



dr. kellyann

COLLAGEN PROTEIN RECIPES

Fun, creative ways to get in your daily dose of collagen!

CONTENTS

Meals & Sides:

[Keto Protein Pancakes](#)

[Baked Oatmeal](#)

[Double Chocolate Muffins](#)

[Protein Crepes](#)

[Pizza Crust](#)

[Mashed Cauliflower](#)

[Spinach Artichoke Dip](#)

Sauces/Dressings:

[Alfredo sauce](#)

[Italian dressing](#)

[Balsamic Vinaigrette](#)

Sweet Treats:

[Chocolate Coconut Energy Bites](#)

[Coconut Vanilla Turmeric Fat Bombs](#)

[Cheesecake](#)

[Pumpkin Cheesecake](#)

[Keto Chocolate Brownies](#)

[Keto Coffee](#)

[Collagen Waters](#)

Tips & Tricks

About Dr. Kellyann

MEALS & SIDES



KETO PROTEIN PANCAKES

2 scoops of Dr. Kellyann's Complete Collagen Protein

8oz. cream cheese

8 large eggs

¼ cup butter

1 tsp vanilla extract

Optional - top with fresh blueberries

Directions:

In a food processor or large mixing bowl combine cream cheese, butter and eggs. It is easiest to use room temperature butter and cream cheese.

Add the collagen protein powder to the wet ingredient mixture and mix until fully combined. Add the vanilla extract and mix again.

Heat a skillet on medium heat. Pour in the pancake batter and cook for 2 minutes on each side. Once done, top with fruit of choice.

BAKED OATMEAL

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

3 cups quick-cooking oats

1 cup packed brown sugar

2 tsp baking powder

1 tsp salt

1 tsp ground cinnamon

2 large eggs

1 cup whole milk

½ cup butter, melted

Directions:

Preheat oven to 350°F. In a large bowl, combine collagen protein powder, oats, brown sugar, baking powder, salt and cinnamon. In another bowl, whisk eggs, milk and butter. Stir into oat mixture until blended.

Spoon into a greased 9-in square baking pan. Bake 40-45 minutes or until set. Serve warm and enjoy.





DOUBLE CHOCOLATE MUFFINS

**6 scoops Dr. Kellyann's
Complete Collagen Protein**

¼ cup coconut flour

¼ unsweetened cocoa powder

4 tsp baking powder

1 tsp salt

**1 ¼ cup unsweetened almond
milk, divided**

2 whole eggs

1 cup dark chocolate chips

4 tsp vanilla extract

Directions:

Preheat oven to 350°F. Grease a muffin tin. In a bowl, combine collagen protein powder, flour, salt, cocoa powder, and baking powder.

Combine 1 cup almond milk with ½ cup chocolate chips; microwave for 1 minutes and stir until smooth and fully melted. Add remaining ¼ cup almond milk, eggs, and vanilla extract; mix well. Combine the wet ingredients with the dry ingredients and stir until completely combined.

Scoop half of the batter into the muffin tin (so the cups are half full) and sprinkle the remaining chocolate chips on top.

Bake for 18-20 minutes, enjoy!

PROTEIN CREPES

*2 scoops Dr. Dr. Kellyann's
Complete Collagen Protein*

2 whole eggs

1 tsp vanilla extract

*Optional - fruit, honey,
chocolate*

Directions:

Place a non stick skillet over medium high heat. In a bowl combine eggs, collagen protein powder and vanilla extract. Whisk until powder is dissolved.

Scoop about ½ of the mixture (if using an 8" pan) or 1/3 of the mix if using a smaller pan, into the pan and rotate pan around so the batter spreads thin. Cook until the bottom is lightly browned and flip it over to cook through.

Top with your favorite fruit, or drizzle with melted chocolate or honey!





PIZZA CRUST

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

1 cup gluten-free oats

1 whole egg

½ cup egg whites

1 tsp salt

1 tsp dried rosemary

1 tsp dried thyme

Directions:

Combine ingredients into blender or food processor and blend until you get a thick, pancake like texture.

Place batter on baking paper on a cookie sheet

Bake in oven at 450°F, until cooked through or to desired crunch. Makes 1 full pizza crust.

Place sauce and toppings of your choice on crust before baking.

