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GET *glowing* WITH
PLANT COLLAGEN



PLANT COLLAGEN

Hi health lover!

Your diet has a direct impact on the health and texture of your skin, but no matter how clean you eat, there's no escaping the natural signs of aging.

This is where collagen comes in! Collagen is one of the skin's main "building blocks," providing structure and firmness to your skin.

But at the young age of 20, our bodies have already slowed down the production of collagen. This natural aging process results in wrinkles, fine lines, sagging, and overall less-bouncy skin.

Although I'm a firm believer that *beauty starts from within*, I also know how important it is to feel your best.

This is why I developed Plant Collagen - a plant-based collagen mix designed to promote natural collagen, restore healthy skin, and boost elasticity.

Plant Collagen is made with only 6 organic ingredients, and thanks to its creamy, subtle vanilla taste, it goes great in smoothies, lattes, desserts, and everything in between. Are you ready for healthier looking skin? Here are some of my top beauty-boosting recipes! Enjoy!

xo Kristel

PLANT COLLAGEN

ORGANIC PLANT COLLAGEN TO SUPPORT YOUR SKIN HEALTH

It's important to feel as good on the inside as you look on the outside – that's why we created Plant Collagen. This unique beauty mix combines 6 organic superfoods (including powerful tremella mushroom and aloe vera) to protect your natural collagen, replenish your skin, and improve skin elasticity and texture.



TOCOS from Thailand

Tocos, known as rice bran solubles, is an incredible skin-food that helps to protect your natural collagen. Packed with skin-supporting antioxidants, as well as essential amino acids that prevent signs of aging and supports hydration.



PEA PROTEIN from Belgium

This complete protein contains all 9 amino acids including hydroxyproline and glycine, which supports your body's innate ability to produce natural collagen.



TREMELLA from China

This antioxidant-rich mushroom increases your body's level of hyaluronic acid, which helps to keep skin hydrated, improve skin texture, and supports cell regeneration.



LUCUMA from Peru

Beloved by the Incas, this ancient superfood is packed with essential vitamins and minerals including beta-carotene which helps to support your skin health.



VANILLA from Madagascar

We sourced high-quality beans from Madagascar's nutrient-dense soil to bring you real, organic vanilla powder. Rich in vitamins and minerals, organic vanilla offers plenty of healthy skin benefits.



ALOE VERA from China

Sourced from a volcanic island in China, this succulent is full of beauty benefits. Rich in antioxidants, amino acids, and antibacterial properties, it can improve gut health, support digestion, and help regenerate skin.

YOUR
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PLANT COLLAGEN

ORGANIC SUPERFOOD MIX

TOCOS, PEA PROTEIN, TREMELLA,
LUCUMA, VANILLA & ALOE VERA

05 (12g)

Sips & Smoothies



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PLANT
COLLAGEN

ORGANIC SUPERFOOD MIX

TOCOS, PEA PROTEIN, TREMELLA,
LUCUMA, VANILLA & ALOE VERA

NET WT 4.23oz (120g)

VANILLA COLLAGEN LATTE

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
250ml plant-based milk
1 tbsp maple syrup (for
sweetness)
Optional: 1 tsp vanilla for a
stronger vanilla flavor

DIRECTIONS:

1. In a small pot, heat the milk, maple syrup, and vanilla (if using).
2. If you have one, use a frother to make the milk extra foamy.
3. Turn off the heat and whisk in the Plant Collagen mix.
4. Pour into a mug, and enjoy!



SUPER TIP: Add cold plant-based milk and ice cubes to make this an iced latte!

COLLAGEN RASPBERRY LEMONADE

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
20g fresh raspberries
250ml sparkling water
50ml of fresh lemon juice
1 tsp maple syrup

DIRECTIONS:

1. Crush or blend the raspberries until smooth.
2. Add the remaining ingredients and mix well.
3. Serve over ice and enjoy.



SUPER TIP: Add 1 teaspoon of the Forever Beautiful mix for an antioxidant boost!

