FOOD MATTERS®
SUPERFOOD
RECIPE BOOK

Get the most out of your Food Matters Superfood blends
The information contained in this book is based upon the research and personal and professional experience of the authors. It is not intended as a substitute for consulting with your physician or other healthcare provider. Any attempt to diagnose and treat an illness should be done under the direction of a healthcare professional.

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Welcome,

If you’re anything like us you know that superfoods are important to include in your diet. The question is how can you make it easy and taste amazing? This led us to developing our own blends that we love and can recommend to others, plus include in lots of our favorite recipes. Enjoy these tasty recipe ideas and remember that you don’t have to follow the rules, this is simply a guide.

In good health,

James & Laurentine

James & Laurentine
Filmmakers Food Matters & Hungry For Change
Wheat Grass

Wheat grass is a potent, nutrient dense superfood grown from sprouted wheat berries. It is harvested when the grass is at its nutritional peak and has an extremely high concentration of vitamins, minerals, amino acids, antioxidants, living enzymes, chlorophyll and phytonutrients that can’t be found in the mature wheat plant. Wheatgrass is also a complete source of protein, supplying all of the essential amino acids.

DID YOU KNOW?

Wheat grass can heal cuts, rashes, burns and bruises when applied topically. It can also be used to treat sore throats and mouth sores.
Benefits of Wheat Grass

✓ Cleanses and detoxifies the body.
✓ Oxygenates and rebuilds the blood.
✓ Reduces blood pressure.
✓ Boosts immunity.
✓ Has anti-clotting properties.
✓ Is highly alkalizing and balances pH.
✓ Regulates blood sugar levels.

Wheat grass is extremely rich in chlorophyll - the pigment that gives plants their green color. The molecular structure of chlorophyll is very similar to that of human blood and studies show that when this is consumed, the production of hemoglobin in blood is increased. Higher amounts of hemoglobin in the bloodstream means more oxygen-rich blood, the first and most important element that cells need to thrive.

Wheat grass juice also normalizes the thyroid gland to stimulate metabolism thus assisting digestion and promoting weight loss. It also has a high enzyme content and cleansing effect.

The organic wheat grass juice powder used in our superfood greens blend is made by cold-pressed juicing the wheat grass, which is then dried into a fine powder using a special low temperature drying method to ensure optimum nutritional value and life force. It is 100% raw.
Alfalfa Grass

Alfalfa is known as ‘the father of all foods’ because it is one of the most nutrient dense foods on earth and one of the richest sources of calcium. It is rich in enzymes that aid digestion and enhance cellular health, and contains all of the fat soluble vitamins: A, D, E and K. It contains almost 19% digestible protein.

Alfalfa grass is what would eventually grow from alfalfa sprouts. It is harvested at its nutritional peak, before it matures.
Benefits of Alfalfa Grass

✓ Boosts immunity.
✓ Is a strong anti-fungal agent.
✓ Stabilizes blood sugar levels.
✓ Is highly alkalizing and helps balance pH.
✓ Purifies the blood and liver of chemicals and heavy metals.
✓ High in antioxidants that fight free radical damage.

Organic Alfalfa is a true superfood that promotes overall health and wellness. Commonly used as an herbal diuretic and laxative, it can naturally relieve constipation and help with digestive problems such as indigestion and gastritis. It can be beneficial in boosting a sluggish appetite and calming a general upset stomach. Alfalfa Grass is also used to detoxify the body by cleaning the liver, being useful as a natural remedy for kidney and urinary tract infections.

The organic alfalfa grass juice powder used in our superfood greens blend is made by juicing alfalfa grass and removing the cellulose, so only a pure concentration of juice is left. This is then dried into a fine powder using a special low heat drying method to insure optimum nutritional value and life force. It is 100% raw.
Barley Grass

Barley grass has frequently been referred to as an anti-aging and anti-cancer food. It is a rich source of vitamins, minerals, enzymes, amino acids and several other trace and chemical elements. Being rich in chlorophyll, which is similar in structure to blood hemoglobin, it helps to rebuild the blood and rejuvenate and rebuild the tissues.

Benefits of Barley Grass

✓ Cleanses and oxygenates the blood.
✓ Is alkalizing and energizing.
✓ Maintains cellular health.
✓ Has anti-cancer and anti-clotting properties.
✓ Is anti-bacterial.

✓ Relieves inflammation.

✓ Boosts energy.

Barley grass is a concentrated source of nearly three dozen vitamins and minerals. It is particularly rich in vitamins A, C, B1, B2, B12, folic acid, calcium, iron, potassium, and chlorophyll. Unlike most plants, barley grass provides all nine essential amino acids (those which your body can’t produce). Barley grass is a powerful antioxidant that is believed to help the body kill cancer cells and overcome a variety of ailments, including acne and ulcers. Barley grass juice has potent anti-viral properties and neutralizes heavy metals such as mercury in the blood. Barley grass contains significant amounts of Vitamin B12 which is very important for those on a vegetarian diet.

The organic barley grass juice powder used in our superfood greens blend is made by juicing barley grass and removing the cellulose, so only a pure concentration of juice is left. This is then dried into a fine powder using a special low heat drying method to ensure optimum nutritional value and life force. It is 100% raw.
Spirulina

Spirulina is arguably nature’s most powerful green food. With over 60% protein content, it is the highest, most digestible source of *complete* plant protein. Containing over 100 nutrients, it’s been said that you could survive on it and water alone!

