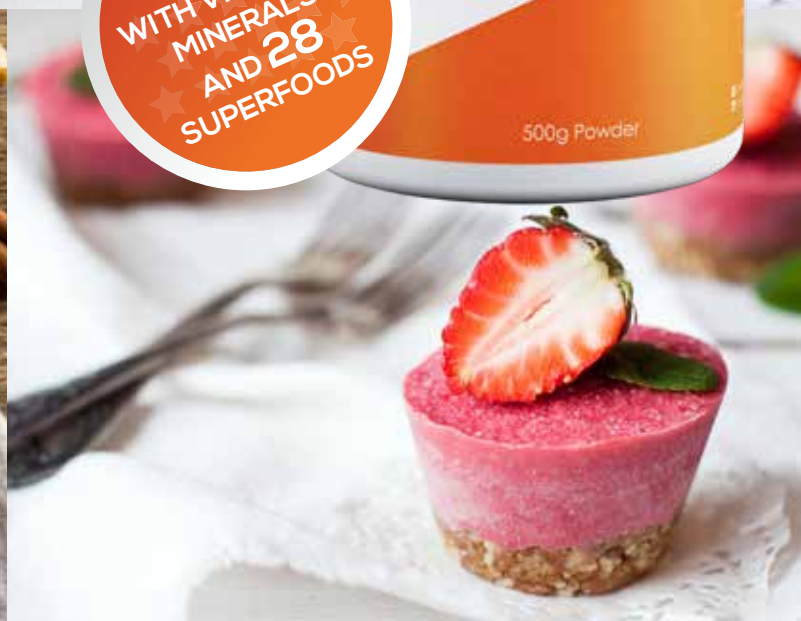


# Ultimate Superfood *Healthy Recipes*

CONTAINS  
SUPERIOR  
EUROPEAN GOLDEN  
PEA PROTEIN  
WITH 3x TIMES THE PROTEIN  
CONTENT OF REGULAR  
PEA PROTEIN  
POWDERS

PACKED  
WITH VITAMINS,  
MINERALS  
AND 28  
SUPERFOODS







# Ultimate Superfood

The Ultimate Superfood powder is a breakthrough formula combining 28 different superfoods, greens, superior golden pea protein, digestive enzymes, vitamins, minerals and liver cleansing herbs.

## MAIN BENEFITS:

- Provides potent vegetarian protein
- Boosts energy levels
- Optimises fat burning in the liver
- Strengthens the immune system
- Enhances the removal of toxins
- High in antioxidants

## SUITABLE FOR THOSE WHO:

- Have inflammation in the body
- Lack energy or suffer fatigue
- Want to supplement their diet with a super-nutrient and protein formula
- Are exposed to toxins/ chemicals through
- Have a weak immune system
- Want anti-ageing benefits
- Have a toxic or fatty liver
- Experience regular stress
- Have frequent headaches or pain
- Want healthy, glowing skin
- Are time poor and need a quick nutrient boost
- Have methylation issues and need the activated form of folate



## INGREDIENTS:

Pea Protein Isolate, Lucuma, Mangosteen Fruit, Carrot, Rosehip, Apple, Sacha Inchi Protein, Calcium Carbonate, Silica Colloidal, Grapeseed, Bromelain, Natural Vanilla Flavour, Chia Seed, Dandelion Leaf, Kakadu Plum, Kelp, Acai Berry, Camu Camu, Peppermint Leaf, Maqui Berry, Pomegranate Juice, Rosemary, Coconut Water, Spinach Leaf, Cocoa, Noni Fruit, Pineapple Juice, Papain, Calcium Citrate, Carica Papaya Fruit, Broccoli, Bilberry Fruit, Ascorbic Acid, Acerola Berry, Magnesium Citrate, Citric Acid, St Mary's Thistle, Turmeric, Vitamin and Mineral mix, Ashwagandha, Beetroot, Citrus Bioflavonoids, Natural Dark Chocolate Flavour, 5-Methyltetrahydrofolate

# Breakfast



Serves: 1



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Apple cinnamon porridge

### Ingredients

- ¼ cup quinoa flakes
- 1 tbsp LSA
- ¼ cup chopped pecans or walnuts
- 1 tbsp chia seeds
- 1 tsp honey
- 1 small apple, cored and diced
- ½ tsp cinnamon
- ¾ cup almond or macadamia milk
- 1 scoop **Ultimate Superfood powder**

### Method

1. Add all ingredients to a saucepan (except the **Ultimate Superfood powder**) and stir on medium heat for about 10 minutes or until creamy and remove from heat.
2. Allow to sit for 5 minutes and stir through the **Ultimate Superfood powder** and serve immediately.





