

No-Cook Coconut-Collagen Bars

Incorporate Collagen Into Your Diet With This Simple and Tasty Treat

by **Brad Lemley**

Natural Health Solutions

Until this month, I'd been consuming hydrolyzed collagen in the simplest form possible — 2 tablespoons dissolved in a cup of water — for well over a year.

Then I discovered that several paleo-oriented websites published recipes that use the powder as an ingredient in a healthful, home-made protein bar.

Great idea!

Most of the recipes I found provide a healthful dose of coconut butter and oil along with the collagen. As opposed to typically carb-intensive “sports” bars, these won't spike your blood sugar — instead, they'll provide steady energy to propel you through a productive day.

After a few days of experimentation, I came up with the recipe below.

It is similar to some I've seen online but has less honey — I use a scant teaspoon rather than a tablespoon — and no vanilla, which I find just obscures the pleasant coconut taste.

Ingredients:

- ½ cup coconut butter which is simply pureed whole coconut flesh. (My favorite brand is Nutiva's “Coconut Manna,” available at Whole Foods and [Amazon](#)).
- ¼ cup beef collagen hydrolysate (my favorite brand is Great Lakes, available at [Amazon](#)).
- 1 teaspoon honey
- 1 tablespoon coconut oil
- Pinch of sea salt

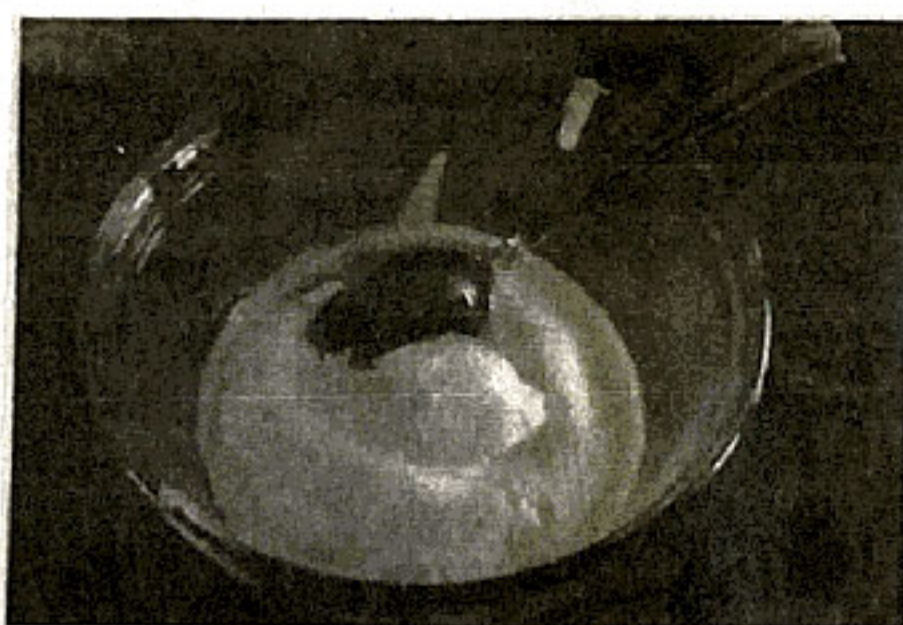
Step 1

In a cool kitchen in winter, coconut butter — the main ingredient in this recipe — gets rock hard. So remove the lid and put the jar in a pan of warm water for at least 30 minutes until it liquefies. Then stir until creamy.



