



SMOOTHIES

Super Peanut Butter Pro



Description: This recipe is a smooth blend of almond milk and protein with a rich cocoa flavor, containing Maca and Super Mushrooms from our Super Fuel™!

BōKU® Ingredients: Super Fuel™, Cacao Nibs, Super Protein™

Prep Time 5 minutes

Serves 1

Ingredients:

8 oz Almond Milk (Or any non-dairy milk)

1 Scoop (1 tablespoon) BōKU® Superfuel

1 oz BōKU® Super Cacao Nibs™

1 Scoop (3 tablespoons) BōKU® Super Protein™

1 Banana

1 tbsp Peanut Butter

HOW TO BōKU: Place all ingredients in blender, blend until smooth. Enjoy!

Red Velvet Smoothie



Description: The RED VELVET smoothie, inspired by red velvet cake batter, not only tastes deliciously dessert-like, but is antioxidant rich, has anti-inflammatory properties, is full of vitamins, minerals, and energy boosting Super Food™s; with high levels of potassium, magnesium, iron, dietary fiber, and omega-3 fatty acids.

BōKU® Ingredients: Super Cacao Nibs™ , Super Fuel™

Prep Time 3 minutes

Serves 1

Ingredients:

3 tbls Super Fuel™

1 tbls coconut oil

2 dates

1 tbls cashew

1 cup almond or coconut milk

1 banana 1 tbls cacao nibs

½ small beet (peeled)

1 tsp chia seeds

Ice

HOW TO BōKU: The RED VELVET smoothie, inspired by red velvet cake batter, not only tastes deliciously dessert-like, but is antioxidant rich, has anti-inflammatory properties, is full of vitamins, minerals, and energy boosting Super Food™s; with high levels of potassium, magnesium, iron, dietary fiber, and omega-3 fatty acids.



Make it all Butter Smoothie



Description: The Make It All Butter smoothie is full of stamina building properties that are the direct result of the BōKU® Super Fuel™ powder. A powerhouse of vitamins and minerals, Super Food™s, mushrooms and cordyceps. Promoting strength , endurance, mental clarity, super vitality and powerful rejuvenation just to name a few... The smoothie's base

ingredients of banana, peanut butter and cacao nibs, provides potassium, easily digested plant based protein and dietary fiber. The dates impart a hint of sweetness and maintain a low glycemic index.

BōKU® Ingredients: Super Fuel™, Super Cacao Nibs™

Prep Time 3 minutes

Serves 1

Ingredients:

3 tbls Super Fuel™

2 dates

2 tbls coconut flakes

1/16 tsp sea salt

1 banana

2 tbls cacao nibs

1 ½ tbls peanut butter

1 cup almond butter

HOW TO BōKU: Place above ingredients in VitaMix blender. Blend until smooth (30 seconds)

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Mint Condition



Description: Give your body the fuel it wants and recovery it needs to be in mint condition from everyday life to training for an athletic event. This powerful blend contains BōKU® Super Fuel™ which is filled with high potency adaptogens and energizing phytonutrients. An adaptogen is a food or plant that helps protect the body from stress. There is much research to show that adaptogens help increase strength and physical endurance. Triple Source Vegan Protein to aid in muscle growth and recovery plus just a cup of spinach contains over 300 percent of our daily-recommended amount of vitamin A. To cool you off mint adds a refreshing zing and aids in digestion.

BōKU® Ingredients: Super Fuel™

Ingredients:

1 cup spinach, frozen (or 2 cups fresh)

1 cup almond milk 2 scoops (2 tablespoons) BōKU® Super Fuel™

2 scoops (6 tablespoons) BōKU® Triple Source Vegan Protein

1 serving of BōKU® Cacao Nibs (1 ounce)

Small handful of fresh de-stemmed mint leaves

4 cubes of ice or coconut water ice for added electrolytes and potassium

How to BōKU: Gather your ingredients together inside a blender (pour liquids in first to avoid clumping of any powders).

Press blend, and enjoy!



BREADS

Vegan Zucchini Bread



Description: Sugar, spice & everything nice! Jump right into baking season with this amazing vegan recipe for moist zucchini bread with just a touch of cacao nibs. This vegan zucchini bread recipe is packed with ingredients that are wonderful tasting AND wonderful for you like ground zucchini, ginger, cinnamon, coconut oil, and of course, antioxidant rich cacao nibs.