BLUEBERRY THYME WATER

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
A sprig of thyme
2 tbsp frozen blueberries
1 tsp maple syrup (optional,
for sweetness)

DIRECTIONS:

1. Combine all ingredients in a tall glass and mix well.
2. Serve over ice and enjoy.

COLLAGEN HOT CHOCOLATE

Serves 1

INGREDIENTS:

1 tsp Plant Collagen mix
1 tsp Magic Mushroom mix
250ml plant milk
1 tbsp maple syrup

DIRECTIONS:

1. Heat the milk in a small pot.
2. Turn off the heat, add the remaining ingredients and whisk until frothy.
3. Transfer to a mug and enjoy.

CREAMY GREEN SMOOTHIE

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
1 tsp Super Green mix
¼ avocado
½ frozen banana
½ lime, juiced
15g of spinach
250ml water or plant-based milk
1 tbsp cashews
Ice cubes

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

CHUNKY MONKEY MILKSHAKE

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
1 tsp Chocolate Lover mix
1 frozen banana
250ml plant-based milk
1 tbsp peanut butter
Ice cubes

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



SUPER TIP: Garnish with a piece of dark chocolate!

PLANT
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GLOWING SKIN SMOOTHIE

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
1 tsp Forever Beautiful mix
3-4 pitted dates
250ml water or plant-based milk
50g frozen blueberries
2 tbsp almond butter
Ice cubes

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

STRAWBERRY MILK

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
2-3 pitted dates
250ml plant-based milk
50g strawberries

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass, serve with ice and enjoy!

WATERMELON SLUSHY

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
½ lime, juiced
160g frozen watermelon
chunks
A splash of water

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass, and enjoy!

COLLAGEN SHOT

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
125ml water or orange juice

DIRECTIONS:

1. Combine the ingredients, stir, and enjoy!

Breakfast



BLUEBERRY OVERNIGHT OATS

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
1 tsp Forever Beautiful mix
250ml plant-based milk
60g (gluten free) quick oats
50g blueberries
30g chopped almonds
30g chopped dates or 2 tbsp
maple syrup
3 tbsp (coconut) yoghurt

DIRECTIONS:

1. Combine all of the ingredients in a jar or bowl.
2. Cover and refrigerate overnight.
3. When ready to eat, add toppings and enjoy!

CREAMY CHOCOLATE OATMEAL

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
1 tbsp Chocolate Lover mix
250ml plant-based milk
35g (gluten-free) quick oats
2 tbsp maple syrup
½ tsp cinnamon (optional)

DIRECTIONS:

1. Combine all of the ingredients, except the mixes, in a small pot.
2. Cook over medium heat, stirring often to prevent burning or sticking.
3. Remove from heat and stir in the Plant Collagen and Chocolate Lover mix.
4. Serve in a bowl, add your favourite toppings and enjoy!



COLLAGEN ACAI BOWL

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
1 tsp Forever Beautiful mix
1 frozen banana
50g frozen blueberries
200ml plant-based milk
2 tbsp almond or peanut butter

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth and creamy.
2. Pour into a bowl.
3. Add your toppings of choice and enjoy!



SUPER TIP: Garnish with a piece of dark chocolate!

CHOCOHOLIC BREAKFAST BOWL

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
1 tbsp Chocolate Lover mix
1 tsp Magic Mushroom mix
1 (frozen) banana
½ avocado
60ml coconut milk

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth and creamy.
2. Pour into a bowl.
3. Add your toppings of choice and enjoy!

APPLE PARFAIT

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
2 apples, cubed
250g coconut yoghurt
1 tbsp maple syrup
½ tsp cinnamon
20g chopped walnuts

DIRECTIONS:

1. Add the Plant Collagen mix to the yoghurt and mix well.
2. Transfer the apple cubes and cinnamon to a small saucepan. Add a splash of water and cook on low heat for 5 minutes, stirring often to avoid them burning or sticking to the pan.
3. Add the maple syrup and simmer for 1 more minute.
4. Remove the apples from heat and let cool.
5. Layer with the yoghurt mixture and walnuts in a glass or bowl. Enjoy!

Snacks & Sweets



COCONUT COLLAGEN BLISS BALLS

Makes 9-10 balls

INGREDIENTS:

2 tsp Plant Collagen mix
100g dates
20g coconut flour
20g shredded coconut
60g cashews
Pinch of salt

DIRECTIONS:

1. Place all of the ingredients in a blender and blend until sticky.
2. Using your hands, roll the mixture into balls.
3. Coat the bliss balls with more shredded coconut, if desired.
4. Store in an airtight container in the fridge for up to 5 days.