**Benefits of Spirulina**

- Is a protein powerhouse and contains up to 60% complete protein!
- Is rich in chlorophyll which oxygenates and alkalizes the blood.
- Is a source of omega fatty acids which lower bad cholesterol and fight heart disease and depression.
✓ Contains vitamin B12, important for metabolism and a healthy nervous system.

✓ Aids digestion by increasing levels of beneficial bacteria in the intestines.

Spirulina is one of the most primitive forms of plant life. It was used by the Aztecs and Africans as a significant staple food because of its nutrient density and medicinal qualities. Since the 1970s, spirulina has been well known and widely used as a dietary supplement. Studies have shown that spirulina can help control blood sugar levels and cravings thus making it a key food for diabetics, and can be used to assist in weight loss and as a general nutritional supplement.

DID YOU KNOW?

Spirulina was consumed as one of the primary protein sources in Mexico City for over 5,000 years!
Chlorella

Chlorella is a micro-algae and a superfood with health benefits ranging from detoxification to rejuvenation. Often referred to as nature’s multivitamin, chlorella is full of important vitamins, minerals and nutrients that can boost your health and protect you from illness. Chlorella is a rich source of digestible protein with a balance of important amino acids, including all of the essential ones which the body can’t manufacture.
Benefits of Chlorella

✓ Is alkalizing.

✓ Decreases inflammation.

✓ Binds with toxic chemicals and heavy metals and moves them out of the body.

✓ Promotes the production of healthy flora, bacteria and probiotics throughout the digestive system.

✓ Boosts energy and vitality.

✓ Boosts immunity and has cancer fighting properties.

Known as ‘the jewel of the orient’, chlorella is a micro algae and one of the oldest forms of plant life on earth. It has the highest chlorophyll content of any known plant which gives it its characteristic deep green color.

When choosing your chlorella it’s important to ensure that the waters where it is grown and harvested are free of any contamination. Since chlorella is a natural green food, it will be affected by polluted water and will retain environmental toxins if it’s grown in contaminated waters.

Our chlorella powder is manufactured using pure vegetarian certified organic nutrients. No pesticides, no herbicides and no chemical fertilizers are used in the process of cultivation.
Hemp Seeds

Hemp seeds are one of the most nutritionally well-balanced plant foods on this earth. They are power-packed with a healthy dose of protein, fatty acids, antioxidants, minerals and fiber that offer the perfect harmony for the human body. These amazing seeds also contain all 8 essential amino acids required for making a complete, plant-based protein source. Hemp seeds are also rich in omega-3 fatty acids, ideal for boosting mood and reducing inflammation.

DID YOU KNOW?

Hemp is one of the most sustainable and versatile plants on this earth. You can even build houses with it!
Benefits of Hemp Seeds

- Slow release energy source.
- Stimulates the metabolism.
- Boosts the immune system.
- Aids in muscle repair.
- Increases brain function and reduces memory loss.
- Anti-inflammatory.

Hemp seeds have the perfect balanced ratio of fatty acids of omega-3 to omega-6 in a 3:1 ratio. These amazing seeds are also a rare source of the super omega-6 essential fatty acid called gamma-linolenic acid (GLA), which actually promotes stored fat to be used for energy.

Although hemp seeds do not have as high protein count as soy, they actually can provide your body with more protein! How does this work? Soy contains an abundance trypsin inhibitors that block protein absorption, where as hemp is free of these inhibitors.
Coconuts are one of the most amazing food sources when kept in their whole natural form. The coconut palm is so highly valued as a source of food and healing medicine in Pacific and Asian countries that it is lovingly known as “The Tree Of Life”. They contain one of the “healthiest oils on earth”, providing profound positive effects on your health and wellbeing. Coconuts are highly nutritious and rich in vitamins, minerals and fiber.

**DID YOU KNOW?**

Coconuts are not really a ‘nut’. They are a fibrous, one-seeded fruit!
Benefits of Whole Coconut Powder

✓ Assist with weight loss.
✓ Slow release energy source.
✓ Anti-bacterial, anti-oxidizing and anti-fungal.
✓ Boosts cellular healing.
✓ Promotes healthy hair, skin, nails.
✓ Rich source of antioxidants.
✓ Stabilizes blood sugar levels.

Coconuts are one of the rare sources of saturated fats in plant foods, usually only found in animal foods, however their saturated fat content is completely different and is actually good for you! Half the saturated fats in coconut are made up of medium chain triglycerides (MCT) which transport straight to your liver and actually help boost your metabolism and assist in weight loss.

The good fats in coconuts are also a great way to promote balanced moods and increase your capacity to overcome stressful times.

The organic coconut used in our superfood protein blend is pressed in a special way. Instead of losing all the healthy fats when transforming it into a powder, the coconuts are freeze dried, then ground into a powder form, helping keep all the fats in tact. This ensures optimum nutritional value is retained and takes the flavors of the blend to a whole new level.
**Chia Seeds**

The humble ancient chia seed is a powerhouse of nutrition all packed into one tiny little shell. If you are looking to boost your nutritional intake, then this is one amazing superfood to add to your diet.

Not only are they a wonderful source of protein, they also have a large range of essential and non essential amino acids and fiber that help promote healthy heart and circulation.