# Breakfast



Serves: 2



VEGETARIAN



DAIRY FREE

## Blueberry banana overnight oats

### Ingredients

- ½ cup rolled oats
- 4 tbsp chia seeds
- ½ cup almonds, chopped
- 2 scoops **Ultimate Superfood powder**
- 1 cup unsweetened coconut yoghurt
- 1 cup blueberries
- 1 banana
- Dash water
- Pinch cinnamon

### Method

1. Divide ingredients evenly between two jars and stir. Top with additional blueberries and banana if desired.
2. Cover and allow to set overnight.



# Breakfast



Serves: 1



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Carrot cake quinoa porridge

### Ingredients

- ½ cup quinoa flakes
- 1 tbsp chia seeds
- 1 scoop **Ultimate Superfood powder**
- 2 tbsp crushed walnuts
- ½ carrot, grated
- ½ apple, cored and grated
- Pinch cinnamon
- Pinch nutmeg
- 2 tsp sultanas, chopped
- 1/3 cup almond milk

### Method

1. Mix all ingredients together and transfer to a bowl or mason jar.
2. Refrigerate for 2 hours or overnight.
3. Serve by itself or top with some coconut yoghurt.





# Breakfast



Serves: 2



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Banana peanut protein pancakes

### Ingredients

- 3 bananas
- 2 eggs
- 2 tbsp chia seeds
- 1/3 cup **Ultimate Superfood powder**
- 3 tbsp natural peanut butter
- 2 tbsp almond meal
- 1 tbsp coconut oil (for frying)

### Method

1. Add all ingredients except the coconut oil to a blender and blend until a thick batter-like consistency is achieved.
2. Heat oil in a frying pan on medium heat and spoon mixture into the pan. Heat until browned on the bottom, flip and leave for 1-2 minutes or until cooked through.
3. Eat by themselves or top with additional peanut butter, honey or fruit.



# Beverages



Serves: 1



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Coconut mocha smoothie

### Ingredients

- ¾ cup coconut milk
- ¼ cup cold coffee
- 1 small banana
- 2 tbsp coconut flakes
- 1 scoop **Ultimate Superfood powder**
- 1 tsp cacao powder
- 1 tbsp chia seeds
- Handful ice

### Method

1. Place all ingredients in a blender and blend until smooth.

**Optional:** Grate dark chocolate to top.





# Beverages



Serves: 2



## Cherry Smoothie

### Ingredients

- 1 cup cherries, pips and stalks removed
- 1 banana
- 1 cup milk of choice
- 1 scoop **Ultimate Superfood powder**
- 1 cup ice
- 2 tbsp hemp seeds

### Method

1. Place all ingredients in blender and blend until smooth.

**Tip:** Use frozen fruit for a thicker consistency.





# Beverages



Serves: 1



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Green Superfood Smoothie

### Ingredients

- 2 large handfuls leafy greens (baby spinach, kale etc)
- 1 frozen banana
- 2 tbsp hemp seeds
- 1 scoop **Ultimate Superfood powder**
- 1 cup coconut water
- Juice of ½ lime

### Method

1. Add all ingredients to a blender and blend until smooth. Add extra liquid if you prefer a thinner consistency.



# Beverages



Serves: 1



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## *Liver cleansing juice*

### Ingredients

- 1 cup spinach
- 2 large cabbage leaves
- 1 carrot
- 1 beetroot
- 1 apple
- 1 scoop **Ultimate Superfood powder**

### Method

1. Wash and trim produce and run it through a juicer.
2. Transfer to a glass, add the **Ultimate Superfood powder** and stir well.





