minutes. Bites can be enjoyed hot or cold.

Nutritional Facts (Per Serving) | Calories: 120 | Total Fat: 9.6 g | Total Carbohydrates: 1.4 g | Dietary Fiber: 0.2 g | Protein: 8.3 g



AVOCADO LIME PARFAIT

The ingredients say this is a breakfast, but the taste and presentation make it seem more like dessert. Packed with fiber and good fat, zero refined sugars, and a dose of protein, this pretty parfait is a refreshing and healthy way to start your day!

SERVES 4

INGREDIENTS

- 1/3 cup sliced almonds
- 1 Tablespoon ground flax seeds
- 1/3 cup gluten-free rolled oats
- 6 dates, chopped (roughly 2 1/2 Tablespoons)
- 1 large avocado, cold
- 1/4 cup fresh-squeezed lime juice + pulp (about 1 1/2 limes)
- 2 Tablespoons maple syrup
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 2/3 cup Greek yogurt (substitute coconut or cashew yogurt for a dairy-free option)
- 2 teaspoons hemp seeds for garnish

INSTRUCTIONS

Pulse almonds, flax, and oats in a food processor for one minute. Add in dates and pulse about 4 minutes, stopping to scrape sides often. A crumbly, somewhat sticky crust mixture should form. Set aside.

Process remaining ingredients in a clean bowl for roughly 2 minutes, scraping sides often until a smooth, creamy mousse forms.

In 2 small bowls or glasses, layer crust and avocado mousse, two layers per glass (crust/mousse/crust/mousse). Top each parfait with 1 teaspoon hemp seeds. For 4 small servings, use smaller dishes and/or only one layer each of the crust and mousse.

Serve immediately or cover with plastic wrap and store in the refrigerator until ready to serve. Enjoy!

Nutritional Facts (Per Serving) | Calories: 278.1 | Total Fat: 15.6 g | Total Carbohydrates: 31.7 g | Dietary Fiber: 7 g | Protein: 8.5 g



BEVERAGES



BRAIN HEALTHY MATCHA LATTE

This energizing and satisfying matcha green tea latte recipe is a nice warming way to start your day – especially when the days get shorter and colder. A great alternative to the typical keto “fatty coffee”.

SERVES 2

INGREDIENTS

- 10-12 ounces (1 ¼ – 1 ½ cups) unsweetened vanilla milk (almond/coconut/oat)
- 1 teaspoon organic matcha green tea powder
- 1 Tablespoon MCT or coconut oil
- ½ teaspoon Ceylon cinnamon
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- ½–1 teaspoon powdered Lakanto (or favorite sweetener)
- Optional topping:** a scoop of full-fat coconut cream and a sprinkle of cinnamon

INSTRUCTIONS

- Place all ingredients into a blender and blend for a good minute to add foam to your mixture.
- Pour into a saucepan and warm over medium heat until desired temperature is reached. Enjoy right away.

Tip: For an extra boost of healthy fat, top with a dollop of coconut cream and sprinkle with extra cinnamon.

Nutritional Facts (Per Serving) Calories: 89.3 | Total Fat: 8.8 g | Total Carbohydrates: 2.9 g | Dietary Fiber: 0.9 g | Protein: 4.6 g



ICY KETO CHAI TEA LATTE

This creamy, bold, and spicy keto chai is the perfect caffeine boost for your hot weather morning routine with its abundance of anti-inflammatory properties, antioxidants, and bioactive compounds.

SERVES 4

INGREDIENTS

- 4 cups fresh, filtered water
- 1 Tablespoon + 1 teaspoon black tea leaves
- Dash of nutmeg
- 6 pieces (roughly ¼ teaspoon) clove
- 10 cardamom pods or ¼ teaspoon cardamom seeds
- 1 star anise
- 3-4 peppercorns
- 1 small chunk (about ¾ inch) fresh ginger, peeled
- 1 vanilla bean (about 1-inch long), sliced lengthwise
- Pinch of coriander
- 3 cinnamon sticks or ¼ teaspoon ground Ceylon cinnamon
- 2 Tablespoons Lakanto
- 2 Tablespoons + 2 teaspoons MCT oil or virgin, unrefined coconut oil
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 1 cup coconut cream or full-fat coconut milk

INSTRUCTIONS

For the chai concentrate: Combine first 11 ingredients. Boil together using either an electric tea kettle with stainless steel strainer, or boil in a pan on the stove. Turn off heat and cover, allowing mixture to steep for 15-20 minutes; strain.

Pour warm concentrate into a glass pitcher and stir in Lakanto, oil, and collagen powder.

To make latte: In a glass filled with ice, pour in 1 cup keto chai concentrate + ¼ cup coconut cream. For a layered experience, do not mix. Excellent blended with a hand-held immersion blender for an icy morning treat!

Time-Saving Tip: Make a double or triple batch of the chai concentrate in advance and keep it in the fridge.

Nutritional Facts (Per Serving) Calories: 276.1 | Total Fat: 22.2 g | Total Carbohydrates: 15.4 g | Dietary Fiber: 0.6 g | Protein: 4.6 g



ANTI-AGING ORANGE REFRESHER

This refreshing beverage is an excellent way to increase collagen intake and support the anti-aging process. Full of vitamin C to fight free radicals and support your immune system, it's sure to become your new go-to for a midday, health-boosting treat. It's important to use fresh orange juice as antioxidants become less potent through oxidation.

SERVES 1

INGREDIENTS

- ½ cup fresh-squeezed orange juice (with pulp)
- ½ cup unsweetened seltzer water
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- ½ cup ice cubes

INSTRUCTIONS

Add collagen powder to orange juice in a tall glass. Stir until collagen powder dissolves. Add seltzer water and ice and enjoy!



Want more great drink recipes?

Download your copy of [33 Superfood Smoothie & Drink Recipes](#) for Weight Loss, Immune Support, Detoxing, and More.

Nutritional Facts (Per Serving) Calories: 55.8 | Total Fat: 0.2 g | Total Carbohydrates: 12.9 g | Dietary Fiber: 0.2 g | Protein: 8.9 g



DAIRY-FREE WATERMELON MATCHA LATTE

A refreshing summertime spin on the classic matcha latte. Forget sugary syrups... we're using whole foods to make beverages with benefits. Feel free to swap out the coconut milk for other milk substitutes such as almond or oat milk.

SERVES 2

INGREDIENTS

- 1 ½ cups unsweetened vanilla coconut milk
- 4 Tablespoons fresh watermelon (scoop flesh out with a tablespoon)
- 2 teaspoons pure organic matcha green tea powder
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 1-2 teaspoons sweetener of choice (optional)

INSTRUCTIONS

- Add all ingredients to high-speed blender container and blend on high until smooth.
- Pour into 1 or 2 glasses and enjoy!

Nutritional Facts (Per Serving) | Calories: 39.7 | Total Fat: 3.4 g | Total Carbohydrates: 3.7 g | Dietary Fiber: 1.2 g | Protein: 4.1 g



KETO PUMPKIN SPICE LATTE

Ditch the artificial flavors and overly sweetened lattes and opt for this cost-effective and iconic seasonal treat that not only tastes amazing, but has actual health benefits from the real pumpkin, spices, and collagen powder. Convert this recipe to a non-keto version (less fat/higher carbs) by omitting the MCT oil and using an alternative sweetener such as maple syrup or coconut sugar.

SERVES 2

INGREDIENTS

- 1 cup strong fair-trade, organic brewed coffee
- ⅓ cup grass-fed half and half
- 1 Tablespoon + 1 teaspoon pure organic pumpkin puree
- 2 teaspoons MCT oil
- 1 Tablespoon + 1 teaspoon Lakanto
- Dash of Ceylon cinnamon
- Dash of nutmeg
- ½ teaspoon pure vanilla extract
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- Optional topping:** whipped cream

INSTRUCTIONS

- In a small saucepan over med-high heat, combine all ingredients except coffee and whisk for 2-3 minutes until warm and frothy.
- Pour brewed coffee into a large mug or cup then pour in saucepan ingredients. Gently stir.
- Top with dollop of whipped cream and additional spices if desired. Enjoy!

