



ANCIENT + BRAVE RECIPE BOOK

A delicious collection of recipes



COOKING WITH TRUE MCT

Blend it: Add MCT to your morning smoothie, yoghurt, coffee or tea. It makes a perfect base for salad dressings.

Drizzle it: Adding small amounts of MCT to any food will add some healthy fats and enhance the flavour. Try it drizzled over your porridge, soup, dips or roasted veggies.

Replace other oils: Do you have a recipe that calls for vegetable, avocado, coconut or olive oil? Substitute with MCT oil!

MCT oil can be used for low to mid temperature cooking: The smoke point of MCT oil is 160C/ 320°F – higher temperatures will start to damage the fats, making the powers of MCT oil less potent

Keto Green Goddess Salad Dressing with MCT

Ingredients

1 large avocado
½ cup extra virgin olive oil
1/3 cup roughly chopped parsley
¼ cup apple cider vinegar
2-3 cloves of garlic
3 tbsp of fresh lemon juice
2 tbsp True MCT
¼ tsp sea salt
Pinch of pepper

Method

Combine all ingredients in a food processor or high-powered blender.

Blend on high until smooth and creamy.

Keep stored in an airtight container in the fridge for up to one week.

Recipe courtesy of @mynaturalforce



Supercharged MCT Mayonnaise

Ingredients

1 egg
2 tbsp apple cider vinegar/lemon juice
1 tsp salt
Seasonings of your choice
(garlic, herbs, lemon zest)
½ cup olive oil
½ cup True MCT

Method

Place the first four ingredients into a blender and blitz on high for 1 minute, until frothy.

Reduce speed to medium and begin to (slowly!) pour in oil, beginning with olive oil, then moving to MCT oil. The combination of oils helps the mayo emulsify better than if you just used MCT. The slower you go with adding the oils, the better the mayo will turn out.

Transfer to clean jar, cover and store in the fridge.



MCT and Collagen (Keto) Energy Balls

Ingredients

1.5 cups raw nuts of choice
1 cup unsweetened shredded coconut
1/3 cup nut or seed butter of choice
1/4 cup cacao nibs
2 scoops of True Collagen
1/2 cup MCT Oil
2 to 3 tbsp zero-sugar sweetener
1 teaspoon pure vanilla extract
3 tbsp cold water
1/2 tsp ground cinnamon
1/4 tsp sea salt

Method

First add the raw nuts into a food processor until finely chopped, then add all the remaining ingredients into the processor too and keep blending until all ingredients are fully combined into a paste.

With a tablespoon, scoop some into your hands and form a ball.

Lean Green Pistou

Ingredients

2 cups of fresh basil
2 cloves of garlic
1/4 cup sunflower seeds
2 tbsp True MCT
1/2 cup extra virgin olive oil (pour sparingly as you may not need the full 1/2 cup)
Salt and ground pepper to taste

Method

Using a food processor or blender, combine basil, pine nuts, salt, pepper, and garlic.

Slowly add the MCT and olive oil. Pour a small amount then blend and repeat until the desired consistency is reached.





Banana Bread with Collagen and MCT Oil

Ingredients

- 4 very ripe bananas
- 4 eggs
- 1/2 cup of coconut flour
- 1/2 cup of almond butter
- 4 tbsp True MCT
- 1 tbsp True Collagen
- 1 tbsp vanilla extract
- 1 tsp cinnamon
- 1 tsp bicarbonate of soda
- 1 tsp of gluten-free baking powder
- Pinch of salt
- Dark choc chips and chopped walnuts for topping (optional)

Method

Preheat oven to 160C.

Mix the coconut flour, collagen, cinnamon, bicarb, baking powder and salt.

Peel and mash the bananas in a large bowl.

Add the beaten eggs, almond butter, MCT, and vanilla extract and mix well.

Gently fold the dry ingredients into the wet, a little at a time, until incorporated. Pour cake batter into a greased and lined loaf tin. Top with choc chips/nuts if using.

Bake for 30mins or until cake is cooked through and feels springy to the touch. Leave to cool before slicing.

Lemon, Passion Fruit + Collagen Cheesecake

Base Ingredients

1 cups almonds
2 teaspoons True Collagen
1 ½ cups dried dates
1 squeezed lemon
2 teaspoons True MCT oil
½ teaspoon vanilla extract
½ teaspoon of sea salt
½ cup shredded coconut

Throw all of the above ingredients into a food processor and whizz until it's a fine and sticky crumble. Press into 8-inch cake pan.