SUPER TIP: We love to use Medjool dates for a gooey texture and delicious caramel taste!

PEANUT BUTTER FUDGE BALLS

Makes around 8 fudge balls

INGREDIENTS:

2 tsp Plant Collagen mix
3 tbsp Chocolate Lover mix
100g natural peanut butter
3 tbsp melted coconut oil
1 tbsp maple syrup
40g dark chocolate chips
(optional)

DIRECTIONS:

1. Combine all ingredients and mix well.
2. Distribute evenly in an ice cube tray or candy mold and freeze for around 1 hour.
3. Store in the freezer or fridge. Enjoy!

STUFFED DATES

Makes 5 stuffed dates

INGREDIENTS:

2 tsp Plant Collagen mix
1 tsp Magic Mushroom mix
5 Medjool dates
4 tbsp almond butter
1 tbsp maple syrup

DIRECTIONS:

1. Open the dates and remove the pits.
2. Mix the remaining ingredients in a bowl and stuff each date with a spoonful of the mixture. Enjoy!

CREAMY VANILLA POPSICLES

Makes about 10 popsicles

INGREDIENTS:

2 tsp Plant Collagen mix
120g cashews
60ml plant-based milk
60ml maple syrup
3 tbsp melted coconut oil
1 tsp vanilla extract

DIRECTIONS:

1. Add all ingredients to a high-speed blender and blend until smooth.
2. Pour the mixture into popsicle molds and insert the popsicle sticks. Freeze until set, for around 6 hours.
3. Enjoy!



SUPERTIP: Add some of the Chocolate Lover and/or Magic Mushroom mix for a delicious chocolatey twist!

BLUEBERRY SORBET

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
100g frozen blueberries
125g plant-based yoghurt
(we like coconut best!)
2 tbsp maple syrup

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Scoop into a bowl. Enjoy!



SUPERTIP: Add 1 teaspoon of the Moon Balance mix for a boost of hormone-balancing superfoods!



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ORGANIC SUPERFOOD MIX

TOCOS, PEA PROTEIN, TREMELLA,
LUCUMA, VANILLA & ALOE VERA

NET WT 4.23oz (120g)

EASY VANILLA NICECREAM

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
2 frozen bananas
60ml coconut milk
1 tsp vanilla extract

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Scoop into a bowl. Add toppings (if desired) and enjoy!

RAW CHOCOLATE SLICE

Serves 9-10

INGREDIENTS:

CRUST

130g pitted dates
100g almonds
20g (gluten free) oats
½ tsp vanilla extract
A pinch of salt

CREAM

2 tbsp Plant Collagen mix
3 tbsp Chocolate Lover mix
250g soaked cashews
250ml plant-based milk
180ml coconut oil
60ml maple syrup
3 tbsp hazelnut or almond butter
1 tsp vanilla extract

DIRECTIONS:

1. Line a rectangular cake pan with parchment paper. Set aside.
2. Prepare the crust: In a food processor, pulse all of the ingredients until it forms a sticky dough.
3. Press it down evenly in the pan.
4. Prepare the cream: Place all of the ingredients in a food processor and blend until completely smooth.
5. Pour over the cream into the pan and freeze for 5-6 hours or overnight.
6. Garnish with your favourite toppings (we love melted chocolate and crushed nuts) and store in the fridge until serving.

AVOCADO LIME MOUSSE

Serves 1

INGREDIENTS:

2 tsp Plant Collagen mix
1 ripe avocado
The juice and zest of ½ lime
60ml coconut milk
3 tbsp maple syrup

DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Scoop into a bowl and store in the fridge. Enjoy!



SUPER TIP: Add 1 teaspoon of the Power Matcha mix for a boost of long-lasting energy and antioxidants!