Nutritional Facts (Per Serving) Calories: 111 | Total Fat: 9.6 g | Total Carbohydrates: 12 g | Dietary Fiber: 1.3 g | Protein: 5.2 g



SOUPS & SIDES





ROASTED PARMESAN CABBAGE STEAKS

These roasted cabbage steaks are a simple yet hearty side dish that tastes great and is gluten-free and low-carb/keto. Scale back on the oil and/or omit the cheese for weight-loss option.

SERVES 6

INGREDIENTS

1 head of organic cabbage, outer leaves removed and cut into 1-inch slices

1 scoop [Organixx Clean Sourced Collagens](#) powder

¼ - ½ teaspoon pink Himalayan or sea salt (or to taste)

Black pepper, to taste

2-3 Tablespoons extra virgin olive oil

¼ cup shredded grass-fed, organic parmesan cheese (use vegan cheese or omit for dairy-free)

Other topping ideas: minced garlic and cayenne pepper for added spiciness

INSTRUCTIONS

Preheat oven to 425°F. Whisk together olive oil, collagen powder, and salt & pepper in a mixing bowl.

Slice cabbage into about 1-inch thick slices.

Line baking sheet with parchment paper. Place cabbage slices onto lined baking sheet in single layer. Brush olive oil mixture onto tops of cabbage slices and sprinkle with parmesan cheese. Sprinkle with additional spices such as cayenne pepper or minced garlic if desired.

Place in oven for about 25-30 minutes until cabbage softens and is brown on top.

Remove from oven and enjoy warm!

Nutritional Facts (Per Serving) | Calories: 109.8 | Total Fat: 7.1 g | Total Carbohydrates: 8.9 g | Dietary Fiber: 3.5 g | Protein: 6.8 g



CRISPY CURRY ZUCCHINI ROUNDS WITH PARMESAN

Got lots of leftover zucchini from your garden or just want a yummy new way to cook zucchini? You'll love this delicious recipe for crispy baked zucchini.

SERVES 4

INGREDIENTS

- 2 medium organic zucchinis, sliced into rounds
- 2 Tablespoons melted ghee (substitute olive oil for dairy-free)
- ¼ cup grated Parmesan cheese (omit for dairy-free)
- ¼ cup gluten-free breadcrumbs
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- ½ - 1 teaspoon curry powder (depending on taste)
- Pink Himalayan or sea salt & black pepper, to taste

INSTRUCTIONS

- Preheat the oven to 425°F. Grease a baking sheet with additional ghee or line pan with parchment paper.
- Wash & dry the zucchinis and slice into ¼-inch thick rounds. Place zucchini rounds in a mixing bowl and add ghee. Mix well to coat.
- In a separate bowl, combine the Parmesan, breadcrumbs, collagen powder, curry, and salt & pepper.
- Dip each zucchini round into the curry mixture, coating it evenly on both sides, and place in a single layer on the prepared baking sheet. You may need to sprinkle a bit of the coating on the top of each zucchini if it's not sticking well.
- Bake the zucchini rounds until browned and crisp, 25-30 minutes. Remove pan from oven and serve immediately. Enjoy!

Nutritional Facts (Per Serving) | Calories: 130.7 | Total Fat: 9.1 g | Total Carbohydrates: 8.9 g | Dietary Fiber: 1.6 g | Protein: 5.6 g



HOT & SOUR SHIITAKE SOUP

Fantastic for your immune system, this anti-inflammatory and gut-healing soup will help you stay healthy and look your absolute best!

SERVES 4

INGREDIENTS

- 4 cups (1 quart) vegetable stock
- Large knob of ginger, finely minced or grated
- 1 leek, finely chopped (reserve tough green part for another use)
- 1 large piece of lemongrass, finely sliced
- 10 shiitake mushrooms (fresh or dried)
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 2 Tablespoons organic tamari
- 1 Tablespoon raw local honey (substitute with Lakanto for low-carb option)
- ½ lemon, squeezed
- Freshly ground salt & pepper, to taste
- 10 cherry tomatoes, halved
- 1 handful basil, chopped (about ¼ cup loosely packed)

INSTRUCTIONS

In large saucepan over medium heat bring stock to a boil, then add grated ginger, leek, and lemongrass. If using dried shiitake mushrooms, add them now. Turn down heat and let mixture simmer for 10-15 minutes.

Add collagen powder, tamari, honey, and lemon juice; simmer for another 3-5 minutes. Adjust seasonings. If using fresh shiitake mushrooms, add them now, along with tomatoes and basil.

Return soup to boil, then reduce heat and simmer for 20 minutes. If using dried mushrooms, remove mushrooms from soup, slice up the tender parts and return them to soup, and discard the tough stalks.

Serve soup hot. Enjoy!

Nutritional Facts (Per Serving) | Calories: 99 | Total Fat: 0.3 g | Total Carbohydrates: 18.6 g | Dietary Fiber: 2.3 g | Protein: 5 g



DETOXIFYING BROCCOLI SOUP

If you've had a run of meals lately that aren't so healthy and are craving something green and nutritious, you'll love this healthy and easy detox soup recipe. *If you want it lighter on fat and calories, use lite coconut milk instead of full fat.

SERVES 4

INGREDIENTS

- 1 large head or several small heads of organic broccoli, broken into florets (about 4 cups)
- 2 large handfuls organic spinach
- ½ cup onion, roughly chopped
- 2 cloves garlic, crushed
- 1 can full-fat coconut milk*
- 1 cup vegetable broth
- 1 serrano pepper, finely chopped (optional)
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- Pink Himalayan or sea salt & pepper, to taste
- Optional garnish ideas:** pumpkin seeds, broccoli sprouts, sunflower sprouts, sliced almonds

INSTRUCTIONS

- In a saucepan, bring coconut milk, vegetable broth, onion, garlic, serrano pepper, and broccoli florets to a boil. Simmer for about 4-5 minutes until broccoli is soft.
- Remove from heat and add in spinach, salt & pepper, and collagen powder. Let cool slightly.
- With an immersion blender or in a blender, blend up soup until creamy. If need be, warm up again before serving.
- Add optional garnishes, if desired, and serve hot. Enjoy!

Nutritional Facts (Per Serving) | Calories: 77.9 | Total Fat: 3.9 g | Total Carbohydrates: 8.1 g | Dietary Fiber: 3.4 g | Protein: 5.8 g



COCONUT LEMONGRASS PUMPKIN SOUP

This beautiful pumpkin lemongrass coconut soup recipe is a wonderful way to use the sugar pie pumpkins that are so readily available in the fall. No time to roast a pumpkin? No problem! You can easily use canned pumpkin instead.

SERVES 6

INGREDIENTS

- 4 lb sugar pie pumpkin (or substitute two 15 oz cans of pumpkin puree)
- 3 Tablespoons extra virgin olive oil
- 1 yellow onion, chopped
- 3-4 garlic cloves, minced
- 2 Tablespoons lemongrass, chopped
- 4 cups vegetable or chicken broth
- 15 oz can coconut milk (lite or full-fat)
- 1 Tablespoon ginger, freshly grated
- ½ - 1 teaspoon pink Himalayan or sea salt
- ¼ teaspoon cayenne pepper (or to taste)
- 2 scoops [Organixx Clean Sourced Collagens](#) powder
- Unsweetened shredded coconut & pumpkin seeds for garnish

Tip: Soup gets even more flavorful when refrigerated overnight and reheated.

INSTRUCTIONS

If using fresh pumpkin, cut pumpkin in half. Scoop out the seeds (tip: save for roasting). In a preheated 400°F oven, place pumpkin halves face down on a parchment-lined baking sheet. Roast for 35-45 minutes until the skin begins to pull away from the flesh of the pumpkin and fork is easily inserted.

While the pumpkin is roasting, chop the onion and lemongrass, mince the garlic, and grate the ginger root. When the pumpkin is done roasting, remove from oven and let cool just enough to pull the skin off.

