



Pumpkin Fudginess Collagen Ovals (or squares)

Mix 1:

4 tbsp nut butter (crunchy peanut butter, or other nut or seed butter)

1 tbsp pumpkin puree or sweet potato

3 tbsp coconut flour

2 scoops collagen powder

1 tbsp maple syrup or yacon syrup

1/2 tbsp coconut oil, melted

1 tbsp cacao nib or chocolate chips

1/2 tsp pumpkin pie spice or a mix of cinnamon, ginger, clove and nutmeg

Dash Himalayan sea salt

Mix 2:

2 tbsp coconut oil, melted

1-1/2 tbsp nut butter (smooth peanut, other nut or seed butter)

1/2 tbsp cacao powder

1 tsp maple or yacon syrup

Mix the first mixture into a bowl and the second into another. Scoop mixture 1 into a silicone candy mold filling about half to 3/4. Press down hard.

Pour second mixture (chocolate) on top of first mix until fully covered.

Place in fridge to harden. Store leftovers in fridge. Makes 6-8.