

AWAKEN YOUR GLOW

**PRIMAL KITCHEN®
COLLAGEN
TREATS**



The Why

Adopting a primal/ketogenic lifestyle allowed me to kick my life-long sugar addiction.

I finally felt free from the emotional roller coaster of sugar.

A few sugary dessert experiments while vacationing ended horrifically and further convinced me that it was best to avoid sugar.

I'd also learned quite a bit about the nasty effects of sugar in my research-backed Primal Health Coach Certification program. Too much of the white stuff causes excess fat storage, feeds cancer cells, disrupts hunger hormones, contributes to inflammation in the body, and can lead to heart disease, fatty liver and insulin resistance. And it's addictive! (Read more about sugar [here](#).)

However, I soon realized that my husband felt a bit deprived with our treat-free lifestyle. It was also too easy for him to lose weight. I decided to find a way to boost his calories and give him the pleasure of a daily treat.

I was intrigued by Primal Kitchen® Collagen Fuel™, sweetened with monk fruit. According to [Mark's Daily Apple](#) (Mark is the man behind Primal Kitchen Foods), "... monk fruit is a Chinese herb cultivated for centuries by Buddhist Luohan monks. Much like stevia, it's a delicious and natural sweetener without all the calories of sugar."

What if I could make treats for my husband that included the [extensive healing properties of collagen](#), were suitably sweet and undeniably tasty, AND were free from the negative impact of sugar?

I got busy in the kitchen and discovered that Collagen Fuel was a marvelous substitution for traditional sweeteners in dessert recipes. I sincerely hope you enjoy the following recipes! They are rich and satiating, with just a hint of sweetness. They were created with love and joy; love and joy that I am so excited to share with you.

Labels: my two cents.

Most of the following recipes could be labeled paleo, primal or keto. I chose not to label them as such as I don't know your specific macro nutrient desires. Some of the recipes are nutrient dense and contain tasty amounts of nuts and sweet potatoes. My husband, with his squirrel metabolism, eats them regularly and in quantity. I choose to enjoy them as the occasional treat. I love that these recipes don't send me straight into a sugar binge, the way other treats do.
I hope you enjoy!

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Chocolate Cupcakes

INGREDIENTS

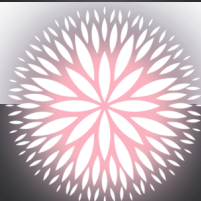
2 cups (steamed until very soft) sweet potatoes, peeled
1 cup almond or pecan butter
1/2 cup almond flour
2 eggs
1/2 cup raw cacao
1 tablespoon vanilla
2 scoops Primal Kitchen® Collagen Fuel™ (Chocolate Coconut)
1/4 cup coconut oil
1/4 cup coconut butter
1/4 teaspoon salt
1 teaspoon baking soda

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DIRECTIONS

Preheat the oven to 350°F. Put all of the ingredients in a food processor. Process until well mixed. Transfer to cupcake liners. Bake for 20-25 minutes, until a toothpick comes out clean.



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Spiced Cashew Butter Frosting

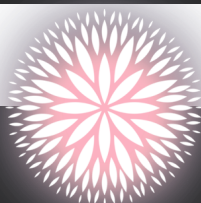
INGREDIENTS

1 ½ cup cashew butter
½ cup coconut butter, softened
¼ cup ghee
1 tablespoon pure vanilla extract
½ teaspoon cardamom
½ teaspoon cinnamon
1 scoop Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)
Pinch of salt
Cacao nibs and coconut flakes (optional)

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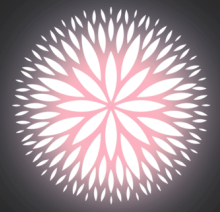
DIRECTIONS

Put all ingredients in a food processor and process until mixed. Transfer mixture to the fridge to set. After a few hours, test the spreadability of the frosting. If it's too hard, set it on the counter until it spreads easily. Top the frosting with cacao nibs and coconut flakes, if desired.