In a large pot, heat olive oil over medium heat until hot. Add in onion, garlic, and lemongrass. Stir and cook for about 4 minutes until fragrant. Add cooked (or canned pumpkin if using), broth, and stir well. Bring to a boil, then turn down heat and simmer for about 20 minutes.

Remove from heat and add in the remaining ingredients. Blend soup using a hand or immersion blender until creamy. Ladle into bowls and garnish with roasted pumpkin seeds and/or shredded coconut and enjoy.

Nutritional Facts (Per Serving) | Calories: 206.9 | Total Fat: 12.4 g | Total Carbohydrates: 20.5 g | Dietary Fiber: 4.3 g | Protein: 4.3 g



CREAMY TOMATO BASIL SOUP

Looking for a simple yet nutritious lunch or dinner idea? This creamy tomato basil soup recipe is super versatile and so much tastier than soup from a can.

SERVES 3

INGREDIENTS

- 2 Tablespoons coconut oil
- 2 cloves garlic, minced
- 14 oz can crushed tomatoes with basil
- 15 oz vegetable or chicken broth
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 1/8 - 1/4 teaspoon cayenne pepper (optional)
- Pink Himalayan or sea salt & pepper, to taste
- 1 cup full-fat coconut milk
- Chopped fresh or dried basil for garnish

INSTRUCTIONS

- Heat oil in saucepan over low heat. Add in garlic and sauté until lightly brown and fragrant (do not overcook).
- Add in crushed tomatoes and simmer for 10 minutes.
- Add in vegetable broth, collagen powder, cayenne pepper, and salt & pepper and simmer for 10 more minutes, stirring occasionally.
- Stir in coconut milk and heat for a few minutes.
- Optional step: blend soup for a smoother texture. Serve hot with fresh or dried basil as a garnish. Enjoy!

Nutritional Facts (Per Serving) | Calories: 233.6 | Total Fat: 23.4 g | Total Carbohydrates: 3.5 g | Dietary Fiber: 0.1 g | Protein: 4.2 g



GOAT CHEDDAR CAULIFLOWER SOUP

Rich in fiber and choline, cauliflower makes a great base for a creamy summer or winter soup. You can easily change up the flavor of this soup by using different types of cheese. We recommend looking for organic cheese made with milk from grass-fed and pastured animals.

SERVES 4

INGREDIENTS

- 2 Tablespoons organic unrefined virgin coconut oil
- 1 medium/large head cauliflower
- 1 medium onion, roughly chopped
- 3 carrots, diced large
- 3 celery ribs, diced large
- 3 cloves garlic, chopped
- 3 cups vegetable broth
- 1 teaspoon Worcestershire sauce
- ¾ teaspoon pink Himalayan or sea salt
- ½ teaspoon ground black pepper
- ½ cup full-fat coconut cream
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 1 ¼ cups goat cheddar cheese, grated or diced small

INSTRUCTIONS

- In a medium pot, heat oil over med-high heat and add cauliflower, onion, carrots, and celery. Sauté for 5 minutes, add garlic, and mix for another few minutes.
- Add in vegetable broth, Worcestershire sauce, and salt & pepper. Once bubbling, remove from heat, allowing soup to cool slightly.
- After cooling about 10-15 minutes, use an immersion blender to carefully blend the soup to a creamy texture.
- Add in coconut cream and collagen powder and continue to blend until smooth.
- Add in cheddar cheese and allow cheese to melt a few minutes; stir and serve. Enjoy!

Nutritional Facts (Per Serving) | Calories: 373.7 | Total Fat: 25 g | Total Carbohydrates: 19.6 g | Dietary Fiber: 6.7 g | Protein: 16.9 g



ARTICHOKE SOUP WITH LEMON ESSENTIAL OIL

This light and refreshing soup can be consumed warm or cold and is made with protein- and fiber-rich white beans instead of traditional potato as a base. The lemon essential oil gives this recipe the extra kick.

SERVES 4

INGREDIENTS

- 1 Tablespoon extra virgin olive oil
- 2 teaspoons grass fed-butter
- ½ cup coarsely chopped leek
- ½ cup coarsely chopped sweet onion
- 2 large garlic cloves, crushed
- ¾ cup organic white canned beans, rinsed
- 14 oz can of artichoke hearts in brine, rinsed
- ½ teaspoon sea salt
- ⅛ teaspoon black pepper
- 1 cup vegetable broth
- ½ cup fresh, filtered water
- ⅓ cup crème fraiche (can substitute thick sour cream)
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 1-2 drops [Organixx Lemon Essential Oil](#)
- 2-3 sprigs fresh parsley for garnish

INSTRUCTIONS

- Heat olive oil in a deep pan on med-high heat; add butter. Sauté leek and onion 2-3 minutes (do not brown).
- Add garlic, beans, artichoke, salt & pepper; sauté about 3 minutes.
- Add broth and water and bring to a quick boil, then simmer for 25 minutes.
- Allow soup to cool down for 10-20 minutes. Add collagen powder and puree with an immersion or other blender until smooth.
- Gently mix in crème fraiche and lemon oil with a spoon. Spoon into bowls and garnish with parsley. Enjoy!

Tip: Amp up the nutrients by adding a large handful of organic spinach to the soup after blending, but before it cools down.

Nutritional Facts (Per Serving) | Calories: 191.4 | Total Fat: 13.1 g | Total Carbohydrates: 14.3 g | Dietary Fiber: 2.8 g | Protein: 6.2 g



SALADS & SAUCES





CRUNCHY DETOX SALAD

Whenever you've overindulged a little too much, help your body eliminate the "junk" and get your digestion back on track with this delicious detox salad recipe. Omit the raisins and use a sweetener such as Lakanto to keep it low-carb/keto. For weight loss, scale back on the nuts and raisins and omit one tablespoon of oil in the dressing.

SERVES 8

INGREDIENTS

Salad:

- 1 small or ½ large cauliflower, roughly chopped
- 2 bunches baby broccoli or ½ head of large broccoli, roughly chopped
- ½ red cabbage, roughly chopped
- 1 large or 2 small carrots, shredded
- 1 cup fresh cilantro, roughly chopped
- ½ cup chopped walnuts or pecans
- ¼ cup organic raisins (optional)

Dressing:

- 3 Tablespoons olive or avocado oil
- 1 large carrot, chopped
- ½ cup fresh-squeezed lemon juice (about 3 lemons)
- 1 Tablespoon grated fresh ginger
- 2 Tablespoons raw local honey, maple syrup, or Lakanto

- ½ teaspoon pink Himalayan or sea salt
- ¼ – ½ teaspoon sesame oil
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- Black pepper, to taste

INSTRUCTIONS

Place dressing ingredients into a food processor or blender container and blend until smooth. Store dressing covered in the refrigerator for at least an hour before serving to allow flavors to meld.

Roughly chop broccoli, cauliflower, and cabbage. Pulse each vegetable separately in a food processor into small pieces.

Add all veggies to a large mixing bowl. Add in shredded carrots, cilantro, walnuts, and raisins. Toss well.

When ready to serve, add dressing to vegetables and toss again. Enjoy right away!

Nutritional Facts (Per Serving) | Calories: 152.7 | Total Fat: 10.5 g | Total Carbohydrates: 14.9 g | Dietary Fiber: 3.6 g | Protein: 4.3 g



GARLIC & HONEY ROASTED BRUSSEL SPROUTS SALAD

If you love roasted Brussels sprouts and garlic, you'll absolutely adore this flavorful salad that's special enough for a dinner party or holiday side dish.

SERVES 8

INGREDIENTS

Salad:

- 1 ½ - 2 lbs fresh Brussels sprouts, trimmed & halved
- 3 Tablespoons local honey
- ¼ cup olive or avocado oil
- 1 garlic head, skin removed from cloves
- ¼ teaspoon pink Himalayan or sea salt
- ¼ teaspoon black pepper
- 8-10 ounces organic spinach or salad mix
- ½ cup chopped walnuts or almonds (toasted or raw)
- ½ cup dried cranberries (optional)
- Additional salad veggies (optional)

Dressing:

- ¼ cup olive or avocado oil
- Juice from 1 lemon (about 2 Tablespoons)
- 1 Tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon pink Himalayan or sea salt
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 2 minced garlic cloves (optional)
- Pinch of cayenne pepper (optional for added heat)

INSTRUCTIONS

Cut ends off Brussels sprouts and cut them in half lengthwise. Place in a large mixing bowl. Add peeled garlic cloves from a whole head of garlic. In a separate small mixing bowl, add olive/avocado oil and honey. Whisk together and pour over Brussels sprouts and gently toss to coat. Sprinkle with salt and pepper.

