

# Crunchy Yogurt Clusters

12 SERVINGS 2 HOURS



## INGREDIENTS

3/4 cup Plain Greek Yogurt  
1/2 cup Almonds  
1/4 cup Cashews  
1/4 cup Pumpkin Seeds  
1/4 cup Dried Unsweetened Cranberries

## NUTRITION

### AMOUNT PER SERVING

Calories	82	Sodium	10mg
Fat	6g	Potassium	60mg
Carbs	5g	Vitamin A	78IU
Fiber	1g	Vitamin C	1mg
Sugar	2g	Calcium	50mg
Protein	4g	Iron	1mg
Cholesterol	2mg	Phosphoro...	43mg

## DIRECTIONS

- 01 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 02 Add all ingredients in a bowl and mix well to combine. Scoop the mixture and transfer to the lined baking sheet, forming clusters of about 2 to 2.5 inches.
- 03 Freeze for at least 2 hours before serving. Enjoy!

## NOTES

### LEFTOVERS

Keep frozen in an airtight container or freezer bag. Line with parchment paper between pieces if needed.

### SERVING SIZE

One serving equals roughly one cluster.

### NUT-FREE

Use pumpkin seeds and sunflower seeds instead.

### MORE FLAVOR

Add maple syrup.

### ADDITIONAL TOPPINGS

Top with hemp seeds, bee pollen or pomegranate seeds.

### DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

# Raspberry Avocado Ice Cream

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Avocado  
1 cup Raspberries (frozen)  
1/2 Banana (small, frozen)  
3 tbsps Organic Coconut Milk (full fat, from the can)  
1 tbsp Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	285	Sodium	15mg
Fat	19g	Potassium	741mg
Carbs	30g	Vitamin A	186IU
Fiber	12g	Vitamin C	29mg
Sugar	13g	Calcium	40mg
Protein	3g	Iron	1mg
Cholesterol	0mg	Phosphoro...	77mg

## DIRECTIONS

- 01 Add all ingredients to a food processor and blend until smooth and creamy.
- 02 Serve immediately and enjoy!

## NOTES

### LEFTOVERS

Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

### SERVING SIZE

One serving is equal to approximately 3/4 cup.

### MORE FLAVOR

Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

### ADDITIONAL TOPPINGS

Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

### NO RASPBERRIES

Use strawberries instead.

# Mojito Sorbet

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 Cucumber (large, chopped and frozen)  
1/4 cup Mint Leaves (fresh)  
1/2 Lime (juiced)  
1 tbsp Maple Syrup  
2 tbsps Water (cold)

## DIRECTIONS

- 01 Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
- 02 Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	42	Sodium	4mg
Fat	0g	Potassium	163mg
Carbs	11g	Vitamin A	220IU
Fiber	1g	Vitamin C	6mg
Sugar	7g	Calcium	33mg
Protein	1g	Iron	0mg
Cholesterol	0mg	Phosphoro...	22mg



# Pina Colada Ice Cream

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Organic Coconut Milk (canned)

## NUTRITION

### AMOUNT PER SERVING

Calories	147	Sodium	9mg
Fat	6g	Potassium	347mg
Carbs	25g	Vitamin A	86IU
Fiber	3g	Vitamin C	45mg
Sugar	16g	Calcium	15mg
Protein	1g	Iron	0mg
Cholesterol	0mg	Phosphoro...	20mg

## DIRECTIONS

- 01 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### IT'S 5 O'CLOCK SOMEWHERE

Add rum.

# Peach Raspberry Agua Fresca

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Peach (peeled and quartered)  
1 cup Raspberries  
2 tbsps Maple Syrup  
2 cups Water  
6 Ice Cubes (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	142	Sodium	8mg
Fat	1g	Potassium	420mg
Carbs	35g	Vitamin A	509IU
Fiber	6g	Vitamin C	26mg
Sugar	27g	Calcium	68mg
Protein	2g	Iron	1mg
Cholesterol	0mg	Phosphoro...	48mg

## DIRECTIONS

- 01 Combine all ingredients except ice in a blender. Blend well until smooth.
- 02 Refrigerate until ready to serve. Divide into glasses with ice and enjoy!

## NOTES

### LESS PULP

Strain your agua fresca after blending.

### EXTRA GARNISH

Add raspberries and sliced peaches to each glass.

### MAKE IT FIZZY

Use sparkling water instead of flat.

### ADD A KICK

Add a few pieces of sliced jalapeno to each glass.

### NO MAPLE SYRUP

Use honey instead.

# Virgin Raspberry Mojito

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/4 cup Raspberries  
3/4 cup Water  
1/4 cup Maple Syrup  
1/4 cup Mint Leaves  
1 Lime (sliced into wedges)  
4 Ice Cubes  
3 cups Sparkling Water

## NUTRITION

### AMOUNT PER SERVING

Calories	120	Sodium	8mg
Fat	0g	Potassium	152mg
Carbs	31g	Vitamin A	152IU
Fiber	1g	Vitamin C	12mg
Sugar	25g	Calcium	64mg
Protein	0g	Iron	0mg
Cholesterol	0mg	Phosphoro...	11mg

## DIRECTIONS

- 01 In a small saucepan over medium heat, add the raspberries, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.
- 02 Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

## NOTES

### IT'S 5 O'CLOCK SOMEWHERE

Add 2 oz of white rum to each serving.

