

COLLAGEN COFFEE RECIPES

*Mocha, latte, & frappe swaps to help
you get slimmer, younger —faster!*



dr. kellyann

WHY DR. KELLYANN'S COFFEE?

My Instant Collagen Coffee is made from 100% Brazilian Coffee Beans micro-ground for a smooth, light coffee flavor with subtle hints of chocolate. Shipped in convenient on-the-go packets, you can keep these packets of Collagen Coffee in your bag, your car, or your suitcase for instant access to a satisfying snack. Use Collagen Coffee as your morning pick-me-up with extra added health benefits! 7g of Collagen. Each box contains 15 single-serving packets.



KETO-FREINDLY



DAIRY-FREINDLY



NON-GMO



COLLAGEN COFFEE RECIPES

Pumpkin Pie Latte

Whenever the leaves start to change and the weather starts to get a little cooler, I want pumpkin-flavored everything! Here's my collagen-rich version of the traditional pumpkin pie latte. **Makes two cups.**

- 2 packets of [Collagen Coffee](#)
- 12 ounces of hot water
- 2 tablespoons coconut cream or coconut milk
- 2 tablespoons canned pumpkin
- ½ teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice
- ¼ teaspoon ground clove
- Stevia to taste

Directions: Dissolve the Collagen Coffee in the hot water, place all ingredients in a blender and blend until smooth and creamy. Heat in a saucepan to desired temperature.

Optional: You can swap the vanilla extract and stevia for a scoop of Vanilla Bone Broth Protein or a packet of Vanilla Almond Collagen Shake to up your protein and collagen!



COLLAGEN COFFEE RECIPES

Sweet Cinnamon Dolce Latte

This sweet, aromatic coffee drink is perfect during the holiday season—or any other time of year. You'll be amazed at how simple this coffee-house-favorite is to make yourself, and how great you feel when you add collagen coffee. **Makes 2 cups.**

For the sweet cinnamon syrup:

- ¼ cup water
- ¼ cup coconut sugar
- ¼ teaspoon cinnamon

For the coffee:

- 2 packets [Collagen Coffee](#)
- 1 cup hot water

- 1 cup unsweetened vanilla almond milk

For the sweet cinnamon topping:

- 1 tablespoon coconut sugar (optional)
- 1/16 teaspoon cinnamon

Directions: In a small sauce pan, bring the water, coconut sugar, and cinnamon to a boil. Let boil for 2 minutes, until the sugar is dissolved. Remove from heat and set aside. In another saucepan, heat one cup of water and dissolve the Collagen Coffee, then pour in unsweetened almond milk. Place in a blender until frothy. Divide into two mugs and add 1 tablespoon cinnamon syrup and finish with the cinnamon sugar topping.



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Peppermint Mocha

All the joy of holiday cheer in a warm mug, all year round. When you make this Peppermint Mocha with Collagen Coffee, you'll get an extra dose of nutritious with your delicious. **Makes 2 cups.**

- 2 packets [Collagen Coffee](#)
- 2 cups hot water
- ½ cup unsweetened almond
- ½ cup full fat coconut milk
- 3 tbsp cacao powder
- ¼ tsp vanilla
- 1 tbsp raw honey (more or less to sweeten to your taste a little less makes your cup taste richer and more bold)
- ¼ tsp peppermint extract or oil
- Pinch of salt

Directions: Heat the water in a saucepan and dissolve the Collagen Coffee. Add in the rest of the ingredients, then transfer to a blender and blend until frothy.



COLLAGEN COFFEE RECIPES

Gingerbread Latte

Is anything more delicious than the spicy, warm flavor of gingerbread? This latte is so warm and delicious, you won't even believe it's packed with collagen and actually good for you! **Makes 2 cups.**

- 2 packets [Collagen Coffee](#)
- 2 cups hot water
- ½ cup full-fat coconut milk
- 1 tablespoon molasses
- 2 teaspoons raw honey
- ¾ teaspoon ginger
- ½ teaspoon cinnamon
- ¼ teaspoon cloves

Directions: Dissolve Collagen Coffee in hot water, then add all ingredients to a blender until frothy.

For even more gut-healthy gingerbread goodness, check out these gingerbread cookies on my website.



