

**Purium Health Products™
Snack & Sip Recipes**

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Faux Peanut Butter

Ingredients:

6 tbs. Organic Aktivated Barley
6 tbs. Rice Bran Solubles
4 tbs. Organic Tropic Oil
2 tbs. honey
Salt (to taste)

Instructions:

Mix Tropic Oil with Aktivated Barley, Rice Bran Solubles and honey. Add salt to taste.

Hints:

Melt Tropic Oil by submerging container in warm water until very soft or liquid. Let set for 5 minutes before serving. Makes ½ cup faux peanut butter.

Suggested Use:

Spread one spoonful of Faux Peanut Butter onto whole-wheat cracker. Add 1 tsp. of fruit spread and serve or serve in celery stalks.

Kamut Carrot Surprise

Ingredients:

1 tbs. Organic Kamut Blend
1 tbs. Carrot Juice Plus
8 oz purified water, chilled

Instructions:

Mix Kamut Blend and Carrot Juice Plus into chilled water and mix/shake well.

Coco-Lina Popcorn

Ingredients:

½ cup popcorn kernels
3 tbs. Organic Tropic Oil
2-4 tbs. Organic Spirulina

Instructions:

Melt Tropic Oil in pan. Add kernels, cover, and let pop, sprinkle spirulina until light green coat.

Applesauce with Cherries

Ingredients:

1 ½ cup unsweetened organic apple sauce
1 tbs. Apothe-Cherry concentrate

Instructions:

Mix ingredients together, serve chilled.

Vegetable and Rice Stir Fry

Ingredients:

1 bag fresh frozen stir fry veggies
3 c. pre-cooked brown rice
2 tbs. Organic Tropic Oil
1 egg whipped
Chopped green onion
Bragg's Aminos

Instructions:

Heat wok on high, melt oil, and add vegetables, stir-fry for 4-5 minutes, add pre-cooked brown rice in wok for an additional 5-6 minutes. Drizzle the whipped egg over and stir till egg is evenly distributed and "sticking" to the rice and veggies. Add aminos to taste.

Power Smoothie

Ingredients:

1 cup purified water
½ frozen organic banana
1 tbs. Organic Aktivated Barley
1 tsp. Organic Spirulina
1 tsp. Organic Barley Green Juice
2 tbs. Apothe-Cherry

Instructions:

Blend all ingredients together in blender till no frozen banana chunks are left.

Smothered Potatoes

Ingredients:

6-7 red potatoes
¼ cup chopped onions
1 container sliced mushrooms
1 vegetable bouillon cube
3 tbs. Organic Aktivated Barley
1 tbs. Organic Tropic Oil
1 cup water
Spices (sea salt, garlic powder, onion powder, and paprika)

Instructions:

Pre-heat oven to 350 degrees. Cut potatoes into wedges and place on a cookie sheet. Sprinkle sea salt, garlic powder, onion powder, and paprika over the top. Place potatoes in oven for 30 minutes or until cooked thoroughly. In a saucepan caramelize the onions in Tropic Oil, add sliced mushrooms and sauté for 2-3 minutes over medium heat. Add water and vegetable bouillon. Bring to boil, add Aktivated Barley and lower heat to a simmer while stirring with a whisk to thoroughly mix the ingredients. Bring to desired consistency, spice to taste. Spoon gravy over potatoes.

Meal Option Vanilla Dreamsicle

Ingredients:

10oz orange juice
2 tbs. Creamy Vanilla Meal Option
3-4 ice cubes

Instructions:

Mix orange juice into blender with ice cubes and Creamy Vanilla Meal Option. Blend for 30-60 seconds. Serve cold. Garnish with orange slice.

Cherry Delight

Ingredients:

1 tbs. Apothe-Cherry
¼ cup raw live culture yogurt
4 small sections natural graham crackers

Instructions:

Spoon raw yogurt into a cup, add Apothe-Cherry on top, stick graham crackers into perimeter of the cup partially into yogurt.

Garlic toast with Tropic Oil (not butter)

Ingredients:

Whole wheat bread or rolls
1 tbs. Organic Tropic Oil
Garlic powder
Paprika
Sea Salt (optional)

Instructions:

Mix 2-dashes garlic powder with the Tropic Oil. Toast the bread, then coat with garlic oil and sprinkle paprika (and Sea Salt) on top.

Banana Nut Muffins

Ingredients:

¾ cup Organic Aktivated Barley
¾ cup whole wheat flour
1 omega egg
1 tbs. liquid lecithin (or substitute ½ tsp. baking powder and 2 tbs. water)
1 cup sugar in the raw
1 ½ cup walnuts-chopped
3 whole bananas
1 cup Organic Tropic Oil (melted)
1 tsp. Sea salt
½ cup water

1 tsp. pure vanilla extract.

Instructions:

In large mixing bowl, combine dry ingredients (sugar, whole-wheat flour, Aktivated Barley, Salt). Slowly fold wet ingredients in with dry ingredients until completely moist. Pour batter into muffin pan. Preheat oven to 325 degrees. Bake at 325 for 35-45 minutes. Allow to cool before removing from pan.