### NO MAPLE SYRUP

Use honey instead.

### MAKE IT SMOOTH

Strain your raspberry puree and use the juices only.



# Mango Coconut Popsicles

4 SERVINGS 40 MINUTES



## INGREDIENTS

2 cups Frozen Mango  
1 cup Organic Coconut Milk (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	156	Sodium	16mg
Fat	11g	Potassium	230mg
Carbs	14g	Vitamin A	893IU
Fiber	1g	Vitamin C	30mg
Sugar	12g	Calcium	11mg
Protein	1g	Iron	0mg
Cholesterol	0mg	Phosphoro...	12mg

## DIRECTIONS

- 01 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 02 Roughly scoop mango puree into 3oz. paper cups.
- 03 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 04 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

## NOTES

### NO COCONUT MILK

Use almond milk or cashew milk instead.

# Mint Chocolate Chip Ice Cream

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Banana (sliced and frozen)  
1/4 cup Mint Leaves (chopped)  
50 grams Dark Organic Chocolate (at least 70% cacao, roughly chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	250	Sodium	14mg
Fat	11g	Potassium	441mg
Carbs	39g	Vitamin A	211IU
Fiber	6g	Vitamin C	11mg
Sugar	21g	Calcium	14mg
Protein	3g	Iron	2mg
Cholesterol	0mg	Phosphoro...	28mg

## DIRECTIONS

- 01 Add frozen bananas and fresh mint to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Stir in the chopped chocolate.
- 03 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### MORE CREAMY

Add 2 tbsp coconut milk.

### MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

### LESS WORK

Skip the chopping and use organic dark chocolate chips instead.



# Chocolate Banana Ice Cream

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Banana (sliced and frozen)  
2 tbsps Cocoa Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	117	Sodium	2mg
Fat	1g	Potassium	504mg
Carbs	30g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	15g	Calcium	13mg
Protein	2g	Iron	1mg
Cholesterol	0mg	Phosphoro...	65mg

## DIRECTIONS

- 01 Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### DOUBLE CHOCOLATE

Stir in organic dark chocolate chips right after processing.

### MORE CREAMY

Add 2 tbsp coconut milk.

### MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

# Strawberry Kiwi Tropical Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/4 cups Unsweetened Almond Milk  
1 cup Frozen Strawberries  
1 Kiwi (peeled, chopped)  
1/4 cup Pineapple (fresh or frozen)  
1/2 Zucchini (chopped)  
1 tbsp Chia Seeds  
2 tbsps Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	295	Sodium	235mg
Fat	8g	Potassium	1036mg
Carbs	46g	Vitamin A	1003IU
Fiber	13g	Vitamin C	192mg
Sugar	23g	Calcium	768mg
Protein	16g	Iron	4mg
Cholesterol	2mg	Phosphoro...	253mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NUT-FREE

Use hemp milk, rice milk, oat milk or water instead of almond milk.

### NO CHIA SEEDS

Use ground flax seeds instead.

### NO ZUCCHINI

Use frozen cauliflower, spinach or kale instead.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

# Pineapple Turmeric Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Almond Milk  
2 cups Pineapple (diced into chunks)  
1 tbsp Ginger (peeled and grated)  
1/2 cup Vanilla Protein Powder  
1 tsp Turmeric (powder)

## NUTRITION

### AMOUNT PER SERVING

Calories	204	Sodium	201mg
Fat	3g	Potassium	381mg
Carbs	26g	Vitamin A	595IU
Fiber	4g	Vitamin C	79mg
Sugar	16g	Calcium	589mg
Protein	21g	Iron	2mg
Cholesterol	4mg	Phosphoro...	339mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### STORAGE

Refrigerate in a sealed jar overnight. Shake before drinking.

### NO PINEAPPLE

Use mango, peaches or banana instead.



# Tropical Matcha Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Zucchini (chopped and frozen)  
1 cup Pineapple (fresh or frozen)  
3 cups Baby Spinach  
2 tsps Green Tea Powder  
1/4 cup Hemp Seeds  
2 cups Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	208	Sodium	206mg
Fat	13g	Potassium	873mg
Carbs	18g	Vitamin A	4965IU
Fiber	5g	Vitamin C	70mg
Sugar	11g	Calcium	536mg
Protein	10g	Iron	4mg
Cholesterol	0mg	Phosphoro...	396mg

## DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LIKES IT SWEET

Add honey or pitted dates.

### MORE PROTEIN

Add vanilla protein powder.

# Liquid Gold Green Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 Avocado (peeled and pitted)
- 2 Banana (frozen)
- 2 tbsps Cocoa Powder
- 2 1/2 cups Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	347	Sodium	235mg
Fat	19g	Potassium	1225mg
Carbs	48g	Vitamin A	3659IU
Fiber	14g	Vitamin C	29mg
Sugar	21g	Calcium	629mg
Protein	6g	Iron	3mg
Cholesterol	0mg	Phosphoro...	133mg

## DIRECTIONS

- 01 Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

## NOTES

### MORE PROTEIN

Add a scoop of protein powder or hemp seeds.