Method

Drain the cashew nuts and place in the blender with all of the above - blend until as smooth as possible. Once the topping is the desired consistency, pour over the base and place in the freezer to cool for a couple of hours.

This healthy lemon cheesecake can be stored in the freezer until 45 minutes before serving, or you can keep it chilled in the fridge.

Top with passion fruit and edible flowers and serve to a loved one!

Topping Ingredients

200g raw cashews, soaked
65g almond milk (add a little more if it's too thick a consistency)
2 tablespoons True Collagen
1 tablespoon coconut butter
85g passion fruit pulp
2 lemons juiced + rind
6 tablespoon natural maple syrup
1 teaspoon vanilla extract
A good pinch of sea salt





COOKING WITH COLLAGEN

True Collagen provides easily digestible, highly absorbable and clinically researched Type 1 hydrolysed collagen peptides. It is **tasteless and odourless** and easy to add to hot or cold drinks, workout smoothies or sprinkle on food.

To give you some inspiration, we have collected a few recipes with Collagen for you.



Overnight Chia Seed and Oats with Collagen

Ingredients

1/2 cup rolled oats
1/4 cup chia seeds
1 cup milk or water
2 tablespoons of True Collagen
1 pinch of salt and cinnamon
Maple syrup or other sweetener to taste
1 cup frozen berries of choice

Optional:

Yoghurt for topping
Berries for topping

Method

Place the oats, seeds, milk, salt, and cinnamon in a jar with a lid. Refrigerate overnight.

Puree the berries and add the True Collagen.

Stir oats with your frozen berry puree and top with yogurt and more berries, nuts, honey, whatever you like.





Chocolate Swirl Pumpkin Bread

Ingredients

5 large eggs	1 tsp lemon juice
1/2 cup pumpkin puree	1 tsp of True Collagen
1/4 cup oil or melted butter (dairy or nondairy)	1 tbsp baking powder
1/2 cup palm sugar (or other granulated sugar of choice)	1/4 tsp salt
1/2 cup coconut flour	2 tbsp milk (dairy or non-dairy)
1/2 cup tapioca starch, or arrowroot	1 tsp cinnamon
	1/4 cup chocolate chips, melted (dairy or non-dairy)

Method

Preheat oven to 350 degrees and line a bread pan with parchment paper.

In a mixing bowl, combine all ingredients except the chocolate.

Pour the bread batter into the bread pan
In a separate bowl, melt chocolate chips in the microwave until pourable. To help the chocolate pour, add a teaspoon of melted coconut oil to thin it out.

Drizzle the chocolate over the bread and swirl into the dough using a knife

Bake for 45 minutes, and let cool before slicing.

Rustic Rosemary Focaccia

Ingredients

1/2 cup filtered or spring water
3 tbsp organic extra virgin olive oil
3 large eggs
1 1/2 cup ground organic flaxseed
1 teaspoon of True Collagen
1 1/2 tsp non-aluminium baking powder
1 tsp sea salt mixed with a teaspoon dried oregano
1 large sprig of rosemary

Method

Mix the dry ingredients together and then whisk in the wet ingredients. Mix well and let stand for 5 minutes to thicken.

Spread on an oiled baking sheet - tear fresh rosemary and place on top with a generous helping of sea salt.

Bake at 190 degrees for 30 minutes.

Let cool on a wire rack before serving.



Flax, Collagen + Almond Flour Breakfast Bread

Ingredients

1 1/2 cups blanched almond flour
1/4 cup ground flax seeds
1 tbsp whole flax seeds
4 tsp Ancient + Brave True Collagen powder
1/2 tsp sea salt
1/2 tsp baking soda
4 large eggs, beaten
1/2 tsp apple cider vinegar
2 tsp honey (optional- omit for KETO)
1 tbsp butter or oil, to grease the loaf pan

Method

Mix all ingredients together (except for the butter which is used to grease the pan) until thoroughly combined. Grease an 8-/9-inch loaf pan - or just line it with baking paper.

Pour dough into the loaf pan and bake at 180 degrees for 45 minutes, or until a toothpick inserted into the bread's centre comes out clean.

Cool before serving.



Chocolate Pots

(Serves 4)

Ingredients

6 scoops Ancient + Brave Cacao + Collagen
1 scoop grass-fed gelatine
3-4 scoops coconut sugar or sativa to taste
250 ml boiling water
250 ml coconut cream (plus more for the topping)

Method

Mix the Cacao + Collagen, gelatine and coconut sugar together into a bowl.