Chia seeds also contain a whole host of vitamins (A,B,E and D) and minerals such as calcium, magnesium, manganese, niacin, potassium, silicon, sulphur, and iron
Benefits of Chia Seeds

✓ Regulates blood sugar levels.
✓ Rich in antioxidants.
✓ Helps draw toxins out of the digestive tract.
✓ Anti-inflammatory properties.
✓ Assists in weight loss.
✓ Helps reduce blood pressure.
✓ Helps improve brain function.

Per gram chia seeds contain:

8x more omega-3 than salmon
6x more calcium than milk
3x more iron than spinach
15x more magnesium than broccoli
2x more fiber than bran flakes
6x more protein than kidney beans
4x more phosphorous than whole milk
Lucuma

Lucuma traditionally known as the “Gold of the Incas” is a sweet fruit that has been cherished for thousands of years because of its amazing nutritional benefits. Although lucuma is a naturally sweet fruit, it has a low-glycemic index making it a great sweetener for people who are trying to minimize their sugar consumption and for diabetics.

This amazing fruit not only is a delight to eat with its butterscotch/maple-like taste, it is rich in beta-carotene, niacin, iron, calcium and phosphorus. It’s also a wholesome source of carbohydrates, fiber, vitamins and minerals.
Benefits of Lucuma

✔ Excellent source of fiber.

✔ Regulates blood sugar levels.

✔ Great source of calcium.

✔ Helps improve complexion.

✔ Assists in strengthening the immune system.

✔ Helps improve blood circulation.

The lucuma powder used in our superfood protein blend is sourced from pristine organic farms in Peru. Once the fruit has naturally ripened, completely free from GMOs and pesticides, it is cleaned and peeled carefully by hand. The fruit is then dried at a low temperature, between 115-125 degrees F (45-50 degrees C), to ensure all living enzymes, vitamins and minerals are preserved and then ground into a powder.
Mesquite

Mesquite is a leguminous plant native to South America and has been used by the native people as a staple food for centuries. It is low GI and contains a high vitamin and mineral content, including calcium, magnesium, potassium, iron and zinc. Mesquite powder is made from the dried, then ground, pods and seeds of the plant.

Benefits of Mesquite

✓ Stabilizes blood sugar levels.
✓ Helps maintain strong and healthy bones.
✓ Keeps hormones balanced.
✓ Increases energy levels.
✓ Improves mood.
✓ Keeps bowels regular.

Mesquite, or Algorroba as it is known in South America has a sweet, rich, molasses-like flavor with a hint of caramel and is a great food for diabetics because it has a naturally low GI. Type 2 diabetes was virtually unheard of in Southwestern Peruvian tribes as many of their native foods had protective properties that helped keep blood sugar levels low and stable. As mesquite meal began to be replaced with white flour (and other unhealthy foods were added to their diet), type 2 diabetes became a problem.

To produce this healthy whole food meal, ripe Mesquite pods are hand-picked from the tree by members of the local indigenous communities. They are then rinsed thoroughly and naturally shade dried. A special grinder is used to crush and pulverize both the pod and the seeds of the mesquite into an ultra-fine flour.

The mesquite powder used in our superfood greens and superfood protein blends is a wildcrafted organic Peruvian mesquite powder that comes from an award-winning certified organic farm in an untouched forest region in central Peru.
Vanilla

Vanilla is the only orchid in the world that produces an edible fruit and has been used medicinally for hundreds of years. Vanilla contains small amounts of B-complex group of vitamins and also contains small traces of minerals such as calcium, magnesium, potassium, manganese, iron and zinc.

Benefits of Vanilla

✓ Has powerful anti-microbial properties.
✓ Used as a stomach calmative.
✓ Soothes anxiety and calms mood.
✓ Rich in antioxidants that fight free radicals.

✓ Vanillin (the active ingredient in vanilla) has been shown to have anti-cancer properties.

The vanilla bean has a pea-pod-like shell that contains small, black, vanilla seeds. The pod and the seeds contain the spice’s medicinal properties. Vanilla became popular in 17th-century Europe for its sedative properties. Vanilla is an aromatic spice that benefits the nervous system.

The vanilla bean powder used in our superfood greens and superfood protein blends is made from certified organic and non-GMO vanilla beans and comes from the pods of the exquisite blooms of the vanilla orchid. Grown organically, hand picked and cured in the sun, native people have cultivated this amazing food for centuries.
Cinnamon

Cinnamon is famous for its use as a culinary spice but has been used for centuries as a food preservative, a flavor-enhancer, and for its numerous medicinal and health properties. It is an excellent source of manganese, fiber and iron and a very good source of calcium. A strong, aromatic and sweet tasting dried bark, cinnamon is one of humanity’s oldest spices dating back to 2500 BC.
Benefits of Cinnamon

- Helps cleanse and detoxify the body.
- Oxygenates and rebuilds the blood.
- Helps reduce blood pressure.
- Boosts immunity and protects against free radical damage.
- Has anti-clotting properties.
- Helps regulate blood sugar levels.

Numerous studies show that cinnamon regulates blood sugar levels, making it a great choice for diabetics and hypoglycemics and fabulous for stabilizing our energy levels and moods. Cinnamon also reduces LDL cholesterol levels, also known as the harmful cholesterol. Reducing it may help reduce the risk of cardiovascular disease.