MASHED CAULIFLOWER

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

*1 medium head of cauliflower,
roughly chopped*

4 tbs nutritional yeast

¾ tsp sea salt

¾ tbs dried parsley

1 tsp garlic powder

2 tsp dried minced onion

Optional - 1-2 tbs coconut oil

Pepper to taste

Directions:

Roughly chop cauliflower and put into microwave safe container with 1 tsp of water. Cover and cook in microwave on HIGH for 4 minutes. Drain water from cauliflower

Using a potato masher or immersion blender cream cauliflower. Microwave for an additional 4 minutes, uncovered.

Drain any remaining fluid. Combine the rest of the ingredients with the cauliflower and mash/blend until it reaches desired consistency.





SPINACH & ARTICHOKE DIP

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

4oz. spinach (chopped)

4oz. cream cheese

*¼ cup mayonnaise (can also use
sour cream if you prefer)*

¼ cup grated parmesan cheese

*14.5oz. can artichoke hearts in
water (drained, chopped, and
squeezed to release extra
moisture)*

4 cloves garlic (minced)

¼ tsp black pepper

*2/3 cup Mozzarella cheese,
shredded*

Directions:

Cook spinach over medium heat, stirring occasionally, until the spinach is wilted. Set aside to cool. Preheat the oven to 350°F.

Melt cream cheese in microwave. Once melted, add in the collagen protein powder, mayonnaise, grated parmesan, artichoke hearts, garlic, pepper, and half of the shredded mozzarella. Stir.

Gather spinach it into a ball and squeeze, making sure to get all the water. Combine to mixture and sprinkle remaining cheese on top. Bake for about 30 minutes.

SAUCES/DRESSINGS

ALFREDO SAUCE

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

*6oz. Dr. Kellyann's Chicken
Bone Broth*

¼ tsp black pepper

½ tsp Salt

½ cup grated parmesan

¼ cup rolled oats

3 cloves garlic (1 ½ tsp minced)

1 tbs olive oil

Directions:

Place all ingredients except olive oil into a blender or food processor. Blend everything together making sure there are no chunks in the sauce. Place a medium sauce pan onto your stove, add a tablespoon of olive oil, and warm on medium heat. Add the sauce and stir occasionally until it thickens. Enjoy!





ITALIAN DRESSING / MARINADE

**2 scoops Dr. Kellyann's
Complete Collagen Protein**

$\frac{3}{4}$ cup olive oil

$\frac{1}{4}$ cup white wine vinegar

2 tbs Parmesan cheese

1 tbs dried parsley

2 tsp lemon juice

1 tsp dried basil

1 tsp dried oregano

1 tsp onion powder

1 tsp honey or maple syrup

$\frac{1}{2}$ tsp garlic powder

**$\frac{1}{2}$ tsp kosher salt and $\frac{1}{2}$ tsp of
pepper**

Directions:

Combine olive oil and vinegar in a medium size microwave safe container. Heat in the microwave on HIGH for 15 seconds. Add the collagen protein powder and stir until powder has dissolved.

Add parmesan cheese, parsley, lemon juice, basil, oregano, garlic salt, onion powder, honey, garlic powder, salt, and black pepper. Stir until everything is combined. Cover and store in refrigerator for 2 weeks. Allow to sit at room temperature for a few minutes or run under hot water for a few seconds to loosen dressing. Shake or stir before using.

BALSAMIC VINAIGRETTE

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

¼ cup balsamic vinegar

¼ cup of orange juice

½ cup water

1 tbs grapeseed oil

Directions:

Combine all ingredients in blender and blend until smooth.

Enjoy!

1-2 tsp dried thyme

¼ tsp salt

¼ tsp vanilla extract



SWEET TREATS



CHOCOLATE COCONUT ENERGY BITES

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

2 tbs cacao powder

1 tbs ground coconut

2 tbs coconut oil, melted

2 tbs almond butter

Directions:

Add all ingredients into a bowl and mix well using fork. Roll into balls. Optionally roll and coat balls with cacao powder or coconut flakes. Put in fridge for 30 minutes to form, then enjoy!

COCONUT VANILLA TURMERIC FAT BOMBS

*2 scoop Dr. Kellyann's
Complete Collagen Protein*

*¼ cup unsweetened coconut
flakes, plus extra to garnish*

¼ teaspoon ground turmeric

¼ teaspoon ground ginger

1 tablespoon filtered water

1-2 tsp of vanilla extract

*1 scoop Dr. Kellyann's
Vanilla Bone Broth Protein*

Directions:

Place all dry ingredients into a food processor. Blend until well mixed and crumbled.