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Almond Butter Pie

INGREDIENTS

Crust:

- 1 ½ cup almond flour
- 1/4 cup raw flaked coconut
- Pinch of salt
- 5 tablespoons butter, melted

Filling:

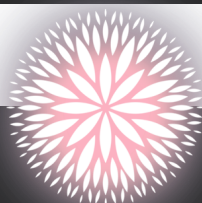
- 1 ½ cups almond butter
- 3 scoops Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)
- ¾ cup coconut butter, melted
- 1 tablespoon vanilla
- 1 can coconut milk

DIRECTIONS

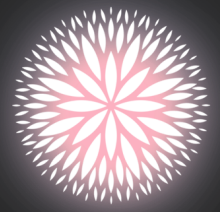
Mix the almond flour, coconut, salt and melted butter in a medium bowl. Pat the mixture into five small tart pans or one large pie pan. Beat the filling ingredients in a large bowl, until mixed and creamy. Pour the filling on top of the crust and refrigerate. Allow the pie to harden before serving. Top with whipped cream and cacao nibs, if desired.

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RECIPE



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No-Bake Cheesecake

INGREDIENTS

Crust:

- 1 ½ cup walnuts or pecans
- Pinch of salt
- 5 tablespoons butter, melted
- ½ tablespoon vanilla

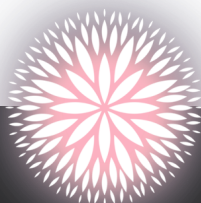
Filling:

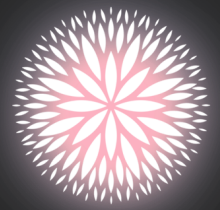
- 2 packages cream cheese, softened
- 4 scoops Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)
- 1 tablespoon vanilla
- 2 cans refrigerated coconut milk: use only the firm part- save the liquid for smoothies
- 1 tablespoon heavy whipping cream

DIRECTIONS

Pulse the crust ingredients in a food processor until crumbly. Press into a 7 inch spring form pan. Place the pan in the freezer. Beat or food process the cream cheese, collagen, vanilla, coconut milk, and whipping cream until smooth. Pour on top of the cold crust. Place in fridge to set for at least 3 hours (overnight is best).

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Carrot Cake Waffles

INGREDIENTS

For the waffles:

2 cups grated carrots

2 eggs, beaten

1 tablespoon vanilla

1 teaspoon cinnamon

Pinch of salt

¼ cup coconut flour

1 scoop Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)

For the icing:

½ cup cashew butter

½ cup coconut butter

1 tablespoon vanilla

Pinch salt

Walnuts, for layering

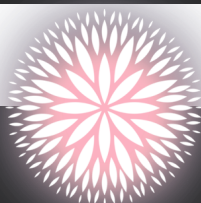
DIRECTIONS

Mix all the waffle ingredients in a large bowl.

Spread mixture onto a greased waffle iron and follow your waffle iron's directions to cook. For the icing: melt all ingredients in a small pan over low. Layer the waffles and icing; add chopped walnuts and shredded carrots if desired.

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Peanut Butter Chocolate Chip Cookies

INGREDIENTS

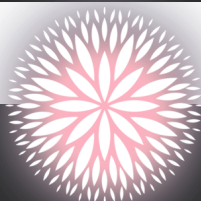
2 cups organic peanut butter
1 tablespoon pure vanilla extract
4 eggs
2 scoops Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)
1 teaspoon baking soda
½ teaspoon salt
Dark chocolate chips (as many as you desire; I use about 3/4 a cup)

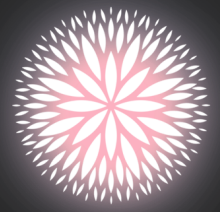
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DIRECTIONS

Preheat the oven to 350°F. In a large bowl, mix the peanut butter, vanilla and eggs. Stir in the collagen fuel, baking soda and salt, mixing well. Add the chocolate chips.. The dough will be quite thick. I like to mix it with my hands. Line a baking sheet with parchment paper paper. Make balls with the dough, place on the parchment, and flatten slightly. Set the timer for 10 minutes and check on the cookies. Bake up to 12 minutes, if necessary. Let cool on a wire rack all the way before you try to take a bite.