The cinnamon powder used in our superfood greens and superfood protein blends is sourced from cultivated plantations in Indonesia. The cinnamon is extracted by the locals from the inner bark of a tropical evergreen tree and allowed to naturally dry in the sun. It is then ground to produce an amazing aromatic powder with amazing health and healing benefits.
recipes
On-the-go Green Drink

The quickest way to get your greens when you’re on the go and a great way to start your day! Serves 1.

**INGREDIENTS**

- 8 oz (250ml) spring water
- 1 tsp Superfood Greens powder

*Optional:* Add a squeeze of fresh lime for a refreshing twist!

**METHOD**

Stir all ingredients together vigorously.

**TIP**

To stop the Superfood Greens powder clumping, add the powder to the glass before adding the water. Stir briskly and watch as your instant green juice appears!
Perfect Green Juice

This is our all time favorite morning youth elixir, as tasty as it is alkalizing and nourishing. Serves 2.

INGREDIENTS

1 tsp Superfood Greens powder
3 celery stalks
1 cucumber
2 stems of kale
1/4 fennel bulb
1 lemon, peeled
1 green apple
1/2” slice of ginger

TOOLS YOU’LL NEED

A cold-press or conventional juicer

METHOD

Put all ingredients except the Superfood Greens powder through your juicer.

Stir in the Superfood Greens powder just before drinking.

Drink straight away but sip slowly!
If nothing else, make sure to use organic celery, as conventional celery is renowned for being heavily laden with chemical residues.
Extreme Green Juice

Maximum energy, maximum nutrition, maximum awesomeness. Serves 1.

METHOD
Put all ingredients except the Superfood Greens powder through your juicer.

Stir in the Superfood Greens powder just before drinking.

Drink straight away, but sip slowly!

Tip: This recipe works well with the addition of parsley and cilantro (coriander). Be generous and add either of these herbs by the handful. Both are very powerful natural plant foods for detoxing heavy metals out of your body.

INGREDIENTS
1 tsp Superfood Greens powder
5 florets of broccoli
1-2 celery stems
1 small bunch parsley (optional)
1 green apple

TOOLS YOU’LL NEED
A cold-press or conventional juicer
Juices For One

Fresh juice is an amazing way to quickly add nutrients to your day. All juices make 1 serve.

TIP

These recipes are a great starting point, feel free to be creative and experiment with different ingredient combinations.

METHOD

Put all ingredients except the Superfood Greens powder through your juicer.

Stir in the Superfood Greens powder just before drinking. Drink straight away but sip slowly!

Crisp and Clean Green Juice

INGREDIENTS

1 tsp Superfood Greens powder
1 large wedge green cabbage
1 green apple
1 large bunch romaine lettuce leaves
1” ginger root

Adapted from Joe Cross
Boost Juice

INGREDIENTS
1 tsp Superfood Greens powder
1/4 medium pineapple
1 small handful alfalfa sprouts
1 small handful parsley
2 large kale leaves
1 large broccoli stem

Adapted from Jason Vale

The Nutrient Express Juice

INGREDIENTS
1/2 punnet berries
1 small handful parsley
2-3 large kale leaves
1 large carrot
1 large celery stem
1 green apple (optional)
Berries to try: blackberries, blueberries, strawberries.
Other optional greens: romaine, spinach, chard and dandelion.

Adapted from Mike Adams
More Juices For One

If you’re anything like us, you love to mix it up in the kitchen, so here are some more ideas for beautiful fresh juice! All juices make 1 serve.

Make Juice Not War Green Drink

INGREDIENTS
1 small cucumber
1 large kale leaf
1 large handful of sprouts (sweet pea, alfalfa, sunflower etc)
1 celery stem
1 large broccoli stem
Optional: 1/2 pear or green apple
Adapted from Kris Carr

The Classic Green Juice

INGREDIENTS
1 medium zucchini
2-3 large kale leaves
1 green apple
1 small handful cilantro
1 lemon, peeled
1” ginger root (optional)
Adapted from The Gerson Institute
Green Pineapple Smoothie

All the benefits of greens without that ‘green’ taste! Serves 2.

**INGREDIENTS**

1 tsp Superfood Greens powder
1 small cucumber, roughly chopped
1/4 of a pineapple, core and skin removed, roughly chopped
Juice of 1/2 a lime
1 handful of spinach leaves
6 ice cubes
1/4 cup spring water
1/2 a ripe avocado

**METHOD**

Blend everything in your blender until smooth. You may need to add a dash more water to facilitate blending.

Enjoy straight away.

**TOOLS YOU’LL NEED**

Blender
"Pineapple is great at being the dominant flavor in a smoothie!"
Super Smooth Smoothies

Fresh juice is an amazing way to quickly add nutrients to your day.

METHOD
Blend all of the ingredients together in a high speed blender until smooth. Serve immediately!

Green Goodness Smoothie
Serves 2.

INGREDIENTS
1 banana
1 cup frozen organic berries
Flesh from a small avocado
1 handful baby spinach leaves
1 ½ cups coconut water or purified water
1 tbsp Superfood Greens powder
Ice cubes (optional)

TIP
When making smoothies, wash and prep the leafy greens by removing the stems.
Power Protein Superfood Smoothie

Serves 2.

INGREDIENTS

1 banana
1 heaped tbsp Superfood Greens powder
1 tbsp bee pollen
1 tbsp raw cacao powder
1 tbsp of maca powder
1 tbsp hemp seed protein powder
1½ cups milk of choice (almond, coconut, hemp or organic diary)
Stevia, to taste
1 cup of ice

Immune Boosting Green Smoothie

Serves 1.

