



SMOOTHIES

Parsley Mango Detox Smoothie



Description: Did you know that toxins can affect the body's natural ability to burn fat, energy levels, and even aging? If you're in the need for a detox smoothie look no further! Hit the reset button with this delicious and low calorie blend of fruits, veggies, and Super Food™!

BōKU® Ingredients: BōKU® Super Food™

Prep Time 5 minutes

Serves 1

Ingredients:

1 tablespoon BōKU® Superfood

¼ cup orange juice or water

1 cup frozen mango

2 pinches of arugula (more or less to taste)

2 pinches of cilantro (more or less to taste)

1 handful spinach

1 orange

1/2 banana

1 handful parsley

1/4 cup water

HOW TO BōKU: Add all ingredients into a high powered blender. Blend until smooth and creamy - enjoy!

BōKU® GoTo Kale Smoothie



Description: The BōKU® GoTo smoothie is a “green” variation of the traditional pina colada. With BōKU® Super Food™ powder as the star of the show, this smoothie boasts 9 super Greens (land, aquatic and grasses), 15 super fruits, 14 medicinal mushrooms, 7 super sprouts, vitamins, anti-oxidants and enzymes. Not to mention the high calcium, fiber and manganese levels in kale. And the vitamin, anti-oxidant, fiber and digestive- enzymes from mango. Cashew, the “low fat”, protein dense, mineral rich nut gives the smoothie a smooth, creamy finish

BōKU® Ingredients: BōKU® Superfood

Prep Time 3 minutes

Serves 1

Ingredients:

1 Banana

1 tbs Coconut Oil

2 Dates (pit removed)

½ cup Pineapple Juice

½ cup Mango

1 tbs cashew

2 Dino Kale leaves

1 tbs coconut flakes

½ cup Coconut Milk

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



Lost and Found Smoothie



Description: This exotic green smoothie, with bright citrus notes, almond undertones and the surprising herbaceous pop of basil is a unique take on the traditional smoothie. BōKU® Superfood imparts naturally sourced vitamins, minerals, antioxidants and probiotics that provide super nutrition to help support immune function, energy, improved mental focus and vitality. Nutrient rich coconut water helps regulate blood pressure, blood sugar and cholesterol levels. In addition to giving the smoothie a buttery yet light consistency, the spinach provides a multitude of vitamins and minerals. Specifically, vitamins K, A, Manganese, Folate and Iron. The orange provides nearly 100% the daily dose of vitamin C.

BōKU® Ingredients: BōKU® Superfood

Prep time 3 minutes

Serves 1

Ingredients:

- 1 TABLESPOON SUPER FOOD™
- 1 HANDFUL SPINACH
- 1 TBS. ALMONDS
- 1 ORANGE (peeled)
- 5 BASIL LEAF
- 1 BANANA
- 2 DATES (pits removed)
- 1/2 CUP COCONUT MILK
- 1/2 CUP WATER

HOW TO BōKU:

- Place above ingredients in VitaMix blender.
- Blend until smooth (30 seconds)

Green and Lean



Description: This is the ultimate green smoothie. The BōKU® Super Food™ powder blend in addition to a variety of vitamin, mineral and nutrient rich fresh vegetables in this smoothie boasts 9 super Greens (land, aquatic, and grasses), 15 super fruits, 14 medicinal mushrooms, 7 super sprouts, vitamins, antioxidants and enzymes. Avocado contains an excess of 25 essential nutrients, including vitamin A, B, C, E and K, copper, iron, phosphorous, magnesium, and potassium. The monounsaturated (good) fats in avocados can reverse insulin resistance which helps to regulate blood sugar levels. Celery is an incredible source of phytonutrients, many which fall into the category of phenolic antioxidants that have been shown to provide anti-inflammatory benefits. Spinach and Kale gives this smoothie a boost of fiber and iron, and chia seeds provide a dose of omega 3 fatty acids.

