



25 HEALTHY WAYS TO USE  
AMERICAN NATURAL SUPERFOOD



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# *Recipes*

# Banana Protein Bread

What a way to start the day, with a thick piece of protein bread.



## Ingredients:

- 3 scoops American Natural Superfood
- 2 ripe bananas
- 3 eggs
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp vanilla essence
- ¼ cup almond milk
- ¼ cup coconut flour



## Instructions:

1. Preheat oven to 350 F
2. Mash the bananas in a mixing bowl
3. Add eggs to the mixing bowl and mix well
4. Add the rest of the ingredients to the mixer
5. Place in bread form
6. Bake for 25-30 minutes

# Chocolate Banana Protein Muffins

Another breakfast or snack that you won't crash an hour after eating, and they're so easy to take with you. So nice to get that chocolate-y taste without any added sugars.



## Ingredients:

- 2 scoops American Natural Superfood
- 2 ripe bananas
- 3 eggs
- 2 tbsp. stevia
- 1 tsp vanilla essence
- 1 tsp baking powder
- ¼ cup unsweetened cacao powder
- ¼ cup coconut flour or almond flour
- 1 tsp instant coffee mixed with 1 tsp hot water



## Instructions:

1. Preheat oven to 350 F
2. Mash the bananas in a mixing bowl
3. Add eggs to the mixing bowl and mix well
4. Add the rest of the ingredients to the mixer
5. Place in muffin forms, makes about 6 muffins
6. Bake for 20-25 minutes

# Berry Banana Protein Muffin



## Ingredients:

- 2 scoops American Natural Superfood
- 2 ripe bananas
- 3 eggs
- 1 tsp vanilla essence
- 1 tsp baking powder
- ¼ cup frozen or fresh mixed berries



## Instructions:

1. Preheat oven to 350 F
2. Mash the bananas in a mixing bowl
3. Add eggs to the mixing bowl and mix well
4. Add the rest of the ingredients to the mixer except the berries
5. Carefully fold in the berries to the batter
6. Place in muffin forms, makes about 6 muffins
7. Bake for 20-25 minutes



# Chocolate Avocado Mousse



## Ingredients:

- 1 ripe avocado
- ¼ cup unsweetened cacao powder
- 3 tbsp. maple syrup



## Instructions:

1. Add all the ingredients into a food processor and blend well

# Vanilla Nut Latte Protein Bites

These little snacks are great to have around. Tasty, full of protein, and no sugars!



## Ingredients:

- 2 scoops American Natural Superfood
- ½ cup nut butter
- ¼ cup almond or coconut flour
- ¼ cup nuts
- 1 tsp vanilla essence
- 1 tbsp. instant coffee mixed with 1 tsp hot water



## Instructions:

1. Add all ingredients into a food processor and blend well
2. Consistency may be a bit powdery but it will blend together as soon as you start forming them into little ball size bites. Makes about 12 bites.

# Brownie Protein Bites



## Ingredients:

- 2 scoops American Natural Superfood
- 3-4 tbsp. non-dairy milk
- 3 dried dates
- ¼ cup unsweetened cacao powder
- ¼ cup almond or coconut flour
- 2 tbsp. nut butter



## Instructions:

1. Add all ingredients into a food processor and blend well
2. Consistency may be a bit powdery but it will blend together as soon as you start forming them into little ball size bites. Makes about 12 bites.



# Chocolate Chip Cookie Dough Protein Bars



## Ingredients:

- 2 scoops American Natural Superfood
- 3 tbsp. almond butter
- ¼ almond or coconut flour
- 4 tbsp. non-dairy milk
- 3 dried dates
- 2 tbsp. stevia
- 2 tbsp. cacao nips or chocolate chips – add in the end so they don't blend as much



## Instructions:

1. Add all the ingredients to a food processor and blend well except the cacao nips. Add the cacao nips in the end and blend lightly
2. Fold the batter into cellophane wrap and start forming it into a long roll. Shape the protein bar how you wish and cut them. Makes about 3 protein bars.