Blueberry Freezer Fudge

INGREDIENTS

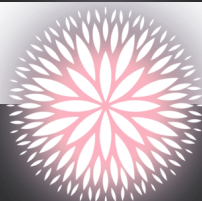
- 2 cups coconut oil
- 2 cups coconut butter
- 1 tablespoon pure vanilla extract
- ¼ teaspoon salt
- 2 scoops Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)
- 1 cup chopped pecans or walnuts
- 1 ½ cup blueberries

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RECIPE

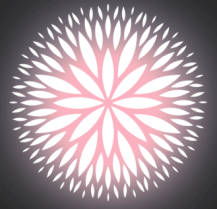
DIRECTIONS

Add first five ingredients to a saucepan over low heat, stirring frequently. When everything is melted and smooth, slowly stir in the pecans and blueberries. Pour mixture into candy molds or flexible ice cream trays. Freeze the molds/trays (the fudge melts at room temperature).



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Fat Bombs

INGREDIENTS

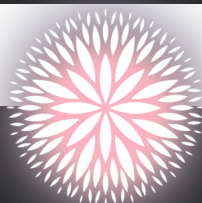
2 cups almond butter
1 cup coconut oil
1 cup coconut butter
2 tablespoons pure vanilla extract
½ cup 100% cacao powder
2 tablespoons maca (optional)
1/4 teaspoon salt
3 scoops Primal Kitchen® Collagen Fuel™ (flavor of your choice)
Raw cacao nibs
Raw shredded coconut

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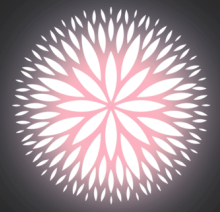
RECIPE

DIRECTIONS

Add ingredients to a saucepan over low heat. Melt everything together, stirring frequently. Sprinkle the cacao nibs and coconut in the bottom of candy molds or flexible ice cube trays. Spoon melted mixture into the molds/trays. Freeze the fat bombs (they melt at room temperature).



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Avocado Cheesecake Bars

INGREDIENTS

Crust:

1 ½ cup pecans

Pinch of salt

5 tablespoons butter or ghee, melted

½ tablespoon vanilla

Filling:

2 avocados

3 scoops Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)

8 ounces organic cream cheese, softened

1 tablespoon vanilla

½ cup chilled canned coconut milk (just the firm part)

2 limes, juiced

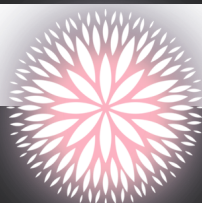
Pinch of salt

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RECIPE

DIRECTIONS

Pulse the crust ingredients in a food processor until crumbly. Pat the mixture into a square 8" Pyrex. Blend the filling ingredients until creamy. Pour the filling on top of the crust and refrigerate.



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Avocado Pie

INGREDIENTS

Crust:

1 ½ cup pecans

Pinch of salt

5 tablespoons butter or ghee, melted

½ tablespoon vanilla

Filling:

2 avocados

3 scoops Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)

½ cup coconut butter, melted

1 tablespoon vanilla

¼ cup canned coconut milk

2 limes, juiced

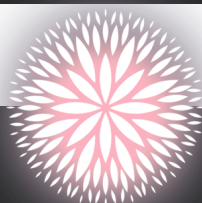
Pinch of salt

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RECIPE

DIRECTIONS

Pulse the nuts and salt in a food processor until crumbly. Transfer to a bowl and stir in butter and vanilla. Pat the mixture into a standard pie pan. Blend the filling ingredients until creamy. Pour the filling on top of the crust and refrigerate. Topped with whipped cream, if desired.