BōKU® Ingredients: BōKU® Superfood

Prep time 3 minutes

Serves 1

Ingredients (full flavor):

- 1 TABLESPOON BōKU® SUPER FOOD™
- 1 BANANA
- 1 LEAF KALE



8 LEAVES SPINACH
1 STALK CELERY
1/2 SMALL AVOCADO
1 TSP. CHIA SEEDS
2 TBS. RAISINS
2 TBS. CASHEWS
1/2 CUP COCONUT MILK
1/2 CUP RICE MILK

Ingredients (lower calorie):

1 SCOOP (1 tablespoon) BōKU® SUPER FOOD™
1 BANANA
1 LEAF KALE
8 LEAVES SPINACH
1 STALK CELERY
1/2 SMALL AVOCADO
1 TSP. CHIA SEEDS
2 TBS. RAISINS
1 CUP COCONUT MILK
ICE

HOW TO BōKU:

- Place above ingredients in VitaMix blender.
- Blend until smooth (30 seconds)

Pumpkin Smoothie



Description: This rich and creamy smoothie has the taste of fall. The delicious favorite has almost no fat, but hits the spot with its creamy thick consistency. It's loaded with antioxidants, like alpha- and beta-carotene, which convert into vitamin A in the body. Easily absorbable plant based protein and BōKU® Super Food™'s concentrated organic phytonutrient blend. This harvest drink calls for cinnamon, which can help fight inflammation as well.

BōKU® Ingredients: BōKU® Super Food™, BōKU® Super Protein™

Ingredients:

¾ cup almond milk
1 scoop (1 tablespoon) BōKU® Super Food™
1 scoop (3 tablespoons) BōKU® Triple Source Vegan Protein
¼ teaspoon cinnamon or pumpkin pie spice
1 banana
½ cup pumpkin puree
½ cup of ice cubes.

HOW TO BōKU: Blend together all ingredients. For variations of this recipe try adding ginger for a little spice and metabolism boost or a few dates can be added for a low glycemic sweetener and fiber.

Fruity Veggie Smoothie



Description: This delicious smoothie is a perfect balance of fruit and veggies, sure to satisfy any palette!

BōKU® Ingredients: BōKU® Super Food™

Prep time 3 minutes

Serves 1

Ingredients:

1 banana

1 cup favorite fruit (strawberries, grapes, nectarines, apples)

3 big leaves of anything dark green and leafy (spinach, swiss chard, amaranth)

1 heaping tablespoon of BōKU™ Super Food™

2 cups almond milk

HOW TO BōKU: Blend the fruit using just enough water to cover it. Then add the greens (cut up into medium size pieces) and BōKU™ and blend until it's completely blended. Pour a tall glass about $\frac{3}{4}$ full of this mixture, top it off with almond milk and stir!

Pineapple Apricot Smoothie



Description: This super fruity smoothie will add some zing to your morning!

BōKU® Ingredients: BōKU® Super Food™

Prep time 3 minutes

Serves 1

Ingredients:

$\frac{1}{4}$ cup crushed pineapple

1 fresh apricot, diced

6 strawberries

$\frac{1}{2}$ banana

1 $\frac{1}{2}$ cups water or your favorite juice

3 tablespoons BōKU™ Super Food™

HOW TO BōKU: Gather your ingredients together inside a blender (pour liquids in first to avoid clumping of any powders). Press blend, and enjoy!

Berry Banana Smoothie



Description: You'll absolutely fall in love with this easy to make smoothie.

BōKU® Ingredients: BōKU® Super Food™™

Prep time 3 minutes

Serves 1

Ingredients:

$\frac{1}{2}$ cup cranberry juice

$\frac{1}{2}$ cup almond milk

1 scoop (1 tablespoon) BōKU® Super Food™™

1 scoop (1 teaspoon) BōKU® Super Berries™

$\frac{1}{2}$ banana

1 cup frozen strawberries



HOW TO BōKU: Gather your ingredients together inside a blender (pour liquids in first to avoid clumping of any powders). Press blend, and enjoy!

Protein Balanced Shake



Description: This smoothie will help keep you in fat burning mode and keep blood sugar levels stable, due to the balanced protein & carb combo. You can whip it up in 3 minutes, no blender necessary. Hooray for BōKU®!

This could be a snack for men and a meal for women. A balanced shake that has a great mix of protein and carbs, perfect for those who love smoothies but want to make sure not to consume too many calories or overload on carbs.