Cabbage Soup

Ingredients:

2 stalks celery
8 large carrots
1 large white onion
1 qtrd. Head cabbage
1 stalk broccoli
½ cup lima beans (soaked for 24 hrs.)
3 qtrd. Roma tomatoes
1 cup Brown Rice
1 lb lean free-range/organic chicken

Spices:

sea salt, black pepper, bay leaf (2), cayenne pepper

Instructions:

Boil chicken, 2/3 of celery, onion, and spices for 1 hour. Remove chicken. Strain out soggy vegetables and add brown rice and lima beans. Boil 30 minutes before adding all other ingredients including chicken. Simmer 20 minutes and serve.

Four Bean Stew with Turkey

Makes 10 servings

Ingredients

3 tbs. Organic Tropic Oil
1 large red onion, diced
4 large garlic cloves minced
3 carrots chopped
3 stalks celery chopped
1 tbs. fresh thyme (or 1 tsp. dried)
1 15-ounce can each of kidney beans, lima beans, pinto beans, great northern beans, and black beans (undrained)
1 lb diced or ground free-range/organic turkey (chicken may be substituted, if desired)
2 tbs. cider vinegar
1 tbs. honey
1 tbs. Dijon mustard
1 tsp. salt
1/2 tsp. pepper
4 tbs. chopped parsley
1 tsp. cayenne pepper
2 cups water
Juice of 1 lime

Instructions:

Brown and season the turkey. Drain.

Sauté onion and garlic in Tropic Oil in a large pot over medium heat until soft. Add carrots and celery and cook until softened. Add thyme and cook for a minute or so.

Add the browned turkey, beans (do not drain them), vinegar, honey, mustard, salt, pepper, half of the parsley, and water. Bring to a boil reduce heat to a simmer over low heat and cook, loosely covered, for 2 hours, stirring every 20 minutes or so.

Remove from heat and add lime juice and rest of the parsley. Serve hot.

Tropical Colada (Meal Replacement)

Ingredients:

2 tbs. Meal Option Plain
10oz pineapple juice
1 tbs. raw coconut
3-4 ice cubes

Instructions:

Mix pineapple juice, raw coconut, ice cubes, and Plain Nutrition Now Meal Option. Blend for 1 minute. Serve cold.

Almond Brittle

10 servings

Ingredients:

6 tbs. Organic Tropic Oil
3 tbs. Rice Bran Solubles
4 tbs. agave nectar
¾ cup raw almonds

Instructions:

Soak almonds overnight, changing the water once. Grind almonds in a food processor. Put aside ¼ cup for topping. Process Tropic Oil, Rice Bran Solubles, and agave in the food processor with the almonds. Spread on a cookie sheet and top with the remainder almonds. Freeze for a minimum of 2 hours. When ready to serve cut into squares. Must serve right from the freezer or keep cold in an ice chest.

Coconut Fried Fish or Chicken

Ingredients:

4 tbs. Organic Tropic Oil
2 Cod, Halibut, Monk fish, or Chicken/Turkey breast cut into 4oz pieces
2 Omega Eggs
½ cup whole wheat flour or bread crumbs
¼ cup dried coconut flakes
Spices: salt, pepper, paprika

Instructions:

In a small bowl, mix the eggs together. This will be used to coat the fish prior to breading. In medium size mixing bowl combine flour, breadcrumbs, coconut flakes, and spices. Thoroughly clean and wash the pieces of fish or chicken. Place the fish into the beaten eggs. Take the fish and roll it gently in the flour, breading, and coconut mixture. Make sure each piece is thoroughly covered. Place in the pan, frying with coconut oil over medium heat. Turn when brown. Serve over steamed Jasmine rice with a dipping sauce.

Hint:

You can make the dipping sauce with pineapple juice, honey, and a dash of soy sauce.

Organic Barley Green Juice Slush

Ingredients:

1 quart Vanilla Rice Dream (may also use Vanilla Almond or Hemp milk)
½ c of crushed almonds
3 tbsp Organic Barley Green Juice
Drop of mint

Instructions:

Place 1 quart Vanilla Rice Dream milk (or your preferred creamy beverage) and 1/2 cup crushed almonds in freezer for 20 minutes. Stir. Add 3 tablespoons Organic Barley Green Juice and mix. Cover with wax paper and freeze 30 minutes to 1 hour. Add a drop of mint.

Organic Barley Green Juice Spritzer

Ingredients:

1/2 cup water
1/4 cup pineapple juice
1/4 cup soda water
squirt of lemon
1/2 cup crushed ice
1 tablespoon Organic Barley Green Juice

Instructions:

Stir or shake and enjoy!

Cherry Smoothie

Ingredients:

1 oz. Apothe-Cherry Concentrate
8 oz. Water
1 banana, peeled and sliced
3/4 cup of frozen peaches (or mango, etc)
1/2 cup frozen raspberries (or blueberries, etc)

Instructions:

Place all ingredients in blender, add ice, blend and then enjoy!

Beauty Sleep Cocktail

Ingredients:

2 tbs. Apothe-Cherry Concentrate
1 tsp. Aloe Vera Concentrate 40X
8 to 10 oz. water, cranberry juice, or warm apple cider

Instructions:

Mix Cherry and Aloe into beverage. Drink and Enjoy!