INGREDIENTS

2 whole oranges (peeled)
1/4 pineapple (peeled)
1/2 lemon (peeled)
1 large handful baby spinach leaves or your choice of greens
Small sprig parsley
1 tbsp sunflower seeds
1 tsp Manuka honey
1/8 tsp turmeric powder
1½ - 2 cups fresh coconut water
Berry Bliss Morning Glory Smoothie

An blast of antioxidant goodness with the added benefits of the superfood greens powder! Serves 1.

**INGREDIENTS**

| 1 large kale leaf |
| 1 large Cos lettuce leaf |
| 1 Swiss chard or silver beet leaf |
| 1/2 frozen banana |
| A handful of mixed fresh or frozen mixed berries |
| A handful goji berries |
| 1 cup coconut water |
| 1/2 lemon, juiced |
| 1 tbsp Superfood Greens powder |
| Ice cubes (if using fresh berries) |

**METHOD**

Wash and prep the leafy greens by removing the stems.

Blend all of the ingredients together in a high speed blender until smooth.

Serve immediately!

**TIP**

_In most smoothies, you can use water, coconut water, nut milk, coconut or dairy kefir interchangably. Find out what tastes best to you!_
Best Chocolate Milkshake

... and let's be honest, who doesn't love chocolate milk? Serves 2.

**INGREDIENTS**

1 tsp Superfood Greens powder
2 cups of milk of choice (almond, coconut, hemp or organic dairy)
2 heaped tbsp raw cacao powder
1 tbsp coconut oil
1/2 tsp ground cinnamon
1/2 tsp natural vanilla extract
Pinch of sea salt
2 tbsp pure maple syrup or raw honey
6 ice cubes

**TOOLS YOU’LL NEED**

High powered blender

**METHOD**

Blend everything in your blender until well combined and frothy.

Enjoy straight away.
Jam Jar Salad Dressing
The perfect dressing to use on a tossed salad or steamed vegetables.

INGREDIENTS

- 1/4 clove garlic, finely chopped
- Handful of fresh herbs, finely chopped
- 1 tsp dijon mustard
- 1 tbsp (15 mls) apple cider vinegar
- 1/3 cup (80 mls) extra virgin olive oil
- 1/2 tsp Superfood Greens powder
- Sea salt, to taste

METHOD

Peel and finely chop the garlic and place in the jar. Add the remaining ingredients to the jar. Place the lid on the jar and shake vigorously for 30 seconds.

TIP

This dressing will keep well in the refrigerator for 7 days. The jam jar makes it easy to store the dressing and to shake it up again when you next use it.
Super Green Basil Pesto

A versatile pesto that you can make in minutes – and you won’t miss the cheese! Makes 1 small bowl

**INGREDIENTS**

- 2 cups washed and loosely packed fresh basil leaves
- 1/2 cup almonds, soaked and roughly chopped
- 1–2 cloves fresh garlic
- Sea salt, to taste
- 1/4 cup extra virgin olive oil (up to 1/2 cup if needed)
- 1 tsp Superfood Greens powder

**METHOD**

Combine the basil, almonds, garlic and sea salt in a food processor and process until the mixture becomes a coarse meal.

Slowly add the olive oil in a steady drizzle, pulsing the food processor on and off. Add enough oil so that the mixture is moist and spreadable.

Stir through the Superfood Greens powder.

To allow the flavors to develop, cover and chill for at least an hour before serving.

Pour a thin layer of olive oil over the top of the pesto to help keep its bright green colour.

**VARIATION**

For a different flavor, substitute one cup of the basil leaves with other herbs such as cilantro, parsley or mint.
"If you don’t have almonds, cashews or pine nuts work well in this recipe."
Green Soup for One

A quick soup, packed with minerals and flavor. Easy to throw together and adapt for what you have on hand. Serves 1.

INGREDIENTS

1 large handful of baby spinach
1 tbsp coconut oil or butter
1/2 a leek cleaned, dark green ends removed and roughly chopped (or 1/2 an onion)
1 small zucchini, roughly chopped
1 clove of garlic, roughly chopped
Handful of fresh parsley
Juice of 1/2 a lemon
1 1/2 cups water or stock
1 tsp Superfood Greens powder
Sea salt and black pepper to taste

TOOLS YOU’LL NEED

Handheld stick blender or blender

METHOD

In a small pot over a low-medium heat, sauté leek/onion and zucchini with oil/butter and salt until softened.

Add stock and bring to a simmer then take off the heat. Add spinach, parsley and lemon juice.

Blitz with a hand-held stick blender or put into your blender jug. Blend until smooth. Add salt and pepper to taste.

Allow soup to cool and then blend through the greens powder before serving.
The proteins and enzymes in the greens powder will denature at 62.5 C/ 114.5 F, so ensure that your soup has cooled to this temperature or less before you stir through the greens powder!
Avocado Chocolate Mousse

Our version of a popular favorite! Serves 2.

