



# Maple Blueberry Smoothie

- Handful of Ice
- 1 Cup Frozen Blueberries
- 2 teaspoons Maple Syrup
- 1 teaspoon Cinnamon
- 1 Scoop **Amazing Grass Protein Super Food Pure Vanilla**
- 1 Cup Vanilla Almond Milk

## Instructions

1. Add ingredients to a blender in the following order: ice, blueberries, maple syrup, cinnamon, protein powder, almond milk.
2. Blend until smooth, or desired consistency.
3. Pour into individual glasses.
4. Garnish with blueberries and cinnamon & enjoy!



# Persimmon Protein Chia Pudding

- 1 Cup Almond Milk
- 2 Tablespoons Chia Seeds
- ½ teaspoon Vanilla Extract
- 1 Scoop **Orgain Organic Plant Based Protein Powder - Vanilla**
- Sliced or Diced Persimmons
- Chopped Almonds for Topping

## Instructions

1. Mix together almond milk, chia seeds, vanilla extract and protein powder in small bowl or glass jar.
2. Cover and refrigerate overnight.
3. Add persimmons and top with almonds.
4. Serve and enjoy!



# Jade Pearl Rice Ramen Noodle Soup with Radishes

- 2 Packages of **Jade Pearl Rice™  
Ramen with Miso Soup**
- 5 Radishes, sliced
- ½ Cup Tofu, cubed
- ½ teaspoon Tamari
- 1 teaspoon Mirin
- 4 Cups Water

## Instructions

1. Place 4 cups of water in a medium saucepan and bring to a boil.
2. Add ramen cakes, soup packets, radishes, tofu, tamari and mirin.
3. Simmer on low for 4 minutes, stirring occasionally.
4. Serve in individual bowls & enjoy!



## Miso Sriracha BBQ Sauce

- 3 Tablespoons **Miso Master®**
- **Organic Mellow White Miso**
- 5 Tablespoons Brown Sugar
- 4 Tablespoons Sriracha Sauce
- 1 Tablespoon Soy Sauce
- 2 Tablespoons Sesame Oil
- 2 Tablespoons Rice Wine Vinegar

### Instructions

1. Whisk all ingredients together in medium bowl until sugar is dissolved.
2. Brush over tofu, fish, chicken, or add to any dish for a boost of flavor & enjoy!



## Berry Simple Skyr Tart

- 1 Cup Raw Almonds
- 1 Cup All-Purpose Flour
- 3 Tablespoons Coconut Oil, melted
- 2 Tablespoons Honey
- 1 teaspoon Ground Cinnamon
- 2 Cups **siggi's 0% Vanilla Yogurt**
- ¼ Cup Blackberries
- ¼ Cup Blueberries
- ¼ Cup Raspberries
- ¼ Cup Strawberries

### Instructions

1. Preheat oven to 350F. Coat a 10" pie pan with non-stick cooking spray.
2. Place almonds in a food processor and pulse until crumbly.
3. Add flour and pulse for 5-10 seconds to combine.
4. Add coconut oil, honey, and cinnamon and pulse until mixture holds shape when pressed with your fingers.
5. Press crust mixture into pie pan, forming an even layer on the bottom and sides.
6. Bake in the oven for approximately 15 minutes, until very lightly browned.
7. Remove crust from the oven and let cool. The texture of the crust should be crumbly.
8. When crust is cooled, fill with siggi's yogurt. Top with berries, as desired.
9. Serve and enjoy!