



Yummy Mummy
Lifestyle®

Pre and Post Natal Support

Collagen Protein Recipes

E-Book
Edition 1.1

Strawberry & Raspberry Smoothie

Ingredients:

- 5 Raspberries
- 5 Strawberries
- 1 Serving YML Collagen Protein
- 3 TBSP Double Cream Yogurt
- 250ml Water/Milk of choice

 
*Blend
Enjoy &*



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Chocolate Avo Pudding

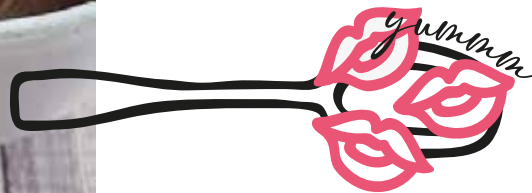
Ingredients:

- 1 Large Ripe Avocado
- 2 TBSP Cacao Powder
- 2 TBSP Syrup or Honey
- 1 TSP Salt
- 1 Scoop YML Collagen Protein

Strawberries & Choc Chips to garnish.

Place ingredients in a food processor and puree until smooth. Garnish with strawberries and choc chips if desired.

Store leftovers in airtight container in the fridge for 3 days.



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The YML Favorite Smoothie

Ingredients:

- 5 Raspberries
- 5 Blackberries
- 1 Banana
- 1 Handful Baby Spinach Leaves
- 1 Serving YML Collagen protein
- 250ml Milk

 Blend
Enjoy &



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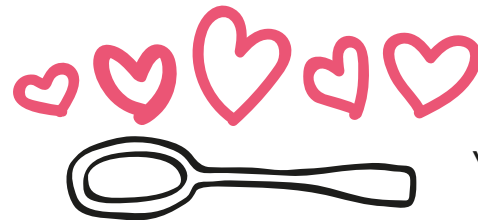
Protein Overnight Oats

Ingredients:

- ½ Cup Oats
- 1 TBSP Chia Seeds
- 1 Scoop YML Collagen Protein
- 1 TBSP Syrup
- 250ml Milk

In a glass jar, add all the ingredients together and mix thoroughly. Leave in the fridge overnight and garnish with toppings right before serving.

To Garnish: Peanut Butter, Banana, Berries



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The Blue-Strawberry Smoothie

Ingredients:

- 1 Handful of Blueberries
- 4-5 Strawberries
- 1 Banana
- 250ml Milk

 Blend
Enjoy &



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Mug Cake

Ingredients:

- TBSP Flour of choice
- 1 Scoop YML Collagen Protein
- 1 TSP Cacao Powder
- 1 TBSP Syrup
- ½ TSp Baking Powder
- 1 egg
- ½ Banana or 1 small banana

Mix thoroughly in a mug.
Microwave for 60-90 seconds.
Let it cool down and enjoy!
You can top it with ice cream or nicecream



Nicecream recipe: Blend 1 frozen banana, 1 tsp vanilla extract and 1 TBSP milk of choice)



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Coffee Muffins

Ingredients:

- 1 Cup Flour of choice
- 1 Serving YML Collagen Protein
- 1 TSP Baking Powder
- ¼ Cup Yogurt of choice
- ¼ Cup Milk of choice
- 1 egg
- 2 tsp Vanilla extract
- 25ml Brewed coffee of choice
- 2 TBSP Syrup

Mix all the ingredients together.

Preheat oven to 180C.

Scoop into muffins pans $\frac{3}{4}$ full.

Bake for 15-20min



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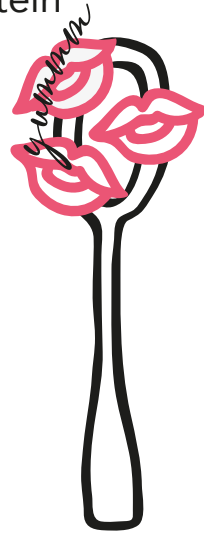
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Guilt Free Brownies

Ingredients:

- 100ml Cocoa Powder
- 1 Serving YML Collagen Protein
- ¼ Cup Oats
- 1 Banana
- ¼ Cup Syrup
- ¼ Cup Nut Butter of choice
- 1 cup mashed sweet potato
- 1 tsp baking powder
- 50ml Oil of choice
- 40g Choc Chips



Mix all the ingredients together.

Preheat oven to 180 degrees.
Bake for 25-30minutes.



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Pumpkin Flapjack Pancakes

Ingredients:

- 1 Large Banana
- 4 eggs
- ½ Cup Mashed Pumpkin/Butternut
- ¼ tsp Baking Powder
- 1 serving YML Collagen Protein
- ¼ tsp Vanilla Extract

Blend everything together and pan fry 1
tablespoon of batter.

*so
good*



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Nutty Smoothie

Ingredients:

- 1 Serving YML Collagen Protein
- 2 Cups Milk (Almond works great)
- 1 Banana
- 2 TBSP Nut Butter

 Blend
Enjoy &



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Protein Waffles/ Flapjacks

Ingredients:

2 Large Bananas

4 Eggs

¼ TSP Baking Powder

1 Serving YML Collagen Protein

Mash Bananas and add eggs & dry ingredients together.

Serve with whipped cream, berries and syrup/honey.

Enjoy 


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ChocBrownie Chia Pudding

Ingredients:

1/4 Cup Chia Seeds

1 Cup Milk of Choice

1 Scoop YML Chocolate Protein

1-2 TBSP Syrup

Pinch of salt

Shake milk, cacao powder and protein together first.

Add the shake to the chia in a serving class or console jar.

Leave in the fridge for 4-6 hours or overnight.

Garnish with our YML Collagen Brownie, nuts or chocolate shavings



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