**INGREDIENTS**

- 2 medium-sized ripe avocados
- 1/3 cup raw cacao powder
- 5 fresh dates, pitted and roughly chopped
- 1/4 cup coconut milk, nut milk or filtered water
- 1 tsp natural vanilla extract
- 1 tsp Superfood Greens powder
- A pinch of sea salt

*Optional:* dried coconut, grated dark chocolate or berries to serve

**METHOD**

Soak the dates in the milk for 10-30 minutes to soften. In a blender, add the avocado flesh, dates, milk, vanilla, salt, cacao and Superfood Greens powder. Blend until smooth. You may need to add a little more liquid to facilitate blending, and scrape down the sides of the jug a few times.

Adjust ingredients to taste, adding more cacao powder if needed. Garnish with your choice of toppings and serve.

**TOOLS YOU’LL NEED**

- Blender
Not Peanut Butter Green Cookies

These are the perfect cookies for an afternoon treat or when the kids want something sweet! Makes 10 small cookies.

**INGREDIENTS**

- 1/2 cup raw almond or cashew butter
- 1/4 cup raw honey or pure maple syrup (add more or less to taste)
- 1/2 tsp vanilla extract
- Dash sea salt
- 2 tsps Superfood Greens powder
- 1/2 cup coarsely ground almonds (for coating)

**METHOD**

Place the nut butter, maple syrup, vanilla, salt and greens powder in a food processor and process until smooth.

Transfer to a bowl and freeze for 30 minutes.

Remove from freezer and form into 1” balls and flatten into the shape of cookies.

Roll each cookie in the ground almonds and place back in the freezer until firmly set.

**TOOLS YOU’LL NEED**

Food Processor
Chia Pudding For One

One of the easiest and tastiest ways to enjoy chia seeds plus get all of the nutritional goodness from the greens, in one healthy pudding! Serves 1.

INGREDIENTS

1/2 cup organic chia seeds
1 1/2 cups milk of choice (almond, coconut, hemp or organic dairy)
1/4 cup frozen berries
Stevia, to taste
1/2 tsp Superfood Greens powder
1/4 tsp vanilla powder
Pinch of salt

METHOD

Place all the ingredients in a bowl and stir.
Cover and refrigerate for an hour before serving.
Garnish with cacao nibs or shredded coconut and enjoy.

Note: This is perfect as a delicious and filling breakfast too!
Chia seeds are a powerhouse of essential nutrients! They are a great source of Omega-3 Fatty Acids, calcium and fiber.
Green Power Energy Balls

These nutrient dense balls are the perfect snack for kids and adults and will keep you feeling full. Makes 8 medium balls.

**INGREDIENTS**

1/2 cup almonds, roughly chopped
1/2 cup mixed seeds (sunflower, chia, hemp, pepitas etc)
1 tbsp Superfood Greens powder
1/2 cup coconut butter
1/4 cup nut butter (cashew, brazil nut, almond etc.)
1/4 tsp vanilla extract
8 drops Stevia (optional) or 4 dates (pitted)

**Optional:** shredded coconut and sesame seeds for coating

**TOOLS YOU’LL NEED**

Food processor

**METHOD**

Place the almonds, mixed seeds and Superfood Greens powder in a food processor and process until combined.

Add the coconut and nut butter, vanilla extract and Stevia and process until well combined and ready for rolling.

Divide the mixture into 8 equal parts and roll into balls.

**Optional:** Coat half the balls with the shredded coconut and the other half with sesame seeds.

Place the balls on a flat tray, spaced apart, and refrigerate for 30 minutes or until set.
Tahini & Nut Butter Bliss Balls with Greens

A healthy, delicious treat that is both quick and easy to make and the kids can help with the preparation. Makes 12 large balls

**INGREDIENTS**

1/2 cup tahini

3/4 cup peanut butter (or other nut butter of your choice)

1/2 cup shredded or desiccated coconut

1/4 cup raw cacao powder

3/4 cup sunflower seeds

1/4 dates (soften if they are dried)

1 Tbsp Superfood Greens powder

1/3 cup raw honey or pure maple syrup (add more or less to taste)

Optional: 3/4 cup sesame seeds for coating

**TOOLS YOU’LL NEED**

Food Processor

**METHOD**

Place all the ingredients in food processor and mix until well combined.

With your hands, roll the mixture into large balls.

Optional: Pour the sesame seeds onto a chopping board and roll the balls in the mix to coat.

Place the balls on a flat tray, spaced apart, and refrigerate for 30 minutes or until set.
To get the maximum health benefits out of your nuts and seeds, soak them overnight in warm salty water. These are referred to as ‘activated nuts’.
Super Simple Superfood Smoothie

Healthy food doesn’t have to be fussy or complicated. This is great as a quick breakfast or afternoon snack. Serves 1.

INGREDIENTS

2 tbsp Superfood Protein blend
8 oz milk of choice (almond, coconut, hemp or organic dairy)

TOOLS YOU’LL NEED

Blender

METHOD

Blend everything in your blender until smooth.

(Adding a few ice cubes in the blender will make the smoothie thicker and creamier)
Super Simple Green Superfood Smoothie

A healthy smoothie with a nutritional boost from amazing grasses and algae. Serves 1.

**INGREDIENTS**

- 2 tbsp Superfood Protein blend
- 1 tsp Superfood Greens blend
- 8 oz milk of choice (almond, coconut, hemp or organic dairy)

**TOOLS YOU’LL NEED**

- Blender

**METHOD**

Blend everything in your blender until smooth.
Wild Berry Smoothie

A meal in itself and great for breakfast, this is the ultimate whole food, pro-biotic protein shake. Serves 2.