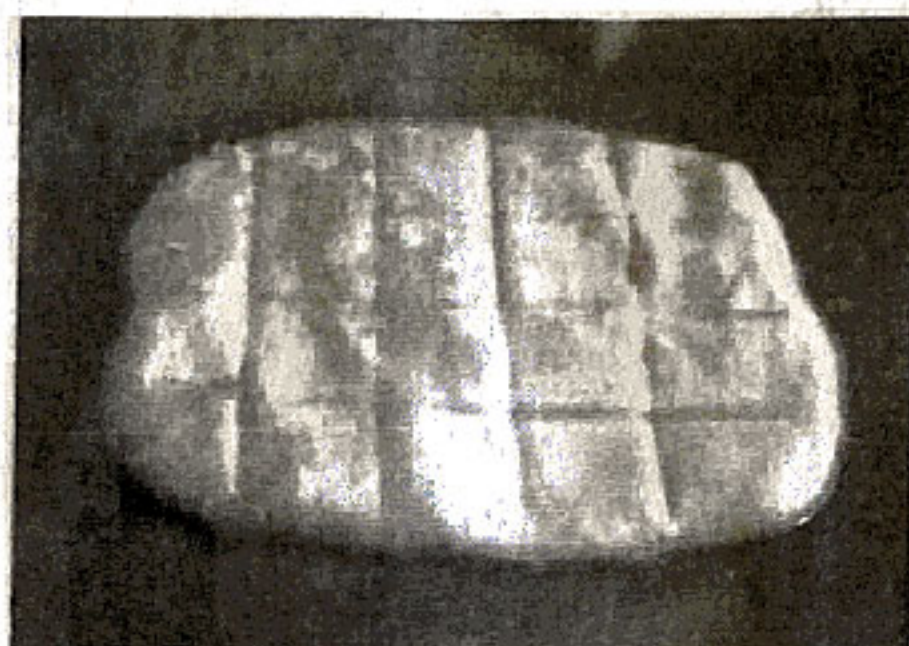
Step 2

Put all ingredients in a bowl and stir for a couple of minutes until smooth.



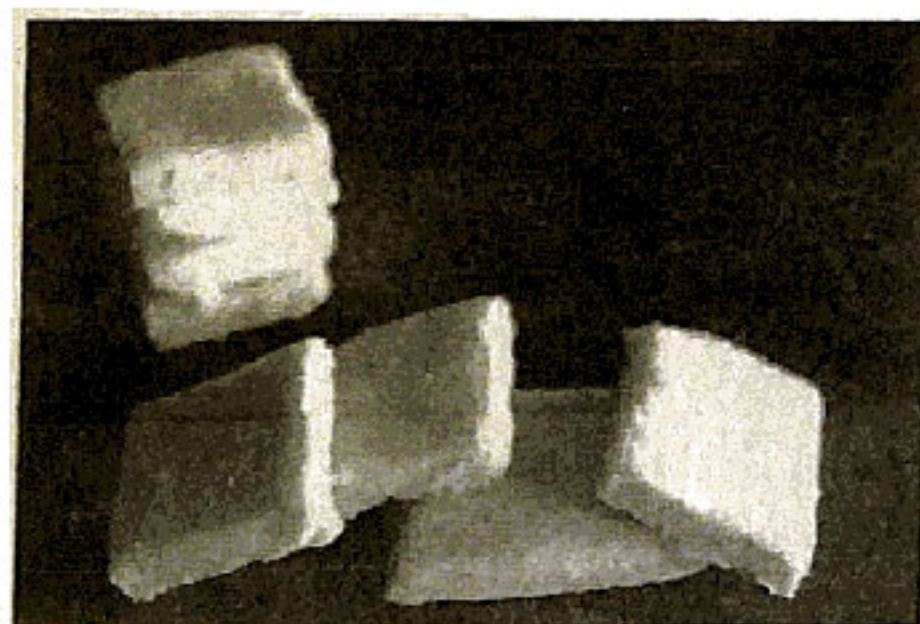
Step 3

Flatten the doughy mixture on parchment on a baking sheet, score into 1-inch squares, and refrigerate for at least 30 minutes.



Step 4

Break squares apart and enjoy! These keep, tightly covered in the refrigerator, for at least two weeks.



One more benefit of collagen — I find it has a unique ability to suppress appetite. Though these are small, a couple of these tasty squares after a modest lunch keep me satisfied until dinner.

This recipe was a revelation to me. Lots of people eat “power bars” these days, but these nearly always consist of cheap commodity grains and sugars. They are more like cookies than nutritious food.

The concept of using coconut butter and coconut oil to deliver a healthful, powdered nutrient in a “food bar” combines convenience with nutrient density in an appealing way.

I've found that turmeric, cocoa, ginger — even a bitter, blood-sugar-lowering herb called gentian — can be added to this recipe along with the collagen, leading to tasty bars that are high in healthy fat, low in carbs, and packed with anti-inflammatory goodness.

They are wonderful to munch along with my after-meal coffee. Try your own experiments! ☺

Brad Lemley is a science and health writer and former senior correspondent for *The Washington Post* and *Discover* magazine.