COLLAGEN COFFEE RECIPES

Iced Coffee Collagen Shake

Refreshing, sweet, and energizing, this Collagen Coffee shake packs a punch unlike any other! Drink this as a recovery drink after a workout or a pick-me-up in the afternoon. **Makes 2 cups.**

- 1 packet [Collagen Coffee](#)
- 1 cup hot water
- ¾ cup unsweetened almond milk
- ½ frozen banana
- 1 scoop [Vanilla Bone Broth Protein](#)
- 2 cups of ice

Directions: Dissolve the Collagen Coffee in hot water, then cool for 15-20 min. Mix all ingredients in a blender. Enjoy!



YOUR BODY LOVES COLLAGEN!

COLLAGEN FIGHTS INFLAMMATION AND SUPPORTS BONE, SKIN, AND GUT HEALTH

The nutritional benefits of collagen are endless, which is why I recommend you get more of it in the foods you eat. Supplementing with collagen can:

- Reduce inflammation
- Heal your gut
- Turn you into a natural fat-burner
- Smooth wrinkles
- Strengthen bones, ligaments, and muscles
- Restore luster to hair and makes nails strong
- Bolster your immune system
- Nourish and “plump up” every cell and tissue in your body!

HOW CAN YOU GET MORE COLLAGEN INTO YOUR DIET?

Forget about botox. There are plenty of delicious and nutritious foods out there packed with collagen.

My favorite? Well, bone broth and delicious collagen-rich shakes, of course!

On my Bone Broth Diet, you sip on bone broth a couple times a day during your intermittent-fast days, so you pack your body with collagen and take years off your face.

Beyond bone broth, there are plenty of collagen supplements you can add to your coffee or favorite beverage or use as a protein source in your protein shakes.

I love collagen shakes—on a hot day, it’s perfect when I just want to treat myself to something tasty (I’m talking “tastes-like-cheating” tasty!) and healthy.

And if you’re already filling your body with collagen, make sure you’re giving them a hand with these nutrients that ensure you reap collagen’s full benefits:

1. **Vitamin C:** This vitamin is vital for the synthesis of collagen. If you don’t have enough, your body won’t make any collagen. Eat foods rich in vitamin C like tomatoes, citrus fruits, kiwis, papayas, bell peppers, and broccoli.
2. **Tons and tons of veggies:** I recommend eating tons of veggies for just about everything. And dark, leafy greens like spinach and kale have antioxidants that

protect you against free radicals that destroy your precious collagen. Red veggies like beets (and tomatoes and red peppers) are full of lycopene, which boosts collagen and protects you from sun damage. Orange veggies like carrots and sweet potatoes are loaded with vitamin A, which restores collagen that's been damaged.

- 3. Get enough sulfur:** Sulfur isn't just that stinky stuff from science class. Sulfur is a major player in collagen production, so get enough of it! Eggs, broccoli, cauliflower, bok choy, onions, shallots, leeks, and cabbage are all rich in sulfur.
- 4. Add copper to your diet—but just a little:** Copper activates an enzyme that plays a critical role in collagen production. It's also an antioxidant that helps protect your collagen once it forms. But don't actually eat copper. Eat nuts, shellfish, and red meat.
- 5. Drink white tea:** White tea packs a big punch when it comes to fighting lines and wrinkles. Research shows it helps thwart the activities of enzymes that break down collagen and a skin protein called elastin.
- 6. Berries:** Blueberries, strawberries, blackberries, raspberries...they're all loaded with antioxidants that fight free radicals while boosting collagen.
- 7. Targeted Prebiotic and Probiotics:** Take a powerful probiotic supplement to flood your system with good bacteria like lactobacillus acidophilus and bifidobacterium lactis. Try our very own [BellaBiotics™!](#)

So, if you're serious about getting all the benefits of collagen, start incorporating these 7 foods in addition to bone broth and a high-quality collagen powder.

WHAT DOES COLLAGEN DO FOR YOUR BODY?



Youthful, radiant skin. Collagen is like Mother Nature's Botox, erasing wrinkles and reversing sagging and stretch marks. Stronger skin also means less cellulite.



Heals your gut. Glycine helps stabilize your gut mucosa by decreasing damage from excess acid or increasing protective mechanisms such as gastric mucosal blood flow.



Healthy hair and nails. Collagen peptides contain specific amino acids (proline and cysteine) that are used to synthesize the major structural component of your hair and nails, known as keratin.



Ease joint pain. Glycine, an abundant amino acid in both gelatin and hydrolyzed collagen, has been shown to reduce local and systemic inflammation.



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