# Mocha Protein Bites



## Ingredients:

- 2 scoops American Natural Superfood
- 3 tbsp. almond butter
- ¼ cup almond or coconut flour
- ¼ cup unsweetened cacao powder
- 1 tsp coffee mixed with 1 tsp hot water
- 3-4 tbsp. non-dairy milk



## Instructions:

1. Add all ingredients into a food processor and blend well
2. Consistency may be a bit powdery but it will blend together as soon as you start forming them into little ball size bites. Makes about 12 bites.
3. Roll in freeze dried raspberries (optional)

# Overnight Protein Oats



## Ingredients:

- 1 scoop American Natural Superfood
- ¼ cup oats
- ¼ cup Greek yogurt
- ½ cup almond milk



## Instructions:

1. Mix all the ingredients
2. Refrigerate overnight
3. Top with berries and cacao nips



# Soft and Chewy Protein Granola Bar



## Ingredients:

- 2 scoops American Natural Superfood
- 2 cups oats
- 2 tbsp. flaxseed meal
- 1 tsp cinnamon
- ¼ tsp salt
- ¼ cup nut butter
- ¼ cup honey
- ½ cup almond milk
- 1 tsp vanilla extract
- 3 tbsp. raisins
- ¼ cup mixed nuts



## Instructions:

1. Preheat oven to 350 F
2. Mix all the dry ingredients in a food processor
3. Mix the wet ingredients in a mixing bowl
4. Add the dry ingredients to the wet and mix well
5. Add the raisins and chopped mixed nuts
6. Spread the mixture out on a non-sticking baking pan 8\*8
7. Bake for 18-20 minutes
8. Let it cool 20 minutes before cutting

# Cranberry White Chocolate Chip Oatmeal Cookie



## Ingredients:

- 2 scoops American Natural Superfood
- 2 cups oat
- 2 tbsp. flaxseed meal
- 1 tsp cinnamon
- ¼ tsp salt
- ½ cup nut butter
- ¼ cup honey
- ½ cup almond milk
- 1 tsp vanilla extract
- ¼ cup mixed dried cranberries and white chocolate chips



## Instructions:

1. Preheat oven to 350 F
2. Mix all the dry ingredients in a food processor
3. Mix the wet ingredients in a mixing bowl
4. Add the dry ingredients to the wet and mix well
5. Add the cranberries and white chocolate chips
6. Line a baking sheet with parchment paper and place rounded spoonful down on the sheet. Flatten the dough until about ¼ inch thick.
7. Bake for 8-12 minutes

# Pumpkin Muffins



## Ingredients:

- 2 scoops American Natural Superfood
- 3 eggs
- ¾ pumpkin puree
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp baking powder
- ½ tsp baking soda
- 2 tbsp. – ¼ cup coconut sugar
- 2 tbsp. stevia
- ¼ cup coconut flour



## Instructions:

1. Preheat oven to 350 F
2. Mix egg and pumpkin puree in a mixer.
3. Add the protein powder, spices, baking powder, baking soda, coconut sugar and stevia
4. Add the coconut flour and mix well Place in muffin forms, makes about 6 muffins
5. Bake for 20-25 minutes

(See recipe for the cream cheese frosting mix in the next recipe!)

# Carrot Protein Cake



## Ingredients:

- 2 scoops American Natural Superfood
- 1 cup mashed bananas
- 4 eggs
- ¾ cup oat flour
- 2 tsp cinnamon
- 1 tsp vanilla extract
- ½ tsp baking soda
- 1 tsp baking powder
- ¼ cup coconut sugar
- 1 cup shredded carrots
- ¼ cup coconut flour



## Instructions:

1. Preheat oven to 350 F
2. Mash the bananas in a mixing bowl
3. Add eggs to the mixing bowl and mix well
4. Add the rest of the ingredients and mix well except coconut flour and carrots
5. Add coconut flour and mix well
6. Add shredded carrots
7. Bake cake in a 9 inch non-sticking pan for 25-35 minutes

# Cream Cheese Frosting



## Ingredients:

- ½ cup cream cheese
- ½ cup Greek yoghurt
- 1 scoop American Natural Superfood



## Instructions:

1. Take cream cheese out and keep room temperature.
2. Add all the ingredients to the mixer and mix well

# Protein Pancakes



## Ingredients:

- 2 scoops American Natural Superfood
- 1 small ripe banana
- 1 egg
- 1 egg white
- ½ cup almond milk
- ¼ cup oats
- 1 tsp vanilla essence
- 1 tsp cinnamon



## Instructions:

1. Add all the ingredients into a blender and blend well
2. Use a non-stick pan to cook the pancakes



# *Smoothie Recipes*

These delicious smoothies all can be whipped up quickly. Just toss all ingredients into a blender, blend them up, and enjoy!