BōKU® Ingredients: BōKU® Super Food™™ & BōKU® Super Protein™

Prep time 3 minutes

Serves 1

Ingredients:

1 cup almond milk

1 scoop (3 tablespoons) BōKU® Super Protein™

1 scoop (1 tablespoon) BōKU® Super Food™™

½ cup frozen mango

½ cup frozen berries

HOW TO BōKU: Gather your ingredients together inside a blender (pour liquids in first to avoid clumping of any powders). Press blend, and enjoy!

BōKU Chocolate Smoothie



Description: This is a very simple and tasty way to take BōKU® Super Food™ that will be a hit with kids and adults alike. It's the favorite of our company president and his kids. There's nothing to it...

BōKU® Ingredients: Super Food™

Ingredients:

1 tablespoon BōKU® Super Food™

12 oz of chocolate hemp milk

HOW TO BōKU: Mix a tablespoon of BōKU® Super Food™ with 12 oz. of chocolate hemp milk. Use your blender or a shaker bottle to mix it thoroughly for a smooth consistency. You can substitute chocolate soy milk, chocolate rice milk, or even regular cow's milk mixed with pure chocolate powder.

Banana Peanut Delight



Description: Here's a favorite of one of our staff members, who happens to be a peanut butter lover. For best results, use an organic, sugar-free peanut butter in this recipe.

BōKU® Ingredients: Super Food™

Prep time: 2 minutes

Serves: 3

Ingredients:

½ banana

1 cup peanut butter



- 2-3 cups cold soy milk
- 1 tablespoon BōKU® Super Food™
- 3 tablespoons honey
- 1 teaspoon cinnamon (or ½ teaspoon fresh ground cinnamon)

HOW TO BōKU: Mix all ingredients in a blender until smooth. Serve immediately.

BEE Real



Description: Here is a smoothie made with BōKU™ Super Food™ that will give you something to wake up to. It tastes great and give you energy ALL DAY!

BōKU® Ingredients: Super Food™

Ingredients:

- ½ cup almond milk
- 1 scoop (1 tablespoon) BōKU® Super Food™
- 1 tbs coconut oil
- 1 banana

- 1 cup frozen strawberries
- 1 tbs raw honey
- 1 tbs bee pollen
- Optional: garnish with mint

HOW TO BōKU: Gather your ingredients together inside a blender (pour liquids in first to avoid clumping of any powders). Press blend, and enjoy!

Keep it Green Sunrise Drink



Description: This tasty concoction is great for those early mornings. Just throw these simple ingredients in a blender or shaker and you're good to go. Great for dinner too! Thanks to Gail M.!

BōKU® Ingredients: Super Food™

Ingredients:

- 1-2 Tablespoons BōKU® Super Food™
- 1-2 Tbsp Nutiva Coconut Oil
- 1 Tbsp Nutiva Hemp Oil
- 3 Tablespoons BōKU® Super Protein™™

- 1 Organic Banana
- 8oz Organic Orange Mango

HOW TO BōKU: Gather your ingredients together inside a blender (pour liquids in first to avoid clumping of any powders). Press blend, and enjoy!



HEALTHY TREATS

Raw Chocolate Banana Pudding

Description: This easy-to-make pudding is a snap and is sure to be a hit with kids and adults alike! It's extra creamy and chocolatey with a SUPER boost of Super Food!

BōKU Ingredients: Super Food

Ingredients:

1 scoop (1 tablespoon) Bōku Super Food

4 ripe bananas (the riper, the better!)

1 ripe avocado

¼ cup unsweetened cocoa powder

Optional toppings: Sliced banana and cashews

How to BōKU:

Scoop out entire avocado into a blender. Add in peeled bananas, cocoa powder and BōKU Super Food and blend on high until smooth. Pour contents into a bowl and chill for an hour to increase thickness and strengthen flavor. Serve as is or top with sliced banana and cashews.



Vegan Super Custard



Description: This organic vegan vanilla custard is easy to make, delicious and packed with nutrition!