Pour over the boiling water and mix well.

Whisk in the coconut cream.

Transfer to individual ramekins or jars

Cover and refrigerate overnight.

Top with whipped coconut cream, add a dash of vanilla extract if you dare (totally optional)

Serve with a sprinkle of cocoa powder and enjoy

Recipe courtesy of @donnacrous

Cinnamon Coffee Ice-Cream

Ingredients

250ml brewed Coffee + Collagen, cooled
1/2 cup cashews, soaked and drained
1/2 cup almond milk
1/4 tsp ground cinnamon
2 tbsp maple syrup

Method

Place all the ingredients in a high powered food processor and blend on high until the mixture becomes creamy. (If it looks too thin, add some more cashews to thicken).

Pour into an ice-cream machine and churn according to instructions.

Alternatively, pour in to a freezable container, cover and freeze for 4-5 hours minimum (overnight is best).



No-Bake Collagen Keto Cookies

Ingredients

2 tbsp real butter
1 cup all-natural peanut butter (or your choice of nut butter)
1 cup unsweetened all-natural shredded coconut
4 drops of liquid stevia, organic vanilla extract or sugar-free flavoured drops [You can also use a granulated sweetener like Xylitol or monk fruit just add 2 tsp of butter when melting it]
2 tbsp of True Collagen

For the brownies, add 2 tbsp of Ancient + Brave Cacao + Collagen blend instead

Method

In a microwave-safe dish, melt butter. Stir in peanut butter until smooth. If you chose to make these with cocoa powder, add it now. Add stevia and coconut. Mix well.

Scoop 2 spoonfuls onto a sheet pan.

Freeze for 5-10 minutes.

Store in the fridge or for extra crunch store in the freezer.

Recipes with Vegan Collagyn

Our vegan Collagyn range comes in three great flavours.

The vegan Collagyns are already a beautifully formulated blend in itself and can be added to regular or plant based milk, mixed up with water and can even be to a smoothie too.

Inspired Collagyn: The Inspired blend for brain is a deliciously comforting Ayurvedic inspired golden blend of warming spices, Inspired is perfect for stressful and busy lifestyles and optimal mindful wellbeing.

Radiant Collagyn: The Radiant blend for beauty is a deliciously comforting Ayurvedic inspired golden blend of warming spices, Inspired is perfect for stressful and busy lifestyles and optimal mindful wellbeing.

Naked Collagyn: The Naked blend has a naturally neutral flavour, easy to be added to any smoothie or shake. clever neutral taste our rejuvenating Naked Collagyn supports normal metabolism, immune function, body conditioning and optimal daily wellbeing.



INSPIRED - for the brain

The Inspired Collagyn blend is inspired by ayurvedic golden spices and includes:

- delicious ashwaganda
- wild harvested Hebridean seaweed
- cardamom
- cinnamon
- turmeric
- ginger
- black pepper
- brown rice protein
- hawthorn extract

It is made to uplift your senses and nourish your soul from within.

That said, due to it's beautiful warm spices, it can be used in recipes too. See recipe ideas on the next pages.





Roast Vegetable Couscous

Ingredients

1 small zucchini, halved lengthwise and sliced
1/2 an inch moons
1 small yellow squash, halved lengthwise and
sliced into 1/2 inch moons
1 medium orange bell pepper, seeded and
chopped
1 cup grape tomatoes
1 cup sun gold tomatoes

1 small red onion, chopped
8-10 cremini mushrooms, quartered
5 tablespoons of STAR Mediterranean Olive
Oil, divided
Kosher salt
Black pepper
1 cup water
1 cup couscous
1/2 teaspoon kosher salt

Method

Preheat your oven to 500°.

On an aluminum sheet pan, drizzle four tablespoons of the olive oil over the prepared vegetables. Spread them out evenly, b careful not to over crowd the pan. If each vegetable doesn't have its own space on the sheet pan, then divide them among two pans.

Season with a couple heavy pinches of kosher salt and then pop the vegetables into your preheated oven for 20-25 minutes, rotating the pan halfway through to ensure even roasting.

Once the vegetables are golden and caramelized, remove them from the oven and sprinkle with black pepper.

Meanwhile, in a medium sauce pan bring one cup of water and the remaining tablespoon of Mediterranean Olive Oil to a boil. Once the water is at a rolling boil, remove the pan from the heat and add in the cup of couscous, the 2 scoops of Inspired Collagyn and a 1/2 teaspoon of kosher salt. Stir, cover and let sit for 10 minutes.