# PB&J

This refreshing PB&J smoothie is a treat. The peanut butter adds healthy fat and extra protein, while raspberries provide fiber, vitamin C, vitamin K and manganese, which keeps bones strong.



## Ingredients:

- 2 scoops American Natural Superfood
- 1 1/4 cup unsweetened almond milk
- 2/3 cup frozen raspberries
- 2 tablespoons almond or peanut butter



# Vanilla Chai

This thick and creamy smoothie with sweet chai spices has less caffeine than coffee, but will give you a boost in the morning.



## Ingredients:

- 1 scoop American Natural Superfood
- 1 cup unsweetened almond milk
- 4 chai tea ice cubes (brewed from teabags and frozen in an ice cube tray)
- 1/2 frozen banana
- 1/2 teaspoon ground cinnamon
- 1 tablespoon almond or peanut butter



# Peachy Green

Begin your day with two whole servings of fruits and vegetables with this powerhouse smoothie. Peaches, pineapple, banana and kale will carry you through the morning.



## Ingredients:

- 2 scoops American Natural Superfood
- 1 cup unsweetened almond milk
- 1 cup frozen peaches
- 1/2 cup frozen pineapple
- 1/2 frozen banana
- 2 cups spinach or kale



# Mocha

This smoothie is a breakfast treat! You can have your coffee and your protein all in one delicious smoothie.



## Ingredients:

- 2 scoops American Natural Superfood
- 1 cup unsweetened almond milk
- 4-6 coffee ice cubes
- 1 frozen banana
- 1 tablespoon cocoa powder
- 1 tablespoon almond or peanut butter
- Pinch salt



# Green Monster

Get your greens and your protein all in one with this delicious smoothie. The peanut butter adds an extra boost of protein and the chia seeds provide omega fatty acids.



## Ingredients:

- 2 scoops American Natural Superfood
- 1 cup unsweetened almond milk
- 1 cup spinach
- 1 frozen banana
- 3 ice cubes
- 2 tablespoons almond or peanut butter
- 1 tablespoon chia seeds
- 1/4 teaspoon ground cinnamon



# Peanut Butter Oats

This thick and creamy smoothie is perfect for breakfast. It is loaded with peanut butter, rolled oats, banana and chia seeds.



## Ingredients:

- 2 scoops American Natural Superfood
- 1 1/2 cups unsweetened almond milk
- 2 tablespoons rolled oats
- 1 tablespoon chia seeds
- 2 tablespoons almond or peanut butter
- 1/2 teaspoon ground cinnamon
- 4-6 ice cubes



# Berry Oat

The fiber from berries and oatmeal combined with protein from Greek yogurt make this a great grab-and-go breakfast.



## Ingredients:

- 2 scoops American Natural Superfood
- 1/2 cup rolled oats
- 1 1/4 cups unsweetened almond milk
- 1/2 cup frozen berries
- 1/3 cup plain Greek yogurt
- 3-4 ice cubes
- 1 frozen banana



# Mango Blueberry

Together, mangoes and blueberries make a great pair. Mangoes are rich in vitamin A, vitamin C, and antioxidants. Blueberries are best known for their powerhouse of phytonutrients that help your body ward off diseases.



## Ingredients:

- 2 scoops American Natural Superfood
- 1 cup unsweetened almond milk
- 1/2 cup frozen blueberries
- 1/2 cup frozen mango



# Tropical Green

This refreshing, creamy smoothie is great for any time of day. Mango is a nutrient-packed fruit, extremely rich in minerals, antioxidants, fiber and vitamins (especially A and C). It also carries digestive enzymes that when combined with the probiotics in Greek yogurt, are great for your digestive system.



## Ingredients:

- 1 scoop American Natural Superfood
- 1 cup unsweetened almond milk
- 2 tablespoons coconut cream
- 1/2 cup plain Greek yogurt
- 2 cups spinach
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango



# Pumpkin Pie

Enjoy the taste of pumpkin pie in this creamy smoothie. Pumpkin is high in fiber, antioxidants and immunity-boosting nutrients like iron and vitamins A and E.



## Ingredients:

- 2 scoops American Natural Superfood
- 1 cup unsweetened almond milk
- 1 frozen banana
- 4-6 ice cubes
- 3 tablespoons pumpkin puree
- 1/4 teaspoon pumpkin pie spice