Spray oil (or spread 1 tablespoon of olive oil) over baking sheet. Spread coated Brussels sprouts out in a single layer, cut side facing down. Roast in preheated 475°F degree oven for 15-25 minutes or until Brussels sprouts are tender; stirring halfway through. Remove pan from oven and let Brussels sprouts cool until warm.

In a glass jar with a tight-fitting lid, add all dressing ingredients and shake to incorporate together. Place Brussels sprouts and remaining salad ingredients in a serving dish and coat with dressing. Toss gently and enjoy!

Time-saving Tip: Dressing can be made in advance and stored in the refrigerator until ready to assemble salad.

Nutritional Facts (Per Serving) | Calories: 242.6 | Total Fat: 18.9 g | Total Carbohydrates: 15.8 g | Dietary Fiber: 4.4 g | Protein: 6.2 g



AVOCADO KEFIR RANCH SALAD DRESSING

This tangy dressing can be served over your favorite salad greens or used as a dipping sauce for veggies. It calls for kefir, which is a fermented drink traditionally made using cow's or goat's milk that's great for gut health. If you don't have kefir, substitute with plain yogurt and thin out with a bit of water if it's too thick.

SERVES 8

INGREDIENTS

- ½ avocado, peeled and seed removed
- ½ cup plain kefir
- 1 Tablespoon fresh-squeezed lemon juice
- 2 Tablespoons extra virgin olive oil
- 1 garlic clove, crushed or minced
- 2 Tablespoons fresh parsley, chopped
(or 1 Tablespoon dried)
- 2 Tablespoons fresh chives, chopped
(or 1 Tablespoon dried)
- ½ teaspoon sea salt
- ½ teaspoon freshly ground pepper
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

INSTRUCTIONS

Mash avocado and whisk in remaining ingredients. Or place all ingredients in a blender or food processor and blend up well.

Place dressing in sealed jar in fridge for several hours to allow flavors to meld. Serve over salad greens or use as a veggie dip. Enjoy!

Nutritional Facts (Per Serving) | Calories: 55.2 | Total Fat: 5.1 g | Total Carbohydrates: 2.2 g | Dietary Fiber: 0.7 g | Protein: 1.8 g



LEMON GARLIC AIOLI

The perfect flavor enhancer for keto dishes and excellent when used to make a marinade or paired with fish and veggies. Important note: You must use a small food processor or handheld immersion blender in a small container (such as a smoothie cup or tall bowl) so that the blades have maximum contact with ingredients.

SERVES 8

INGREDIENTS

Mayonnaise Base:

- 1 organic egg
- 2 teaspoons quality Dijon mustard
- 1 Tablespoon white wine vinegar
- ½ teaspoon pink Himalayan or sea salt, divided
- ¼ cup walnut oil
- ¼ cup avocado oil

For Aioli:

- 3 Tablespoons fresh-squeezed lemon juice
- 1-2 drops [Organixx Lemon Essential Oil](#)
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 3 cloves garlic, crushed
- ⅛ teaspoon black pepper
- ⅛ teaspoon cayenne pepper

The trick to making a perfect aioli is adding the oil very slowly, especially at first.

INSTRUCTIONS

Using an immersion blender or food processor, blend egg at high speed for 30 seconds. Add Dijon, vinegar, and ¼ teaspoon salt and blend an additional 20 seconds (scrape sides of container if necessary).

Start to add the walnut oil, drop by drop while continually blending/emulsifying. Add avocado oil, this time allowing a thin, light stream of oil into the container while blending. Mixture should start to thicken.

Note: Stop here and add about a teaspoon of fresh-squeezed lemon juice if regular mayonnaise thickness is the goal. To make thicker, continue to add additional oil of your choice, while blending.

Add in remaining ingredients, including additional ¼ teaspoon salt and blend well (sprinkle in collagen powder while blending). Consistency should be less thick than mayonnaise, but not watery.

Aioli should keep well in a covered container in the refrigerator for around a week.

Nutritional Facts (Per Serving) | Calories: 136 | Total Fat: 14.1 g | Total Carbohydrates: 0.9 g | Dietary Fiber: 0.1 g | Protein: 1.8 g



ROASTED GARLIC GOAT CHEESE FONDUE

This goat cheese fondue is the epitome of complex flavor within a simple recipe and serves well with toasted bread, raw veggies, and fruit. Garlic has anti-inflammatory and immune-supporting powers, while goat cheese holds a much higher nutrient profile than cow's milk.

SERVES 8

INGREDIENTS

- 1 Tablespoon extra virgin olive oil
- ¼ cup roasted garlic cloves
- 6 oz chèvre (soft goat cheese)
- 3 Tablespoons grass-fed half and half
- ½ scoop [Organixx Clean Sourced Collagens](#) powder
- ½ teaspoon dried thyme (or 1 teaspoon fresh)

INSTRUCTIONS

In a medium saucepan over med-high heat, add olive oil and garlic cloves. Sauté 3-4 minutes, then smash cloves with fork. Reduce heat to med-low.

Add goat cheese and half and half to pan. Gently mix with a spatula until goat cheese melts and ingredients combine. Add collagen powder slowly and mix well.

Serve in a small dish, garnished with thyme. Enjoy!

Nutritional Facts (Per Serving) | Calories: 89.2 | Total Fat: 7.6 g | Total Carbohydrates: 3.2 g | Dietary Fiber: 0 g | Protein: 4.1 g



SUMMER SOLSTICE SAUCE (MANGO DRESSING)

This beautiful sunshine-yellow mango-based dressing is going to be your new summer go-to or for anytime you want to brighten up your table! Try pairing this sweet & fruity dressing with salads, fish, chicken, or use it as a dip for apple slices.

SERVES 8

INGREDIENTS

- 10 oz peeled, diced & pureed mango (about 1 ripe mango)
- 1 Tablespoon + 1 teaspoon white wine vinegar
- 2 Tablespoons walnut oil (can substitute olive oil)
- 2 teaspoons raw honey
- ¼ teaspoon pink Himalayan or sea salt
- ¼ teaspoon black pepper
- 1 drop [Organixx Frankincense Essential Oil](#) (optional)
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

INSTRUCTIONS

- Add mango chunks to food processor or high-speed blender and blend well.
- Add all remaining ingredients and blend again.
- Serve immediately or keep covered in an airtight container in the refrigerator for up to 3 days. Enjoy!

Nutritional Facts (Per Serving) | Calories: 58.4 | Total Fat: 3.4 g | Total Carbohydrates: 6.8 g | Dietary Fiber: 0.6 g | Protein: 1.1 g



ANTIOXIDANT-RICH LEMON BLUEBERRY SAUCE

Unlike most fruit sauces or toppings, this bright, delicious version is free of refined sugar and rich in flavor. As an added bonus, it's heart-healthy and packed with antioxidants! It's a versatile sauce that can be used to dress up proteins such as chicken or salmon, drizzled over pancakes or waffles, or mixed into plain or vanilla yogurt.

SERVES 4

INGREDIENTS

- 1 ½ cups fresh or frozen organic blueberries
- ⅓ cup + ¼ cup fresh, filtered water
- 2 Tablespoons coconut sugar
- 2 Tablespoons fresh-squeezed lemon juice
- 2 teaspoons tapioca flour
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

INSTRUCTIONS

- In a medium saucepan, bring blueberries, ⅓ cup water, and coconut sugar to a slow boil over med-high heat for 3-4 minutes.
- In a separate small bowl, whisk together ¼ cup water, lemon juice, tapioca flour, and collagen powder.
- Combine new mixture with blueberry mixture and reduce heat to low. Allow to cook 3-5 minutes until desired consistency is reached.
- Use sauce hot or cold, depending on the use. Keep leftovers stored covered in the fridge for up to a week. Enjoy!

