



Hemp Protein Smoothie Bowl

With Naturya Hemp Protein, NTY-FOHEMNT30001



 1 servings  5 minutes

INGREDIENTS

1 banana (fresh or frozen)
1 large or 2 small beetroots
Handful of spinach
2-3 tbsp Naturya Hemp Protein Powder
Splash of plant-based milk

TOPPINGS

Naturya Superberries
Breakfast Boost



DIRECTIONS

1. Add all the ingredients to a blender and whizz until smooth. Only add in a little liquid to ensure it's nice and thick.
2. Pour into a bowl and then top with some wonderful Superberries Breakfast Boost and enjoy!

Maca Houmous

With Creative Nature Maca Powder, CRN-MACAPOWDER250G



 5 servings  10 minutes

INGREDIENTS



1x 400g can chickpeas
4 tablespoons
sunflower butter
1/4 cup water (+ 2
tablespoons as needed)
1 small garlic clove or
1 teaspoon garlic
powder
juice of 1 or 2 lemons,
to taste

2 tsp maca powder
1/2 to 1 teaspoon
cumin
1/2 teaspoon salt or to
taste
2 tbsp olive oil

Maca Houmous

Continued



 5 servings  10 minutes

DIRECTIONS



1. Add all ingredients to your blender and blend for 30 seconds.
2. Take off the blender and give a stir to loosen any unblended parts that are stuck to the sides.
3. Blend for a further 30 seconds.
4. Test the consistency of the houmous.
5. Add a splash of water if it is too thick.
6. Serve with crudites and enjoy!

Mocha doughnuts



With Vivo Life Ground Coffee with Lion's Mane, VL-MCOFFEE-UK



 6 servings  20 minutes

INGREDIENTS

1 cup wheat flour
1.5 tbsp cacao powder
1/2 cup coconut sugar
1 tsp baking powder
1/4 tsp salt
1/2 mashed banana
1/4 cup Vivo Life
Ground Coffee with
Lion's Mane
1/4 cup + 2 tbsp plant
milk
1 tsp vanilla extract



DIRECTIONS

1. Brew 1/4 cup of black coffee and leave to the side to cool.
2. Mix all dry ingredients in a large bowl. Then add in mashed banana, brewed coffee and plant milk. Mix until well combined.
3. Pour the batter into doughnut moulds filling them until 3/4 full, allowing enough room to rise.
4. Bake at 180C for 12 min.
5. Leave to cool before removing from of moulds.
6. Dunk the doughnuts in a melted chocolate glaze if desired and enjoy.

Blueberry Chia Porridge

With Arctic Power Berries Blueberry powder, APB-BLUE-70



 2 servings  10 minutes

INGREDIENTS

100g jumbo or porridge oats
2 tbsp chia seeds
500ml milk of choice
2 tsp Arctic Power Berries Blueberry Powder
2 tsp maple syrup or honey (optional)
Coconut flakes, peanut butter, almonds, cacao nibs, bee pollen for serving

DIRECTIONS

1. Mix together oats, chia seeds and milk of choice in a pan. Bring to the boil, stir and simmer for 5 - 8 minutes or until cooked to desired consistency.
2. Once cooked, stir through blueberry powder off the heat and serve with suggested or desired toppings.

Roasted Red Pepper & Tomato Soup

With Herbamare Seasoning Salt, AV-10032



6 servings



50 minutes

INGREDIENTS



3 red peppers quartered,
with stalks removed
1kg of assorted tomatoes,
roughly chopped
1 small red onion, cut
into wedges
2 carrots roughly
chopped
2 celery sticks roughly
chopped

1L of Herbamare bouillon
or vegetable stock
Sprinkling of Herbamare
plus dried herbs: basil,
thyme, rosemary and
garlic granules
Drizzle of extra virgin
olive oil

Roasted Red Pepper & Tomato Soup

Continued



 6 servings  50 minutes

DIRECTIONS

1. Prepare and arrange your vegetables on a baking tray (multiple if needed).
2. Drizzle with extra virgin olive oil, then season with Herbamare and the dried herbs.
3. Bake in a pre-heated oven at 180°C for 40 minutes.
4. Remove any tomato stalks and add to a pot with the stock.
5. Blitz until smooth, garnish and serve.

Dark Chocolate Bark

With Invivo's Bio.Me Prebio PHGG, INV-PHG225G



6 servings



10 minutes

INGREDIENTS

200g of 70%+ dark chocolate

A handful of raisins

A handful of finely chopped hazelnuts

A handful of pecans

A handful of walnuts

A handful of dried cranberries

1 tsp of Invivo's Bio.Me Prebio PHGG



DIRECTIONS

1. Set a glass bowl over a pan of water
2. Break the chocolate into small pieces and place into your bowl.
3. Bring the water to a boil and gently melt your chocolate.
4. Add 1 tsp of Bio.Me Prebio PHGG
5. Incorporate the PHGG into the melted chocolate.
6. Create a spread of your fruit and nuts.
7. Cover with your melted chocolate.
8. Sprinkle with chopped hazelnuts.
9. Leave to chill.

Vegan Vanilla Matcha Fudge

With Nuzest Clean Lean Protein Smooth Vanilla, NZ-CLP250-P-SV



 16 servings  2 Hours

INGREDIENTS

200g runny cashew
butter
2 scoops Vanilla
Matcha Clean Lean
Protein
1 tsp vanilla extract
1 tbsp maple syrup
1 tbsp coconut oil,
melted
20g dairy free white
chocolate, melted

DIRECTIONS

1. Mix all the ingredients together in a bowl until well combined (excluding the white chocolate).
2. Transfer the mixture to a 14cm x 14cm lined container and press into a square shape, ensuring you have an even thickness throughout.
3. Place in the freezer for a minimum of 2 hours.
4. Cut into 16 pieces and drizzle with white chocolate.
5. Store in the freezer and just leave at room temperature for a minute or two before eating.

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