CHOCOLATE ALMOND BANANA BREAD

Makes 1 small loaf

INGREDIENTS:

2 tsp Plant Collagen mix
4 tbsp Chocolate Lover mix
140g oat flour
120g ground almonds
1 tsp baking powder
½ tsp baking soda
3 ripe bananas
200ml plant based milk
80ml maple syrup
100ml melted coconut oil

OPTIONAL:

100g dark chocolate chips
25g shaved almonds for
garnish

DIRECTIONS:

1. Preheat your oven to 220°C. Combine all dry ingredients in a big bowl.
2. In another bowl, mash the bananas and add the milk, maple syrup and melted coconut oil. Mix well to combine.
3. Transfer to the bigger bowl and stir until you're left with a smooth batter. Fold in the dark chocolate chips.
4. Pour the batter into a lined baking tin and sprinkle with chocolate chips or shaved almonds.
5. Bake for 45-50 minutes or until nice and firm. Enjoy!



SUPER TIP: Make your own oat flour by grinding rolled or quick oats in a high speed blender!

RAW BERRY VANILLA CHEESECAKE

Serves 9-10

INGREDIENTS:

CRUST:

2 tbsp Chocolate Lover mix
130g pitted dates
100g almonds
50g oats
¼ tsp vanilla extract
A pinch of salt

CREAM:

3 tsp Plant Collagen mix
120g soaked cashews
150g mixed berries
250ml coconut oil
250ml plant-based milk
180ml maple syrup
125ml coconut yoghurt
½ lemon, juice and zest
1 tsp vanilla extract
berries, coconut chips, cacao nibs (optional for topping)

DIRECTIONS:

1. Line a cake pan with parchment paper. Set aside.
2. Prepare the crust: In a food processor, pulse all of the ingredients until it forms a sticky dough.
3. Press it down evenly in the pan.
4. Prepare the cream: Place all of the ingredients in a food processor and blend until completely smooth.
5. Pour over the cream into the pan and freeze for 5-6 hours or overnight.
6. Garnish with your favourite toppings and store in the fridge until serving.



SUPER TIP: Add 4 tsp Forever Beautiful to the cream for an even stronger berry taste and extra Vitamin C!

SOURCING

We believe that you should know where your (super)food comes from. That's why we created a 100% transparent supply chain.

We source all of our ingredients directly, we personally visit the farmers to see how our superfoods are grown and we try to have a positive impact on the local communities where they're sourced.

Your Super mixes contain 5-6 naturally dried superfoods. Every ingredient is organically grown without pesticides and tested by third party labs for pesticides, glyphosate, heavy metals and microbiology.

All of our mixes are USDA Certified Organic, Non-GMO certified, Glyphosate-Free, plant-based and gluten-free. You'll never find any sweeteners, stevia, artificial flavors, fillers, preservatives or additives.



CERTIFIED ORGANIC



NON GMO



GLUTEN FREE



100% PLANT BASED



GIVING BACK

1 FOR 1

For every mix you buy, we donate a life-saving food bar to those in need.

DID YOU KNOW?

Every year 2.6 million children around the world die from severe malnutrition. That's one child every 12 seconds. Life-threatening conditions currently affect 20 million children worldwide, but this can be prevented!

WHAT WE GIVE

The most recent innovation in the fight against hunger are the effective Ready-to-Use Therapeutic Foods (RUTF) called the Plumpy'Nut® packages. This powerful package contains an extremely nutrient-rich paste made predominantly from peanuts and enhanced with a mixture of vitamins and minerals. This revolutionary product requires no refrigeration, clean water or cooking and has a shelf life of two years. By consuming three Plumpy'Nuts® a day for seven weeks, a child can recover from near death to certain survival.

HOW WE GIVE

We're honored to have partnered with Action Against Hunger to coordinate the delivery of our Plumpy'Nut® donations. Action Against Hunger has pursued its vision of a world without hunger for over three decades by combating hunger in emergency situations of conflict, natural disaster and chronic food insecurity. Their reach extends to over 45 countries and their innovative programs in nutrition, food security, livelihoods, water, sanitation and hygiene help more than 9 million people each year.

B CORP CERTIFIED

The driving force behind Your Super, the whole reason we're in business, is to create change and improve people's health across the globe. Our customers, our employees, our suppliers, our community and the environment will always come before our bottom line.





Now it's your turn - we want to see your favourite recipe creations!
Tag us on instagram @yoursuperfoods and #yoursuper. We always love to hear from you :)



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