Once the couscous is done, fluff with a fork and toss it along with the roasted vegetables in a large bowl. Then serve hot and enjoy!

Warming Vegan Autumn Pumpkin Soup

Ingredients

1 tbsp True MCT
4 cloves of garlic, chopped
1 onion, chopped
2 pounds pumpkin (1 kg), skin and seeds removed, chopped
2 cups vegetable stock or water (500 ml)
1 cup (full-fat) coconut milk (250 ml)
1/2 tsp salt
2 tsp Inspired Collagyn

Method

Heat the oil in a large pot. Add the garlic and onion and cook over medium-high heat until golden brown, stirring occasionally. Add the pumpkin and cook for another 2-3 minutes, stirring occasionally. Incorporate all the remaining ingredients and bring to a boil, then cook over medium-high heat for about 15 minutes or until the pumpkin is tender. Blend the mixture in a blender (you can also use an immersion blender if you want to).

Serve with roasted chickpeas, chopped fresh parsley, toasted pumpkin seeds, and ground black pepper on top.



Inspired Chai Tea

Ingredients

2 tbsp Inspired vegan Collagyn
1 tbsp loose leaf breakfast tea
150ml hot water
50ml milk (dairy or plant based)

Method

This is one of the easiest spiced teas you'll ever make.

Boil the tea water. Once boiled, add the Inspired vegan Collagyn blend and mix well.

Once mixed, add the breakfast tea leaves and let steep for 2 minutes.

In meanwhile, if you like warm milk in you tea, softly heat up your milk

Drain the tea mix into a glass or mug and add your milk.

Enjoy.



RADIANT - for beauty

The Radiant blend is a delicious vibrant berry burst, and includes:

- raspberry
- beetroot
- rosehip
- haskap
- chicory insulin
- white tea extract
- wild harvested Hebridean seaweed
- chickpea protein

This blend is created to lift your spirits and create a positive glow from within.

Cacao Bark

Ingredients

240g cacao butter
5g Ancient + Brave True Collagen or Radiant Collagyn powder
6 tbsp raw cacao powder
Pinch of sea salt or Himalayan salt
1 tablespoon coconut flakes
1 tbsp pumpkin seeds
1 tbsp goji berries
1 tbsp freeze-dried raspberries
1 tbsp freeze-dried strawberries

Method

Using a bain marie (a pan half full of boiling water with a heatproof bowl) melt the cacao butter in the glass heat proof bowl. Heat until completely melted into liquid (don't allow to burn) Tip, make sure that non of the boiling water makes its way into the cacao bowl as it will alter the consistency. Take off heat once melted.

Mix in cacao powder, maple syrup, salt and collagen and stir until mixed properly.

Line a small baking tray with baking paper and pour the mixture into the tray. Then sprinkle the remaining dry ingredients on top of the mixture .

Place in the fridge for 45 minute or until set.

Break into pieces and enjoy!



NAKED - for the body

The Naked Collagyn blend is a clever neutral tasting blend, which can be added to plant mylk or any smoothie to help power you through your day.

The beautiful botanicals in this blend include:

- chicory insulin
- wild harvested Hebridean seaweed
- glucosamine sulphate
- chickpea protein
- white tea extract
- MCT oil powder

With it's neutral taste, it is also great to be added to food, breakfast bowls and more.



Berry Boost Breakfast Bowl

Ingredients

1 packet organic unsweetened acai
100g frozen mixed berries
1 small frozen banana
50g unsweetened coconut or almond milk
1 heaping tablespoon cashew butter
2 tablespoons hemp seeds or chia seeds
2 scoops Naked Collagyn
1 tablespoon coconut oil

For toppings:

Fresh cut fruit

Cacao Nibs

Small handful of mixed seeds

Method

Add all of the ingredients into a blender and blend on medium-high for 1 minute.

Pour into a bowl

Top off with your favorite toppings.



Green Power Smoothie

Ingredients

2 tbsp Inspired vegan Collagyn
1 banana
½ cup of frozen berries
1 heaped Tbsp of salted peanut butter
1 Tbsp of Flaxseed meal
1 scoop of Naked Collagyn powder
150ml of almond milk (or any other plant-based milk)
1 handful of fresh spinach

Method

Put it all into a blender and blitz it well.
Best served cool. Enjoy!



ENJOY!

We hope you enjoyed these inspirational recipes provided by the Ancient + Brave team and our loyal followers.