**INGREDIENTS**

- 2 tbsp Superfood Protein blend
- 2 cups homemade kefir or store-bought whole organic live yogurt
- 1 tbsp coconut oil
- 1 cup organic, fresh or frozen berries
- 6 ice cubes
- Optional: raw honey to taste

**TOOLS YOU’LL NEED**

Blender

**METHOD**

Blend everything in your blender until smooth.
# Metabolism Boost Smoothie

An amazing source of medium chain triglyceride fats to boost your metabolism. Serves 1.

## Ingredients

- 2 tbsp Superfood Protein blend
- 8 oz milk of choice (almond, coconut, hemp or organic dairy)
- 1 tbsp coconut oil
- 1/2 ripe avocado
- Optional: raw honey to taste

## Tools You’ll Need

- Blender

## Method

Blend everything in your blender until smooth.

## Tip

The good fats found in coconuts and avocados are an amazing source of slow release energy, that will keep you going for longer than other energy sources.
Berry Antioxidant Smoothie

Sure to be a hit with the whole family, especially the kids. A great alternative to the Wild Berry Smoothie if you are trying to avoid dairy. Serves 1-2.

INGREDIENTS

- 2 tbsp Superfood Protein blend
- 8 oz milk of choice (almond, coconut, hemp or organic dairy)
- 1/2 cup organic, frozen mixed berries (strawberries, blueberries, blackberries and raspberries)
- 1/2 frozen banana

TOOLS YOU’LL NEED

Blender

METHOD

Blend everything in your blender until smooth.

TIP

Feel free to use whatever berries you have in your freezer! You could use fresh berries, but frozen berries will help your smoothie be cold and thick.
“Frozen berries are a great thing to have in your freezer and are great for adding taste, sweetness and an antioxidant boost to smoothies.”
Choc Fix Smoothie

This quick and nutritious smoothie is the ultimate drink for chocolate lovers and is sure to keep you satiated till your next meal. If you love this, also try the Cacao Mudshake! Serves 1.

**INGREDIENTS**

2 tbsp Superfood Protein blend
1 tbsp raw cacao powder
8 oz milk of choice (almond, coconut, hemp or organic dairy)
1 tsp raw honey

*Optional:* 1 tsp cacao nibs to sprinkle on top (if you’re feeling fancy)

**TOOLS YOU’LL NEED**

Blender

**METHOD**

Blend everything in your blender until smooth and creamy.
Enjoy straight away!
Calcium Booster Smoothie

A great smoothie for those who don’t like things too sweet. The tahini adds a delightful nutty taste. Serves 1

INGREDIENTS

2 tbsp Superfood Protein blend
1 tbsp tahini
1 tbsp raw sesame seeds
8 oz spring or filtered water

TOOLS YOU’LL NEED

Blender

METHOD

Blend everything in your blender until smooth and creamy.

TIP

Tahini is made from sesame seeds and is highly nutritious. It is used in lots of Middle Eastern cooking and is one of the key ingredients in hummus!
Mega Protein Smoothie

For a hit of protein after your workout, try this simple smoothie. It’s sure to become a favorite part of your exercise ritual. Serves 1

INGREDIENTS

5 tbsp Superfood Protein blend
2 Tbsp goji berries
12 oz hemp milk

TOOLS YOU’LL NEED

Blender

METHOD

Blend everything in your blender until smooth and creamy.

TIP

Hemp milk is produced in much the same way as most nut ‘milks’. It is an amazing source of plant-based, clean protein. If you can’t find it in your local store, it is possible to make your own from whole, hulled hemp seeds and water.
Blender Bliss Smoothies

Smoothies are a great way to start your day or as a quick, easy and nutritious snack between meals.

TIP

When making smoothies, wash and prep leafy green vegetables by removing the stems.

TOOLS YOU’LL NEED

Blender

METHOD

Blend all of the ingredients together in a blender until smooth.

Add ice for a thicker consistency.

Serve immediately!

Creamy Mango Smoothie

Serves 1.

INGREDIENTS

2 tbsp Superfood Protein blend
1 cup milk of choice (almond, coconut, hemp or organic dairy)
3/4 cup of fresh/frozen mango pieces

Optional: mint leaves for garnish
**Pina Colada Smoothie**

Serves 1.

**INGREDIENTS**

- 2 tbsp Superfood Protein blend
- 1 banana
- 1 handful of fresh strawberries
- 1 cup fresh pineapple cubed
- 1 cup milk of choice (almond, coconut, hemp or organic dairy)
- Ice cubes as required

**Cacao Mudshake**

Serves 1.

**INGREDIENTS**

- 2 tbsp Superfood Protein blend
- 1 tbsp raw cacao powder
- 1 tbsp maca powder (optional)
- 1 banana
- 1 small avocado
- 1/2 cup milk of choice (almond, coconut, hemp or organic dairy)

Optional: 1 tsp cacao nibs to sprinkle on top (if you’re feeling fancy)
Even More Blender Bliss Smoothies

Green Breakfast Smoothie
Serves 1

**INGREDIENTS**
2 tbsp Superfood Protein blend
1 tsp Superfood Greens blend
1 cup frozen, organic spinach
1/2 frozen banana
8 oz spring or filtered water

Chai Spice Smoothie
Serves 1

**INGREDIENTS**
2 tbsp Superfood Protein blend
1/2 tsp cinnamon
1/2 tsp ground cardamon
1/2 tsp ground clove
1/2 tsp ground nutmeg
1 tsp raw honey
8 oz milk of choice (almond, coconut, hemp or organic dairy)
Island Coconut Smoothie

Serves 1.