Nutritional Facts (Per Serving) | Calories: 58.7 | Total Fat: 0 g | Total Carbohydrates: 15.3 g | Dietary Fiber: 1.5 g | Protein: 2.4 g



ENTRÉES





LOW-CARB CAULIFLOWER CRUST PIZZA

This low-carb cauliflower pizza crust is both a yummy low-carb meal AND a way to turn a fave take-out item into something that's actually good for you! Keep the cheese to a bare minimum and top with lots of veggies if weight loss is your goal.

SERVES 4

INGREDIENTS

- 1 large or 2 medium-sized head(s) of cauliflower (about 6 cups of florets)
- 1 egg, beaten (preferably free-range, organic)
- ½ cup mozzarella cheese (preferably made with organic milk from pasture-raised cows)
- ½ teaspoon pink Himalayan or sea salt
- ¼ teaspoon garlic powder
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

Topping Ideas:

- Pizza sauce (about ⅓ cup)
- Mozzarella cheese (about ½ cup)
- Parmesan cheese (about ¼ cup)
- Desired veggies (e.g. broccoli, peppers, onions, spinach, kale, mushrooms)

INSTRUCTIONS

- Cut cauliflower into florets and steam until soft. Let cool completely by placing in the refrigerator.
- Place 1/3 of the cooled cauliflower in a food processor with the S blade. Pulse until you have cauliflower rice. Repeat

with the remaining two batches. Time-saving tip: Purchase premade cauliflower rice (about 8 cups). Just be sure that if it's frozen, you let it thaw completely.

Using a clean cloth or nut milk bag, wring out as much water as you can from the cauliflower rice. You may need to do this in several smaller batches to make it easier.

Place drained cauliflower rice into a mixing bowl and add beaten egg, mozzarella cheese, salt, garlic powder, and collagen powder. Mix together well with hands.

On a parchment-lined pizza pan or cookie sheet, spread out and shape cauliflower crust with your hands until it's about ¼ - ½ inch thick.

Bake in a 400°F preheated oven for 20-30 minutes, depending on the size and thickness of the crust. Carefully flip the crust over and bake an additional 5-10 minutes to get a crispier crust.

Add your desired toppings onto baked crust being sure not to add too much sauce or toppings as it will make your crust soggy and fall apart easily.

Bake for about 5-10 minutes until cheese is melted and toppings are hot.

Place pizza on a cooling rack to cool slightly. Slice, serve & enjoy!

Nutritional Facts (Per Serving) | Calories: 211.8 | Total Fat: 11 g | Total Carbohydrates: 15.7 g | Dietary Fiber: 6.8 g | Protein: 18.1 g



GLUTEN-FREE, DAIRY-FREE LASAGNA

If you find it a challenge to come up with healthy dinner ideas that don't contain gluten or dairy, you'll love this Gluten-Free Dairy-Free Lasagna.

SERVES 6

INGREDIENTS

- 2 Tablespoons olive or coconut oil
 - ½ cup chopped onion (about 1 medium onion)
 - 1 Tablespoon minced garlic (about 3-4 cloves)
 - 1 lb grass-fed, organic ground beef (for a meatless option substitute with more veggies such as roasted red bell peppers and mushrooms)
 - ½ teaspoon EACH of dried thyme, dried oregano, and cayenne pepper
 - 2 ½ cups shredded or chopped veggies of your choice
 - 4 cups organic marinara sauce
 - 9 ounces boiled gluten-free lasagna noodles (can substitute with gluten-free tortillas). Add ½ cup of filtered water if using no-bake noodles
 - 7-8 fresh basil leaves, chopped, for garnish
- Optional Dairy-Free "Cheese" Layer:**
- ¼ cup nutritional yeast
 - ¼ teaspoon pink Himalayan or sea salt
 - 1 cup cauliflower rice
 - 2 scoops [Organixx Clean Sourced Collagens](#) powder

INSTRUCTIONS

Preheat oven to 375°F. In a bowl, combine cauliflower rice, nutritional yeast, salt, 1 tablespoon of olive oil, and collagen powder. Stir together and set aside.

In large skillet over med-high heat, add remaining olive oil and heat for one minute. Add onions and garlic and sauté for a few minutes until fragrant. Add in the beef and seasonings. Cook until meat is browned, stirring frequently. Stir in veggies and 2 cups of marinara sauce. Remove from heat and set aside.

In an 8x8-inch pan, spread a little bit of marinara sauce (about 1/3 cup) to the bottom to prevent sticking. Lay down a layer of lasagna noodles. Cover noodles with half of veggie & meat mixture and about 1/3 cup of additional marinara sauce.

Add another layer of lasagna noodles and cover with the other half of the veggie & meat mixture and another ⅓ cup of marinara sauce.

Add 3rd layer of lasagna noodles. Cover this layer with cauliflower rice "cheese" mixture. Top with remaining lasagna noodles and the rest of the marinara sauce (about 1 cup).

Place pan in oven and cook for 45-50 minutes. Remove from oven and let lasagna sit for 15 minutes.

Garnish with fresh basil and serve. Enjoy!

Nutritional Facts (Per Serving) | Calories: 556.7 | Total Fat: 19.7 g | Total Carbohydrates: 72 g | Dietary Fiber: 4 g | Protein: 27.6 g



BLACK BEAN, SWEET POTATO & CHICKEN SKILLET

A one-dish meal that's bursting with flavor! This healthy chicken and sweet potato recipe with a Tex-Mex twist is sure to become a new family favorite. Use chicken breasts instead of thighs and serve over cauliflower rice for a calorie-wise dinner option.

SERVES 6

INGREDIENTS

- 4 boneless, skinless chicken thighs or breasts, cut into pieces
- 2 Tablespoons coconut oil or ghee
- 1 can black beans, drained & rinsed
- 1 large sweet potato, peeled & cut into 2-inch chunks
- ½ cup vegetable broth
- ¼ cup salsa, plus more for garnish
- 1 teaspoon cumin powder
- ½ teaspoon paprika
- Pink Himalayan or sea salt & pepper to taste
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- Fresh chopped cilantro for garnish

INSTRUCTIONS

In a cast-iron skillet heat 1 tablespoon of oil over medium heat. Add chicken pieces and cook for about 5 minutes until brown.

Remove chicken and add in sweet potatoes and cook until brown for about 8 minutes, adding an additional tablespoon of oil if needed. Add chicken back into skillet along with broth. Partially cover skillet and cook over med-low heat for about 10 minutes until sweet potatoes are soft.

Add in spices, black beans, collagen powder, and salsa. Heat for an additional 5 minutes.

Top with chopped cilantro and additional salsa. Serve over rice, cauliflower rice, quinoa, or vegetable medley. Enjoy!

Nutritional Facts (Per Serving) | Calories: 222.5 | Total Fat: 7.2 g | Total Carbohydrates: 16.7 g | Dietary Fiber: 4.5 g | Protein: 24.6 g



FAUX TUNA SALAD IN LETTUCE WRAPS

Can you actually make a tuna salad sandwich WITHOUT a can of tuna or bread? Yes you can! The “secret ingredient” is chickpeas – a plant-based source of protein and fiber that’s packed with nutrients. You can use this mock tuna on bread and make a more traditional sandwich, or for a lower-carb/lower-calorie/gluten-free option, wrap some up in a large lettuce leaf.