# Snacks



Makes: 15-20



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Choc-tahini protein balls

### Ingredients

- ¾ cup cashews or other nuts
- ¼ cup sesame seeds + extra for rolling
- ½ cup **Ultimate Superfood powder**
- 3 tbsp chia seeds
- ¼ cup cacao powder
- 1/3 cup dates (pre-soaked)
- ¼ cup coconut oil
- ½ cup tahini

### Method

1. In a food processor, blend dry ingredients until nuts are broken down and set aside.
2. Blend wet ingredients until well combined. Add the dry ingredients back in and blend until a thick batter is achieved. If mixture is too dry add a dash of water, if too wet add additional superfood powder or ground nuts.
3. Roll 1 tablespoon of mixture at a time into balls and coat in sesame seeds. Store in an airtight container in the fridge.



# Snacks



Serves: 8



VEGETARIAN



DAIRY FREE



## No-bake granola bars

### Ingredients

- ½ cup oats
- ¾ cup almond butter
- ½ cup almond meal
- 1 cup chopped nuts and seeds
- ¼ cup chia seeds
- ½ cup dried cranberries or sultanas
- ¼ cup coconut oil (melted)
- 3 tbsp natural honey
- 8 scoops **Ultimate Superfood powder**

### Method

1. Grease or line a small slice tray.
2. Add all ingredients to a large mixing bowl. Use hands to combine mixture. If mixture is too dry, add in additional coconut oil.
3. Transfer mixture to the slice tray, pressing down firmly and evenly.
4. Allow to set in fridge for 2 hours and then cut into bars.



# Snacks



Serves: 8



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Choc-Superfood rice crispies

### Ingredients

- 1 cup puffed rice
- ¼ cup **Ultimate Superfood powder**
- ½ cup desiccated coconut
- ½ cup almond butter
- 2 tbsp cacao powder (add more for richer flavour)
- ¼ cup coconut oil
- ¼ cup honey

### Method

1. Melt almond butter, coconut oil and honey in a bowl.
2. Stir through remaining ingredients until everything is evenly coated.
3. Transfer to a slice tin, pressing mixture down firmly. Allow to set in the fridge for at least 2 hours and cut into slices.

**Note:** Will melt at room temperature.



# Dessert



Serves: 2



## Healthy berry coconut popsicles

### Ingredients

- 1 cup fresh or frozen berries
- 2 scoops **Ultimate Superfood powder**
- 1 cup coconut cream

### Method

1. Blend half the berries, **Ultimate Superfood powder** and coconut milk or water in a blender until smooth. Stir through the remaining berries.
2. Pour evenly between two popsicle moulds and place in the freezer for 20 minutes. Remove from freezer and place the stick into the centre of each popsicle and put back into the freezer for 2 hours or until set.





# Dessert



Serves: 2



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## *Snickers 'nice cream'*

### Ingredients

- 2 small frozen bananas
- ¼ cup peanut butter
- 2 scoops **Ultimate Superfood powder**
- 2 tbsp cacao nibs
- 2 tbsp chopped nuts

### Method

1. Add bananas, peanut butter and **Ultimate Superfood powder** to a blender and blend until smooth.
2. Fold through cacao nibs and chopped nuts and enjoy.



# Dessert



Serves: 6



VEGETARIAN GLUTEN FREE DAIRY FREE



## Strawberry cashew cheesecake

### Ingredients

#### **Crust:**

- ¼ cup quinoa flakes
- ¼ cup almonds
- 10 Medjool dates, seeds removed and soaked
- 1/3 cup shredded or desiccated coconut
- 6 scoops **Ultimate Superfood powder**
- Dash water

#### **Filling:**

- 1 cup cashews soaked overnight
- 1/3 cup coconut cream
- Juice and zest of 1 lemon
- 3 tbsp. honey
- ¾ cup fresh or frozen strawberries
- 1 tbsp vanilla essence
- 4 tbsp. melted coconut oil
- Pinch sea salt

### Method

1. Add the crust ingredients to a food processor and blend until combined. If mixture is too dry, add additional water 1 tablespoon at a time.
2. Grease or line small cake tin or small muffin tin if you want individual cheesecakes.
3. Transfer the crust ingredients to the cake tin, evenly distribute and press down firmly.
4. Add all the filling ingredients to a blender and blend on high speed until mixture is smooth and creamy. You may need to add a little water if you find that your blender is struggling to make the mixture smooth.
5. Pour filling mixture on top of the of the base and spread evenly using a spatula.
6. Place in freezer to set for about 2 hours.
7. Top with additional berries or nuts as desired.