



COCO SHAKE

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ORANGE HOT CHOCOLATE

TRADITIONAL APPLE CRUMBLE



COCO SHAKE

DREAMY COCONUT AND CHOCOLATE FLAVOR,
HAVE IT ALL WITHOUT THE GUILT.

INGREDIENTS:

- 1 cup milk of your choice
- 1 serving chocolate Complete
- 1 tsp. coconut shavings

DIRECTIONS:

- Blend or shake the milk with Complete powder.
- Pour in a glass.
- Sprinkle coconut shavings on top.





CARROT CAKE SHAKE

DRINK YOUR CAKE, IN THIS AWESOMELY DELICIOUS SHAKE! ALL THE GOODNESS OF CARROTS, CINNAMON AND COMPLETE.

INGREDIENTS:

1 cup milk of your choice

1 serving vanilla Complete

1 carrot, sliced thinly

Dash of cinnamon, to taste

DIRECTIONS:

Slice your carrot.

Blend the milk, Complete powder, carrot and cinnamon.

Enjoy!





YOGI SHAKE

BRING THE ELEMENTS AND FLAVORS FROM THE EAST INTO YOUR DAILY WHOLE-FOOD BASED SHAKE!

INGREDIENTS:

DIRECTIONS:

2 - 3 tsp. of Chai tea (or 2 tea bags)

1 cup milk of your choice

1 serving vanilla Complete

1/2 tsp. cinnamon

Nutmeg, to taste

Cardamom, to taste

1/2 inch of fresh ginger, sliced

Bring the milk to a simmer. Remove from heat and add all the spices. Cover and steep for about 10 minutes.

Strain the tea through a finemesh strainer into a pitcher or teapot and keep chilled in the fridge. You can also freeze the Chai tea overnight in ice cube trays for a super chilled shake the next day.

Blend the Chai tea and Complete powder.

Enjoy as a shake-drinking-meditation :-)





PUMPKIN SPICE MUFFINS

THE ULTIMATE AUTUMN FLAVORS, IN A YUMMY MUFFIN FOR ON-THE-GO!

INGREDIENTS:

2 servings vanilla Complete

1-3/4 cup oatmeal, blitzed to make oat flour

2 tsp. baking powder

2 tsp. cinnamon

1 tsp. pumpkin spice

2 tbsp. coconut oil, melted

1 cup almond milk

1 banana, mashed

2 eggs (or non-dairy alternative)

Pecans, for decoration

1 tbsp. brown sugar (optional, if you like your muffins sweeter)

DIRECTIONS:

Preheat the oven to 350 degrees.

Prepare your muffin tray with muffin liners.

Create oat flour by processing with a kitchen machine or blender (e.g. Nutribullet).

Mix the wet ingredients in food processor.

Add the wet ingredients to the dry and mix well.

Pour the batter into paper lined muffin pan cups.

Place one pecan nut on each muffin.

Bake at 350 degrees for 20-30 min. Mini muffins bake quicker than larger ones.

Enjoy warm or keep in the fridge for 3 days.





FIG, RASPBERRY & ALMOND TART

TRY THIS FESTIVE FALL-FLAVORED TART AT YOUR NEXT HOLIDAY GATHERING!

INGREDIENTS:

For the base:

1 cup graham cracker crumbs

3 tbsp. almonds, ground

3-1/2 tbsp. butter (or non-dairy alternative)

For the filling:

1 cup almonds, ground

2 cups fresh raspberries

1 serving vanilla Complete

1 tbsp. honey or agave nectar

3 tsp. corn starch or Agar Agar (see instructions on package for amount - they all work differently)

6 -7 figs, sliced

DIRECTIONS:

Melt the butter and let it cool slightly.

Mix graham cracker crumbs and almond flour. Add the melted butter and mix again.

Grease a medium-sized tart mould; press the mixture to create a uniform base and refrigerate for about 2 hours.

In a saucepan, heat the raspberries with the honey or agave nectar.

Once the raspberries have begun to dissolve, add your corn starch or Agar Agar. (see instructions on package for amount - they all work differently)

Let simmer while mixing often, until it thickens (about 2 minutes).

Remove from heat and let cool slightly.

Whisk in Complete powder and almonds.

Let sit for a few minutes until you get a nice, thick consistency.

Spread filling on the crust; top with sliced figs and raspberries. Drizzle with honey or agave nectar, if you like.





HALLOWEEN SMOOTHIE

ADD SOME CREEPY TO YOUR SHAKE THIS HALLOWEEN!



INGREDIENTS:

DIRECTIONS:

1 cup milk of your choice

1 serving vanilla Complete

2 tsp. coconut shavings

3/4 cup cherries (fresh if you can find them, or from a jar)

1 tsp. corn starch

In a sauce pan, heat the cherries until juice starts to run from the cherries. Reduce heat.

Add the corn starch and whisk well until fully dissolved. Remove from heat and allow to thicken.

Blend the milk with Complete powder and coconut shavings.

Layer in a glass by starting with the cherry mix.

Let a little bit of the cherry juice run over the rim of the glass, making it look spooky!





ORANGE HOT CHOCOLATE

BRING WINTER FRUIT INTO YOUR FAVORITE WARM CHOCOLATE BEVERAGE.

INGREDIENTS:

1 cup milk of your choice

1/2 medium orange, zested

1 serving chocolate Complete

4 marshmallows, optional

Whipped cream, optional

DIRECTIONS:

Add the milk, orange zest and Complete powder to a small saucepan and whisk to combine until no lumps remain.

Turn the heat to medium-low and heat the hot chocolate, stirring frequently to prevent it from burning.

Pour the hot chocolate into your favorite mugs. If you have particularly large chunks of orange zest, you may want to use a tea strainer.

Top with toasted marshmallows and whipped cream.





TRADITIONAL APPLE CRUMBLE

FRUIT, SPICES AND NUTS FILL THIS WARMING RECIPE.

DON'T FORGET THE FRENCH VANILLA CREAM ON TOP!

INGREDIENTS:

For the fruit mix:

5 apples
(peeled, cored and diced)
1 cup blackberries
1 cup blueberries
1 tbsp. honey or agave nectar
1 lemon, juiced

For the crumble topping:

1/2 cup roasted hazelnuts
1/4 cup pistachios
1 tbsp. sugar (optional)
1 tsp. cinnamon
pinch of salt
1 cup flour of choice
1/4 cup cold butter
(or non-dairy alternative)

For the Complete Cream:

1 cup yogurt (or non-dairy alternative) 1 serving vanilla Complete

DIRECTIONS:

Pre-heat oven to 350 degrees.

In a pan, sauté the apples and berries with lemon juice and honey /agave nectar for about 7 minutes. Let it thicken a little. Place the mixture in a greased baking pan or pie pan. Set aside.

Combine the chopped nuts in a bowl with flour, cinnamon, salt and sugar.

Cut in the cold butter, using your fingertips to work it until the mixture looks like bread crumbs.

In a separate bowl, combine the yogurt and Complete powder.

Sprinkle the crumble topping over the fruit in the baking pan; bake for 30 minutes or until golden brown on the top.

Spoon into bowls and serve with Complete cream on top!