SERVES 6

INGREDIENTS

- 2 15-oz cans of organic chickpeas/garbanzos, drained & rinsed
- 2 Tablespoons dried seaweed (nori or dulse), chopped
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 1 stalk celery, finely chopped
- 1 spring onion, finely sliced
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons Bragg’s liquid aminos
- 1 Tablespoon freshly chopped dill (or ½ teaspoon dried dill)
- 2 Tablespoons freshly chopped basil (or 1 teaspoon dried basil)
- Additional spices to taste such as paprika, chili powder, curry powder, red pepper flakes, etc. (optional)

Dressing:

- ½ cup raw cashews, soaked in small quantity filtered water (15-20 min)
- One half lemon, squeezed

Drizzle of honey or sweetener of choice

- 1 teaspoon Dijon mustard
- 2 Tablespoons freshly chopped parsley
- ¼ teaspoon garlic powder

INSTRUCTIONS

- Drain and rinse the chickpeas, then add to bowl of food processor along with seaweed and collagen powder. Process just until chickpeas and seaweed are broken up and beginning to stick together.
- Transfer mixture to a large glass serving bowl and add in celery, spring onion, apple cider vinegar, liquid aminos, and herbs.
- Make the dressing. In bowl of food processor or blender, place the soaked cashews (drained), lemon juice, sweetener, mustard, parsley, and garlic powder. Process until smooth. Mix dressing into chickpea mixture and stir thoroughly.
- Place scoop on large lettuce leaves along with other toppings of your choice and fold up. Or serve on toast, crackers, or with tossed green salad. Enjoy!

Nutritional Facts (Per Serving) | Calories: 240.6 | Total Fat: 8.8 g | Total Carbohydrates: 28.3 g | Dietary Fiber: 7.1 g | Protein: 14.1 g



BROILED HONEY-GARLIC SALMON

Wild-caught salmon makes almost every recommended list of healthy foods for omnivores and pescatarians (vegetarians who eat fish). That's because salmon is one of the very best sources of heart-healthy and brain-healthy omega-3 fatty acids. Serve with your favorite veggie sides or a green salad instead of starches such as rice or potato if weight loss is your goal.

SERVES 6

INGREDIENTS

- 1-1 ½ lb side of organic salmon
- ½ cup local honey
- 4 cloves garlic, minced or crushed
- ½ cup Dijon mustard
- Juice of ½ lemon
- 1 Tablespoon coconut oil
- ¼ teaspoon red pepper flakes
- ¼ teaspoon cayenne pepper
- ½ teaspoon paprika
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- Coarsely ground salt & black pepper
- 1 Tablespoon chopped cilantro, for garnish
- 1 lemon, sliced, for garnish

INSTRUCTIONS

Position a rack in the middle of the oven and set to broil (med-high heat).

In a bowl, combine honey, mustard, lemon juice, oil, paprika, red pepper flakes, cayenne pepper, collagen powder, and a pinch of salt. Stir to combine and set aside.

Place the salmon onto an oiled baking sheet. Pour the honey mustard mixture over the salmon and spread evenly over the fish. Sprinkle with a good amount of salt and cracked pepper.

Broil salmon until cooked through and the top of salmon is nicely caramelized, about 10-15 minutes, depending on the thickness of your fish and your preference of doneness. Garnish with cilantro and serve immediately with lemon slices. Enjoy!

Tip: If using frozen salmon, you'll get a better result if you allow the salmon to defrost in the fridge versus cooking from frozen.

Nutritional Facts (Per Serving) | Calories: 271.9 | Total Fat: 10.4 g | Total Carbohydrates: 23.1 g | Dietary Fiber: 1 g | Protein: 19.1 g



TURKEY SPINACH MEATBALLS

Shake up the meatball game by adding some iron-rich spinach to the mix! High in protein, low in carbs with a little green – these lean meatballs are the perfect pairing for your favorite pasta or serve with a green salad when cutting back on carbs and calories.

SERVES 4

INGREDIENTS

- 1 lb organic, lean ground turkey
- ¼ cup onion, diced small
- ¼ teaspoon dried parsley (or ½ teaspoon fresh parsley)
- ⅛ teaspoon dried thyme (or ¼ teaspoon fresh thyme)
- ⅓ teaspoon pink Himalayan or sea salt
- ¼ teaspoon ground black pepper
- 1 large garlic clove, minced
- 2 Tablespoons whole wheat breadcrumbs (use gluten-free bread for GF option)
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 1 egg
- 1 ½ cups spinach, chopped

INSTRUCTIONS

Preheat oven to 350°F. Line baking sheet with parchment paper.

In a large mixing bowl, combine all ingredients well. Form medium-sized meatballs (about 2 tablespoons) and place onto baking sheet.

Bake 10 to 15 minutes. Remove pan from oven and carefully turn balls over. Return pan to oven and bake an additional 10 minutes or until internal temperature reaches 165°F.

Serve with your favorite pasta, or as a side with salad or other veggies. Enjoy!

Nutritional Facts (Per Serving) | Calories: 202.1 | Total Fat: 10.2 g | Total Carbohydrates: 3.4 g | Dietary Fiber: 0.7 g | Protein: 25.3 g



SNACKS & SWEETS





CRUNCHY SWEET NUT MIX

Love nuts? Then you'll love this Crunchy Sweet Nuts recipe. It's a simple way to "dress up" plain nuts and turn them into an extra delicious low-carb snack.

SERVES 12

INGREDIENTS

- 1 cup raw walnuts
- 1 cup raw almonds
- 1 cup raw cashews
- 1 drop [Organixx Peppermint Essential Oil](#) or [Organixx Orange Essential Oil](#) (optional)
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- ¾ cup Lakanto or preferred sweetener
- ¼ cup filtered water
- 1 teaspoon vanilla extract
- Pink Himalayan or sea salt to taste
- ½ teaspoon Ceylon cinnamon

INSTRUCTIONS

Heat a large frying pan or skillet pan over medium heat. When hot, add Lakanto sweetener, collagen powder, essential oil, water, vanilla extract, sea salt, and cinnamon, and stir until fully combined. Allow to heat up, stirring occasionally.

When the Lakanto has completely melted, add nuts. Watch over the pan and continue to stir often until the nuts are coated with the flavoring mixture and it begins to crystallize.

Remove pan from heat and allow to stand for 1-2 minutes before using a wooden spoon to stir nuts to avoid immediate, overlarge clusters forming.

Place nuts on parchment paper and allow to cool completely before breaking up clusters for serving. Enjoy!

Nutritional Facts (Per Serving) | Calories: 205.1 | Total Fat: 18.3 g | Total Carbohydrates: 20 g | Dietary Fiber: 2.6 g | Protein: 6.9 g



LEMONY CASHEW CHIA BITES

These little bites are the perfect quick treat for when you're craving something a little sweet that's also made with good-for-you ingredients. These bites freeze well, so whip up a double batch and take out a few as needed.

MAKES 14 BITES

INGREDIENTS

- 1 Tablespoon chia seeds
 - 1 Tablespoon lemon zest (zest from about 1 lemon)
 - 2-3 Tablespoons lemon juice (juice from about 1 lemon)
 - 1 teaspoon pure vanilla extract
 - 1 cup organic cashew nuts (raw or roasted)
 - ½ cup unsweetened shredded coconut
 - 3 Tablespoons coconut butter (or cashew/almond/sunflower butter)
 - 1-2 Tablespoons powdered Lakanto (or 2-4 Tablespoons of other sweetener)
 - 1 scoop [Organixx Clean Sourced Collagens](#) powder
 - ¼ teaspoon pink Himalayan or sea salt (if using unsalted nuts)
 - 3-4 drops [Organixx Lemon Essential Oil](#) (optional for additional lemon flavor)
- Optional coating:** shredded coconut, toasted chopped nuts

INSTRUCTIONS

- In a small bowl, add chia seeds, lemon juice, lemon zest, and vanilla. Stir and set aside to thicken.
- Add remaining ingredients to food processor. Pulse and then run until dough forms and sticks together when pressed between fingers. Taste mixture and add essential oil if additional lemon flavor is desired. Pulse again to combine.
- Roll the mixture into balls (about 1 Tablespoon per ball) and then roll in chosen topping (shredded coconut/chopped nuts, etc.) to coat.
- Store in covered container in fridge or freezer. Enjoy!

Nutritional Facts (Per Serving) Calories: 105.7 | Total Fat: 9 g | Total Carbohydrates: 6.6 g | Dietary Fiber: 1.6 g | Protein: 3 g



PEPPERMINT FUDGE NO-BAKE ENERGY BITES

Is mint chocolate your guilty pleasure? Try these no-bake energy bites that are full of delicious and healthy ingredients... with nothing to feel guilty about!