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Chocolate Cake

INGREDIENTS

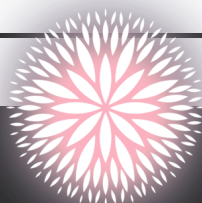
2 cups (steamed until very soft) sweet potatoes, peeled
1 cup almond butter
1/2 cup almond flour
2 eggs
1/2 cup raw cacao
1 tablespoon vanilla
2 scoops Primal Kitchen® Collagen Fuel™ (Chocolate Coconut)
1/4 cup coconut oil
1/4 cup coconut butter
1/4 teaspoon salt
1 teaspoon baking soda

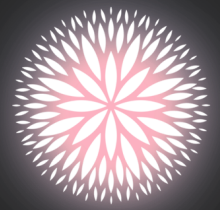
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RECIPE

DIRECTIONS

Preheat the oven to 350°F. Put all of the ingredients in a food processor. Process until well mixed. Transfer to a 9"x13" glass baking dish lined with parchment paper. Bake for 20-25 minutes, until a toothpick comes out clean. Let the cake cool, then cut it in half and layer with whipped cream, chopped nuts and cacao nibs, if desired.





Añejo Whipped Cream

INGREDIENTS

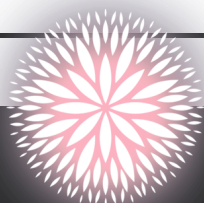
- 1 pint organic heavy whipping cream
- 1 teaspoon pure vanilla extract
- 1 scoop Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)
- 1 tablespoon añejo or reposado tequila (optional)
- ¼ teaspoon salt
- chopped nuts and raw cacao nibs, if you want to make a parfait

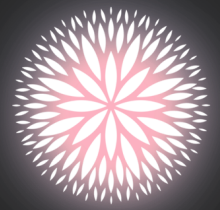
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RECIPE

DIRECTIONS

Place a large metal or glass bowl and mixing beaters in the freezer for at least 15 minutes before beginning. Add all of the ingredients to the cold bowl. Use a hand mixer to beat the cream until stiff peaks form. Layer whipping cream with nuts and cacao nibs for a parfait, if desired.





Sweet Potato Cheesecake Pie

INGREDIENTS

Crust:

1 ½ cup pecans

Pinch of salt

5 tablespoons butter or ghee, melted

½ tablespoon vanilla

Filling:

2 medium sweet potatoes, steamed until soft, and peeled

8 ounces pasture raised, organic cream cheese

2 scoops Primal Kitchen® Collagen Fuel™ (Vanilla Coconut)

½ cup coconut butter

1 tablespoon pumpkin pie spice

1 tablespoon pure vanilla extract

pinch salt

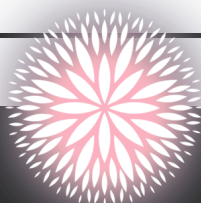
DIRECTIONS

Pulse the nuts and salt in a food processor until crumbly. Transfer to a bowl and stir in butter and vanilla. Pat the mixture into a standard pie pan, or six mini tart pans.

Steam sweet potatoes until soft (in an Instant Pot this takes about 7 minutes). Put in a food processor, along with the cream cheese, collagen, coconut butter, vanilla, pie spice and salt. Process until smooth and creamy. Top with a dollop of whipped cream.

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RECIPE



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Chocolate (Surprise!) Mousse

INGREDIENTS

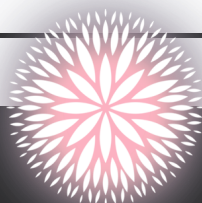
- 1 can coconut milk
- ¼ cup coconut butter, softened
- ¼ cup heavy cream
- ½ cup Primal Kitchen® Avocado Mayonnaise
- 1 tablespoon pure vanilla extract
- ½ cup cacao powder
- 3 scoops Primal Kitchen® Collagen Fuel™ (Chocolate Coconut)

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RECIPE

DIRECTIONS

Blend all ingredients until creamy. Pour into individual 4 oz mason jars and refrigerate until the chocolate sets. Serve with a dollop of whipped cream and a piece of extra dark chocolate.



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