**INGREDIENTS**

2 tbsp Superfood Protein blend
2 tbsp fresh coconut meat
1 tbsp extra virgin coconut oil
8 oz fresh coconut water

*Optional*: 1 tsp coconut palm sugar

**TIP**

There are no ‘rules’ when it comes to making smoothies! One of our favorite things to do is experiment with different ingredient combinations (you’ll quickly learn what doesn’t work!).
Super Simple Overnight Oats

A quick and easy breakfast meal that you prepare the night before. Perfect start to your day! Serves 1.

INGREDIENTS

2 tbsp Superfood Protein blend
2/3 cup milk of choice (almond, coconut, hemp or organic dairy)
1/2 cup organic rolled oats
1/2 cup of homemade kefir or store-bought whole organic live yoghurt

TOOLS YOU’LL NEED

Mason Jar

METHOD

The night before you want your oats for breakfast, mix together all the ingredients and place in a sealed mason jar.

Refrigerate the mixture overnight.

Wake up to an amazing nutritious breakfast!
Oats are a healthy comfort food, rich in protein, B-vitamins, calcium, iron, and beta-glucan, an especially healthy form of fiber.
Raw Lemon & Coconut Blissful Balls

These tiny treats are filled with amazing nutrients to help promote healthy skin, hair and nails. You will feel radiant from the inside out. Makes 25.

INGREDIENTS

2 tbsp Superfood Protein blend
1 cup ground almonds
4 tbsp raw coconut oil
1 lemon (juice and zest)
2 cups organic desiccated coconut
2 tbsp raw honey (or other natural sweetener of your choice)
1 pinch fine himalayan salt

TOOLS YOU’LL NEED

Food Processor

METHOD

Blend all of the ingredients (except 1/2 cup desiccated coconut) in a food processor for 2 minutes or until a dough-like consistency forms

Divide mixture into 25 parts and roll into balls with your hands

Place 1/2 cup desiccated coconut into a small bowl and roll each ball in the coconut to coat

Place in the fridge and enjoy when you feel like a treat! (keep for approx. 4 days, or freeze to keep for up to a month).
Raw Chocolate Bliss Balls

For those with a sweet tooth, these little balls may become one of your new favorites! Makes 25.

**INGREDIENTS**

- 2 tbsp Superfood Protein blend
- 12 pitted medjool dates
- 1/2 cup raw cacao powder
- 1/2 cup raw ground almonds
- 1/4 cup mixed raw organic seeds of your choice (sunflower and pepitas are great)
- 1/2 cup filtered or spring water
- 1 cup desiccated coconut

*Optional:* 1 tbsp raw honey for extra sweetness

**TOOLS YOU’LL NEED**

Food Processor

**METHOD**

Put seeds in the food processor and blend for 30 seconds.

Add all the remaining ingredients (except for 1/2 cup of desiccated coconut).

Pulse until a dough-like consistency is formed (add more water if needed).

Divide mixture into 25 parts and roll into balls with your hands.

Place 1/2 cup desiccated coconut into a small bowl and roll each ball in the coconut to coat.

Place in the fridge and enjoy when you feel like a treat! (keep for approx. 4 days, or freeze to keep for up to a month).
Coconut Banana Bread

This is not your average loaf of bread. A great sugar-stabilizing snack that will not only keep you from reaching for the sugary treats, but will help kick your metabolism into gear. Serves 6.

**METHOD**

Preheat oven to 350F (180C).

In a bowl, mash the bananas with the chopped dates.

In another bowl, whisk the eggs until they are fluffy, then combine with the banana-date mash. Stir in the oil and maple syrup or honey. Add the flour, baking powder, salt and cinnamon. Combine well.

Transfer the batter to a loaf pan, greased and lined. Flatten with a rubber spatula.

Bake for 35-40 minutes, or until a knife comes out clean.

Serve while warm, or cool and store in an air-tight container in the fridge.

**INGREDIENTS**

- 4 tbsp Superfood Protein blend
- 2 bananas, or at least 1 heaping cup of chopped bananas
- 4 fresh dates, pitted and chopped (soak in warm water if they are quite dry)
- 4 medium organic free-range eggs
- 1/4 cup coconut oil, melted
- 1 tbsp maple syrup or raw honey
- 1/2 cup coconut flour
- 1/2 tsp aluminum-free baking powder
- 1/4 tsp unrefined sea salt
- 1/2 tsp group cinnamon

**TOOLS YOU’LL NEED**

- Loaf pan
- Oven
Happy Hot Chocolate

The ultimate feel good, heart warming drink with an awesome complex hint of coconut and caramel. Serves 1, happily.

INGREDIENTS

- 2 tbsp Superfood Protein blend
- 2/3 mug hot water straight out of the kettle
- 1/3 mug milk of choice (almond, coconut, hemp or organic dairy)
- 1 generous tbsp raw cacao powder

Optional: raw honey, coconut sugar or natural stevia to taste

TOOLS YOU’LL NEED

- Blender

METHOD

Blend everything in your blender until smooth.

TIP

When blending hot ingredients, the heat can cause the lid to stick. Take extra care removing the lid.