MAKES 14 BITES

INGREDIENTS

- ½ cup raw almonds
- ⅓ cup pitted dates (about 6 or 7)
- 1 Tablespoon [Organixx Clean Sourced Collagens](#) powder
- 1 Tablespoon organic cacao powder
- ¾ teaspoon pure vanilla extract
- 1-2 drops [Organixx Peppermint Essential Oil](#)
- 1 Tablespoon coconut oil
- 1 Tablespoon miniature dark chocolate chips

Optional coating: cacao powder, toasted coconut, toasted chopped nuts, chopped chocolate chips

INSTRUCTIONS

Into the container of a food processor place almonds and process until finely chopped. Add dates and process until smooth.

Add collagen powder and cacao powder, vanilla extract, peppermint essential oil, and coconut oil. Process for several minutes, until mixture begins to look well combined. Add a teaspoon of water, if necessary, to help it mix together well. Taste mixture. If you want a stronger mint flavor, add one additional drop of peppermint essential oil and blend again.

Add chocolate chips and pulse a few final times to combine, keeping chocolate chips a bit chunky.

To form into balls, take a heaping teaspoon of the mixture in your hands and roll into a ball. Place your choice of outer toppings (e.g. cacao powder, toasted coconut, or toasted chopped nuts) into a bowl and roll each ball around in the coating.

Place onto serving plate or container lined with parchment paper. Refrigerate for at least 30 minutes prior to serving to solidify the coconut oil. Keep balls stored in the fridge or the freezer and take out as needed. Enjoy!

Nutritional Facts (Per Serving) | Calories: 471 | Total Fat: 3.3 g | Total Carbohydrates: 3.1 g | Dietary Fiber: 0.8 g | Protein: 1.6 g



ZUCCHINI CARROT CAKE BAKE

A delicious way to sneak more healthy veggies into your dishes. Free of refined sugar, this flavorful twist on a classic is perfect with morning tea at breakfast, as a snack, or as a not-too-sweet dessert.

SERVES 12

INGREDIENTS

- ¾ cup oat flour (use gluten-free flour for GF option)
- 1 teaspoon aluminum-free baking soda
- 1 ½ teaspoons Ceylon cinnamon
- ¼ teaspoon nutmeg
- ¼ cup unrefined virgin coconut oil, melted
- ⅓ cup coconut palm sugar
- 1 egg
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 2 teaspoons pure vanilla extract
- ½ cup shredded zucchini, patted dry
- 1 cup shredded carrot
- 1 ½ cups rolled oats (use gluten-free oats for GF option)
- ¼ cup raisins

INSTRUCTIONS

- Preheat oven to 350°F. Grease a baking pan (roughly 7x11) with coconut oil.
- In a medium bowl, combine oat flour, baking soda, cinnamon, and nutmeg.
- In a large bowl, combine melted coconut oil, sugar, egg, collagen powder, and vanilla. Add in carrots and zucchini.
- With the contents of each bowl mixed well, combine them by adding the dry ingredients to the wet. Add in oats and raisins and gently stir to combine.
- Spoon mixture into baking pan and bake for 12-15 minutes until a toothpick inserted into the center comes out clean.
- Remove from oven and allow to cool before serving. Enjoy!

Nutritional Facts (Per Serving) | Calories: 147.3 | Total Fat: 6.4 g | Total Carbohydrates: 20.9 g | Dietary Fiber: 2.3 g | Protein: 3.5 g



PUMPKIN PIE PUDDING

This creamy pudding gives you all the flavor of pumpkin pie with none of the hassle of rolling out pie crust or actually baking a pie. While coconut cream is getting easier to find in stores, you can easily make your own with a can of full-fat coconut milk. Just be sure to plan ahead!

SERVES 4

INGREDIENTS

- ½ cup coconut cream (can use 1 can full-fat coconut milk to make coconut cream)
- ¼ cup pumpkin puree
- 1 Tablespoon maple syrup (or Lakanto for lower-carb option)
- ½ teaspoon Ceylon cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ⅛ teaspoon pink Himalayan or sea salt
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

Whipped Topping:

- 1 Tablespoon coconut cream
- ½ teaspoon maple syrup
- ⅛ teaspoon vanilla extract

INSTRUCTIONS

If you can't find coconut cream, take a can of full-fat coconut milk and place it in a refrigerator for 24 hours. The coconut milk will separate into coconut water at the bottom of the can, and a harder mass of coconut cream that will rise to the top of the can. For this recipe you want the coconut cream only.

Add pumpkin and all ingredients except coconut cream to a bowl. Whisk until well combined.

Add ½ cup coconut cream to the bowl and whisk well again until the texture is smooth.

Pour into 2-4 individual glass bowls or one large serving dish. Cover and place in fridge until pudding has set (at least 60 minutes).

Create whipped topping by blending 1 tablespoon full-fat coconut cream, ½ teaspoon of maple syrup, and ⅛ teaspoon of vanilla. Whip until smooth and then spread on top of your pumpkin pudding. Tip: You may want to double or triple the amount of topping you make if you like lots of topping.

Garnish with chopped walnuts (or other nuts) if desired, a sprinkle of pumpkin pie spice, and serve. Enjoy!

Nutritional Facts (Per Serving) | Calories: 123.7 | Total Fat: 10.4 g | Total Carbohydrates: 6.6 g | Dietary Fiber: 1.8 g | Protein: 3.4 g



GUILT-FREE CHOCO BROWNIES

These moist, rich brownies are far lower in carbohydrates than most brownies but still retain all of the chocolatey goodness.

SERVES 12

INGREDIENTS

- ½ cup butter or coconut oil (dairy-free option), softened
- ¾ cup Lakanto or equivalent sweetener
- 2 eggs
- 2 teaspoons vanilla extract
- ¾ cup almond flour
- ¼ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- ⅛ teaspoon pink Himalayan or sea salt
- ¼ cup low-carb chocolate chips (e.g. Lily's brand)
- 2 scoops [Organixx Clean Sourced Collagens](#) powder

Icing (optional):

- 2 Tablespoons melted coconut butter

INSTRUCTIONS

- Preheat oven to 350°F and line 8" x 8" pan with parchment paper; set aside.
- Blend Lakanto in blender to turn into a fine powder. In a large bowl, cream butter and Lakanto. Mix in the eggs and vanilla extract. Sift almond flour and add along with cocoa powder, baking powder, collagen, and salt. Mix well.
- Stir in chocolate chips and scoop batter (which will be thick) into your lined 8x8 baking dish.
- Bake 25-30 minutes until toothpick comes out mostly clean. Cool 30 min+ before cutting into squares.
- Drizzle with melted coconut butter (optional) and enjoy!

Nutritional Facts (Per Serving) | Calories: 136.6 | Total Fat: 13.2 g | Total Carbohydrates: 16.6 g | Dietary Fiber: 2.2 g | Protein: 3.2 g



KETO PEANUT BUTTER BALLS

This take on the popular no-bake treat uses low-carb Lakanto sweetener and almond flour to cut carbs down to under 4 grams per ball. Many store-bought peanut butters are loaded with hidden sugar, so be sure to use a brand that's made with just peanuts or use your own homemade PB.

MAKES 12 BALLS

INGREDIENTS

- ¼ cup + 1 Tablespoon organic creamy peanut butter (unsweetened)
- 1 Tablespoon unsweetened cacao powder
- 1 Tablespoon + 1 teaspoon powdered low-carb sweetener (e.g. Lakanto)
- 2 teaspoons almond flour
- ½ cup unsweetened shredded coconut
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- Pinch of salt

INSTRUCTIONS

In a bowl, mix together peanut butter, cacao powder, sweetener, collagen powder, flour, and salt. Freeze batter for 1 hour.

Using a melon baller (or small spoon), spoon out a small serving of the peanut butter mixture. Form into a ball and then drop into shredded coconut and roll around with your hands to coat.

Store balls in a covered container in refrigerator or freezer. (If frozen, allow to soften before eating.) Enjoy!