BōKU® Ingredients: Cacao Nibs

Cook time: 50-60 minutes

Serves: 16 (1 loaf)

Ingredients:

1 1/2 cups whole wheat flour (or your favorite gluten free flour)
1/4 teaspoon ground ginger
1/2 teaspoon baking soda
1/4 teaspoon fine sea salt
2 teaspoons ground cinnamon
1 teaspoon apple cider vinegar
1/2 cup unsweetened soymilk milk or almond
1/2 cup organic evaporated cane sugar
1/4 cup unsweetened applesauce
1/4 cup virgin coconut oil, melted (liquid)
1 cup finely shredded zucchini
1 1/2 teaspoons pure vanilla
1/2 cup chopped toasted walnuts or pecans
2 tablespoons BōKU® Cacao Nibs
1 teaspoon baking powder

Directions :

Preheat your oven to 350 degrees F. Spray bottom of an 8x4-inch loaf pan with cooking spray (we prefer to use coconut spray!).

Combine flour, baking powder, baking soda, salt, ginger and cinnamon in a large bowl; mix until smooth. Set aside. Stir together vinegar and milk; let stand for 2 minutes until thickened. In a medium bowl thoroughly mix together milk mixture, sugar, coconut oil, applesauce, zucchini and vanilla until well blended. Add flour mixture, stirring only until combined. Stir in nuts and BōKU® Cacao Nibs last. Spread evenly in pan.

Bake 50 to 60 minutes or until golden brown and it passes the toothpick test! (Stick a toothpick in the middle of the bread - if it comes out clean, it's done!) Cool in pan for 10 minutes. After, remove from pan and cool on a wire rack.



HEALTHY TREATS

Baked Apples with Super Fuel™ Crumble



Description: These apples are a sweet way to satisfy your sweet tooth without feeling guilty after. You and your kids are bound to love these healthy delectable treats!

BōKU® Ingredients: Super Fuel™

Ingredients:

- 2 apples (Gala apples work well, but choose a local variety if available)
- 1 tsp cinnamon
- ¼ cup pecans and almonds, chopped
- ½ cup organic oats
- 1 tsp cinnamon
- 1 Tbsp coconut oil, melted
- 1 Tbsp maple syrup

1 Tbsp ground chia seeds

1 Tbsp BōKU® Super Maca™

1 tsp pure vanilla extract

1 tbsp. water

Pinch of salt

HOW TO BōKU:

Preheat oven to 375°F. Line a baking pan with parchment paper.

Halve the apples and remove the core, keeping a “boat shape”.

Place the apple halves on the lined baking pan and sprinkle each half with ¼ teaspoon of cinnamon.

In a small bowl, combine remaining ingredients.

Pack each half with one quarter of the oat mixture.

Bake in pre-heated over for 30 to 40 minutes or until apple is tender.

Allow to cool for five minutes before serving and enjoy!

RICE & NOODLES

Vegan Wild Rice Stuffing



Description: This stuffing made of wild rice, shallots, BōKU® Golden Berries, and mushrooms is wildly delicious! Naturally gluten free, vegan, protein rich and high in fiber, this recipe is a winner all the way around and makes a perfect addition to your Thanksgiving meal. You don't have to be a vegan to appreciate the great taste of this vegan wild rice stuffing. Enjoy!

BōKU® Ingredients: Super Golden Berries™



Ingredients:

2 quarts vegetable stock
3 cups wild rice, rinsed
1 pinch sea salt
1 tablespoon olive oil
6 large shallots, chopped
6 garlic cloves, minced
1 pound white mushrooms, thinly sliced
1 tablespoon soy sauce or wheat-free tamari
1 teaspoon dried thyme
1/2 cup BōKU® Super Golden Berries™
Freshly ground black pepper
1 cup chopped fresh parsley
1/3 cup chopped fresh sage

HOW TO BōKU: 1. Bring the stock to a boil. Add the rice and salt to the stock and bring to a boil. Reduce the heat, cover and simmer for 35-45 minutes, or until the water is absorbed. Remove from heat.

2. Heat the olive oil in a sauté pan, add the shallots and garlic and cook for about 10 minutes, or until golden. Add mushrooms and continue to cook, stirring it occasionally, until the mushrooms release their juices that will help make your stuffing delectable!

3. Add the pepper, soy or tamari, and thyme. Cook until the liquid evaporates. Transfer to a large bowl with the rice. Add the golden berries, parsley and sage and toss to combine together. Taste and adjust the seasonings, adding more pepper, if necessary. Enjoy!