Add water to food processor. Mix until dough forms.

Form five small balls out of the dough and roll in coconut flakes. Refrigerate for at least 30 minutes, and enjoy!





CHEESECAKE

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

12oz. Cream Cheese

2 eggs, large

1-2 tbs Stevia

¼ cup milk

1 tsp Vanilla Extract

Pinch of salt

Directions:

Preheat oven to 325°F. Soften cream cheese in large mixing bowl. Add eggs and stevia, mix with blender. Add remaining ingredients and continue mixing for 2-3 minutes. Pour into 6 inch baking pan lined with parchment paper.

Bake for 25 minutes and then turn oven down to 200° and bake for an additional hour. Let cool in fridge for 4-5 hours.

Optional: top with fresh strawberries or blueberries.

PUMPKIN CHEESECAKE

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

12oz. Cream Cheese

2 Eggs, large

1-2 tbs Stevia

1 can Pumpkin puree

¼ cup Milk

1 tsp Vanilla Extract

Pinch of salt

Directions:

Preheat oven to 325°F. Soften cream cheese in large mixing bowl. Add eggs and stevia, mix with blender. Add remaining ingredients and continue mixing for 2-3 minutes. Pour into 6 inch baking pan lined with parchment paper.

Bake for 25 minutes and then turn oven down to 200° and bake for an additional hour. Let cool in fridge for 4-5 hours.





CHOCOLATE KETO BROWNIES

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

1¼ cup cocoa powder

*1 cup pumpkin puree or banana
puree*

*Optional - 1 serving liquid
stevia (5-6 drops)*

½ cup smooth almond butter

Directions:

Preheat the oven to 350°F. Line a small loaf pan with wax or parchment paper; set aside.

In a mixing bowl, add all ingredients and mix well. The batter should be thick and smooth.

Pour the brownie batter in the lined pan and bake for 12-15 minutes, or until a toothpick comes out clean. Allow brownies to cool in the pan completely. For best results, refrigerate after for 2 hours.

KETO COFFEE

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

*1 packet Dr. Kellyann's
Collagen Coffee*

8oz hot water

*1 tbs coconut oil, MCT oil,
or butter*

*½ cup unsweetened almond
milk*

½ tsp cinnamon

Directions:

Dissolve Collagen Coffee into hot water, use a large blender to combine all the ingredients.

IMPORTANT: Ensure that your blender has plenty of room for the heat to expand to avoid combustion.



COLLAGEN WATER

BLUEBERRY ORANGE

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

¼ cup blueberries

1 whole orange, sliced

2 quarts water

CUCUMBER MINT

*2 scoops Dr. Kellyann's
Complete Collagen Protein*

1 whole cucumber, sliced

10 mint leaves

2 quarts water

Directions:

Dissolve collagen protein powder into water. Slice and combine the fruits, vegetables, or herbs of your choice and add to water mixture.

Refrigerate for at least 2-3 hours or overnight.



TIPS & TRICKS FOR USING COLLAGEN PEPTIDES

1

Add a scoop of Collagen Protein to any store bought juice for a boost of clean protein to offset the sugar!

2

Mix a scoop of collagen protein with your coffee to keep you satisfied throughout the day.

3

Add to any gravy, soup, bone broth, or snacks like jello! Also, enjoy it sprinkled on top of eggs, avocado toast, or pasta.

4

Do you love yogurt? Add a scoop to your favorite yogurt for a serving of protein.

5

Collagen protein powder blends well, it typically gives things a creamier texture. Add it to your juice or smoothie for a creamier taste!

6

Collagen peptides can be used as an alternative to your whey protein powder.

SHOP THE PRODUCTS



SHOP



SHOP



SHOP



SHOP

ABOUT DR. KELLYANN

Kellyann Petrucci, M.S., N.D., is the author of The 10-Day Belly Slimdown, the New York Times bestselling book Dr. Kellyann's Bone Broth Diet (Rodale, 2015), and Dr. Kellyann's Bone Broth Cookbook (Rodale, 2016). She also is the host of the PBS specials 21 Days to a Slimmer, Younger You and The 10-Day Belly Slimdown.

A weight-loss and natural anti-aging transformation expert, Dr. Petrucci has a private practice in the Birmingham, Michigan area and is a concierge doctor for celebrities in New York City and Los Angeles. She is a board-certified naturopathic physician and a certified nutrition consultant.

You can learn more about Dr. Kellyann and her work at drkellyann.com.