Nutritional Facts (Per Serving) | Calories: 67.5 | Total Fat: 6 g | Total Carbohydrates: 3.9 g | Dietary Fiber: 1.3 g | Protein: 2.6 g



LOW-CARB CHOCOLATE CHIP COLLAGEN COOKIES

Who doesn't love chocolate chip cookies? But when you're counting carbs they're usually not on the menu. This version allows for an occasional indulgence by keeping the carb count to 7 grams of carbs per serving.

MAKES 10 COOKIES

INGREDIENTS

- 1 cup finely ground almond flour
- 4 Tablespoons low-carb chocolate chips (e.g. Lily's brand)
- 2 Tablespoons Lakanto or low-carb sweetener of choice
- ¼ teaspoon pink Himalayan or sea salt
- ½ teaspoon aluminum-free baking soda
- 2 Tablespoons coconut oil
- 1 teaspoon pure vanilla extract
- 1 Tablespoon almond or coconut milk, unsweetened
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

INSTRUCTIONS

- Preheat oven to 325°F.
- Sift almond flour. Add remaining dry ingredients, except chocolate chips, and stir well. Add wet ingredients to dry and stir well. Fold in chocolate chips.
- Scoop out and shape into 10 cookies. Place on a baking tray and bake 10-12 minutes.
- Let cookies cool at least 10 minutes to allow them to harden before removing from pan. Enjoy!

Nutritional Facts (Per Serving) | Calories: 104.6 | Total Fat: 9.5 g | Total Carbohydrates: 7.2 g | Dietary Fiber: 2.6 g | Protein: 3.5 g



CINNAMON CHOCOLATE COVERED KIWI POPS

Far lower in fat and calories than a cone of ice cream and providing far more nutrients than a typical popsicle, these yummy kiwi pops are a satisfying cooling treat for you or the kids!

MAKES 27 POPS

INGREDIENTS

8-9 kiwi fruit, peeled & sliced into 1-inch rounds (about 3 slices per kiwi)

6 oz dark chocolate, broken into pieces

½ cup coconut oil

½ - 1 teaspoon Ceylon cinnamon

1 scoop [Organixx Clean Sourced Collagens](#) powder

Popsicle sticks

Optional additions to melted chocolate: shredded coconut, [Organixx Orange or Lemon Essential Oil](#)

INSTRUCTIONS

Peel and slice kiwis into 1-inch rounds (about 2-3 slices per kiwi).

Insert a popsicle stick into end of each kiwi slice as far as possible while still retaining enough stick to hold onto securely. Place kiwi slices on a lined tray and freeze for 2-3 hours or until frozen.

In a double boiler, combine chocolate, coconut oil, cinnamon, and collagen powder. Stir over low heat until chocolate is melted completely. Remove from heat and allow melted chocolate to cool slightly.

Take frozen kiwi slices and dip into the melted chocolate. If you have extra chocolate, either double dip the pops or drizzle chocolate on top.

Eat right away or cover and store in freezer until ready to enjoy.

Nutritional Facts (Per Serving) Calories: 77.8 | Total Fat: 6 g | Total Carbohydrates: 7.2 g | Dietary Fiber: 1.2 g | Protein: 0.8 g



ANTIOXIDANT-RICH STRAWBERRY SORBET

A refreshing summertime treat that's light on fat and calories compared with regular ice cream and also nutrient-dense and full of flavor. Omit the optional coconut cream if weight loss is your goal.

SERVES 6

INGREDIENTS

- 3 cups frozen strawberries
- 6-8 pitted Medjool dates (about 1 cup)
- $\frac{3}{4}$ cup filtered water
- Juice & zest of 1 lemon (omit zest for sweeter sorbet)
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

Optional Additions:

- 5 drops [Organixx Orange Essential Oil](#)
- 1 Tablespoon grated ginger root
- Coconut cream from 1 can of full-fat coconut milk

INSTRUCTIONS

- Soak dates for about 10 minutes in filtered water to soften. Add the soaked dates along with the soaking water to a food processor.
- Add in the lemon juice & zest and any of the optional ingredients desired.
- Process until smooth (about 2 minutes), then add the frozen strawberries. Process again until smooth.
- Scoop mixture into an airtight container and freeze for about 2 hours or until set.
- Serve cold. Let sorbet sit for about 10 minutes before serving to soften and enjoy! Store any leftovers in the freezer.

Nutritional Facts (Per Serving) | Calories: 114.5 | Total Fat: 0 g | Total Carbohydrates: 28.3 g | Dietary Fiber: 3.7 g | Protein: 2.2 g



DARK CHOCOLATE ALMOND MOUSSE

Whether you're looking for a rich & creamy dessert recipe perfect for Valentine's Day or just can't resist chocolate, you'll love this Dark Chocolate Almond Mousse. Just be sure to plan for enough chilling time before serving.

SERVES 2

INGREDIENTS

- 1 can coconut cream (or 1 ¾ cup of coconut cream from chilled cans of full-fat coconut milk)
- ¼ cup pure maple syrup
- ¼ cup raw cacao powder
- ¼ cup 70%+ dark chocolate (can also use chocolate with almonds)
- 2 Tablespoons coconut oil
- 2-3 Tablespoons almond butter (only if using plain dark chocolate)
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

INSTRUCTIONS

Prepare recipe at least 2-3 hours before serving. Can also be prepared the day before.

In a medium-sized bowl combine coconut cream, maple syrup, cacao powder, and collagen powder. Whisk well and set aside.

In a double boiler or glass bowl over simmering water, melt dark chocolate and coconut oil together, stirring occasionally. When both are melted, remove from heat. Add to coconut cream mixture and stir well to combine.

Pour mixture into two serving bowls or cups. Cover and refrigerate for two hours or more until thoroughly chilled.

If using plain dark chocolate, melt almond butter and drizzle on top of mousse before serving. (Can omit this step if using almond chocolate.) Enjoy!

Nutritional Facts (Per Serving) | Calories: 1106 | Total Fat: 95.2 g | Total Carbohydrates: 52 g | Dietary Fiber: 12.2 g | Protein: 17.5 g

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Clean Sourced Collagens contains all 5 major types of collagen your body needs to thrive: Types I, II, III, V, X.

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WHAT ARE PEOPLE SAYING ABOUT ORGANIXX CLEAN SOURCED COLLAGENS?

Here's just a sampling of what our customers* have shared...



Wow!... If I Had Known This When I Was Younger!

“OK, I am 55. I thought I was always super healthy. But, My nails were weak and my hair while long was very fine. Well after a year of faithful use my nails are super crazy strong my hair is thick and I probably wouldn't have ripped the tendons on my shoulders if I knew I was low on collagen. I should have started this years ago. Thank You Organixx!”

ANNETTE



A Must Buy Product. Best Collagen Around!

“I really love this product. Clean sourced collagen is complete protein is easy to use flavorless and mixes really well in my morning drink. It leaves me pain free and filled with energy. Also excellent for gut health.”

STEPHEN



Healthy Digestion

“Healthy digestion at last after decades of malabsorption syndrome.”

LAURA



Aging Backwards

“I'm 63 and everyone is saying that I'm aging backwards! My skin (especially legs) has never looked so good.”

KATHY



Works Fast!

“Helped with flashes, pressure, and joint pain.”

SHARI



Thicker Hair!

“Initially bought this for the joint properties. But after taking daily for about 3-4 months noticed my hair getting thicker to the point my hairdresser asked what I was doing.”

GRACE



Beautiful Nails

“Organixx Collagens have given me beautiful finger nails!”

ROSALIE



Brilliant Product

“This is so easy to take, dissolves brilliantly and has multiple benefits. My skin has never looked and felt as healthy and glowing. My joints don't ache and my Achilles' tendon was severely inflamed and has settled dramatically. Thank you for such a brilliant product.”

HELEN

* As individuals differ, so will results. Organixx distributes a product line made with natural ingredients. Always check with your doctor for risks associated with dietary supplements and your specific health conditions and/or allergies.

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- 2 Provide you supplements made from only the purest natural ingredients on earth, including USDA Certified Organic ingredients whenever possible.
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