



Inspiration sheet

Creamy Collagen Dessert



Creamy collagen desserts deliver on several aspects as they are a delicious balance of richness and sweetness.

Not only are creamy desserts an excellent choice as a guilt-free indulgence for the great taste and texture, they are also fortified with OmniCol™ (collagen peptides) that delivers protein and several benefits for health and well-being. EmulPro™ P 200 adds to the viscosity and provides a firm and creamy consistency

Recipe suggestion

Ingredients

| | |
|--------------------------|-----------------|
| Cream 38 %, double cream | 69.40 % |
| Full-cream milk | 17.3 % |
| Sugar | 7.0 % |
| OmniCol™ | 4.8 % |
| EmulPro™ P 200 | 1.2 % |
| Instant coffee | 0.3 % |
| Total recipe | 100.00 % |

Ingredients used:

OmniCol™
EmulPro™ P 200

Essentia ingredients are added to provide:

- > Bio-available collagen
- > Viscosity

Other recipes that might be of interest to you:

- > Protein bars
- > Chocolate collagen brownies
- > Fitness Pancakes

Nutrition facts

Nutrients per 100 g

| | |
|---------|----------|
| Energy | 312 kcal |
| Protein | 8.0 g |
| Fat | 27.1 g |
| Carbs | 9.8 g |
| Salt | 0.1 g |