



NUTRITION

Inspiration sheet

Collagen peanut butter bar



While consumption of higher levels of protein and collagen has historically been associated with bodybuilders and younger men looking to build muscle, consumers of different genders, ages and lifestyles are now recognizing the importance of protein/collagen for a variety of perks.

The concept of bars has undergone a rapid development over the last five years with many new options targeting people of all ages pursuing a healthy lifestyle. Bars are increasingly used as meal replacers and are thus expected to contain the same dose of vitamins, minerals, and protein as one would normally get from eating an entire meal.

The version presented here contains 15 grams of collagen per 100 grams and as much as 26 grams of protein all together stemming from the collagen and the peanut butter. Collagen peptides – recognized for supporting joint flexibility and muscular maintenance – bring the desired health benefits to this recipe.

Allergy advice: Recipe contains nuts

Recipe suggestion

Ingredients

Peanut butter	30.00 %
OmniCol™ 120	15.00 %
Honey	15.00 %
Cranberry	15.00 %
Goji berry	10.00 %
Oats	10.50 %
Cashew nut	4.50 %
Total recipe	100.00 %

Ingredients used:

OmniCol™ 120

Essentia ingredients are added to provide:

- > Bioavailable collagen
- > Health benefits

Nutrition facts

Nutrients per 100 g

Energy	404 kcal
Carbs	28.20 g
Protein	26.60 g
Fat	19.20 g
Salt	0.5 g

Other recipes that might be of interest to you:

- > Collagen water with ginger and lemon
- > Collagen chocolate brownie
- > Creamy dessert

Contact our Innovation Centers to get further inspiration on how to use collagen in bars.