BōKU® Ingredients: Super Food™

Ingredients:

1 tsp BōKU® Super Food™

3 tbsp melted extra virgin coconut oil

12 ounces silken tofu, room temperature

1/2 - 1 tsp vanilla bean powder or 1 vanilla bean, seeds scraped

1/3 tsp pink salt (or substitute regular salt)

1/8 tsp cinnamon

1/4 - 1/2 cup maple syrup, grade B (sweeten to taste)

HOW TO BōKU:

1. Add the tofu, salt, vanilla bean, cinnamon and melted coconut oil to a blender. Blend on low until smooth.
2. Add in 1/4 cup of the sweetener and blend until smooth. Do a taste test and add more sweetener as desired. I added about 1/3 cup total. Blend for another 1-3 minutes on medium to whip some air into the mixture.
3. 1 scoop (1 tablespoon) BōKU® Super Food™ into mixture until fully blended.
4. Pour mixture evenly into clear glass cups (clear plastic will also work if you don't have glass).
5. Place in the fridge until fully chilled, at least an hour for the richest texture. For a softer, more melted texture you can serve only slightly chilled.
6. Sprinkle BōKU® Super Cacao Nibs™™™ on top & enjoy



BōKU® Bon Bons



Description: Try this sweet, coconut covered, delectable chocolate treat and feel good about your choice while you eat. A little bit of BōKU® Super Food™ gives these treats a nutritious blast.

BōKU® Ingredients: Super Food™

Ingredients:

15 plump, moist, pitted medjool dates
2 cups raw, unsalted macadamia nuts
¼ teaspoon fine sea salt

⅓ cup cocoa powder
¼ cup BōKU® Super Food™
¼ teaspoon ground cardamom
½ teaspoon cinnamon
1 tablespoon raw honey or agave nectar
1 teaspoon natural vanilla extract
¼ cup finely chopped candied ginger (dried apricots or golden raisins good, too)
Shredded unsweetened coconut, cocoa powder or sesame seeds for coating – approx 12 cup of any.

HOW TO BōKU: Process the macadamia nuts with the sea salt until fine in a processor fitted with the steel blade – take care not to process to a paste. Add dates and process to combine well. Add cocoa powder, BōKU®, cardamom, cinnamon, honey or agave and vanilla. Process until a uniform mixture. Add in the ginger and pulse until just combined – nice to leave pieces for texture. Turn mixture into a bowl. Form small bonbons (1/2 oz. size is perfect) by squeezing and rolling the mixture between your palms. Roll bonbons in the coconut, cocoa or sesame seeds to coat. Bonbons keep well one week refrigerated (great cold!), freeze up to three months.

SUPER SOUPS

Quick Chilled Lima Bean Soup



Description: Try a tasty and nutritious bowl of chilled lima bean soup! Lima beans are already high in healthy protein, and a scoop (1 tablespoon) of BōKU® Superfood will add even more nutrition to this great dish.

BōKU® Ingredients: Super Food™

Ingredients:

2 ½ cups tomato juice

2 cups plain almond or soy yogurt
1 10oz package frozen lima beans
1 teaspoon curry powder
¼ cup Super Food™

HOW TO BōKU:

In the container of a Vita-Mix or other high-speed blender place the tomato juice, yogurt, frozen lima beans, curry powder and BōKU®. Blend until smooth and check for seasoning.



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!

Gingered Wild Rice & Roasted Squash Salad



Description: Here's a dish that has a little bit of everything. The blend of vegetables over wild rice tossed in a ginger dressing will have the whole table saying wow. Perfect addition to your line up of healthy Thanksgiving side dishes!

BōKU® Ingredients: Super Food™

8 oz. wild rice, prepared according to directions on package and cooled

- 1 red kuri squash (or equivalent of other orange-fleshed winter squash) cut into 1" cubes
- 1 red onion sliced thinly
- 1½ tablespoons cider vinegar
- 1 tablespoon apple juice
- 1 tablespoon BōKU® Superfood
- 2 teaspoons grated fresh ginger



½ teaspoon 5 spice powder
2 teaspoons honey
3 tablespoons olive oil
1 tablespoon apple juice
Sea salt to taste

HOW TO BōKU: Preheat oven to 400. Toss the squash and onions together in a bowl with a light drizzle of olive oil and a sprinkle of sea salt. Turn onto baking sheet and roast 30 minutes or until tender, stirring halfway through. Remove from oven and allow to cool while you prepare the dressing. In a small bowl, whisk together the vinegar, apple juice, BōKU®, ginger, 5 spice powder, and honey. Let rest a few minutes. Whisk in olive oil. Check for salt. Toss the rice, squash and onions together with the ginger dressing. Check for seasoning. Fold in the cashews.

Almond-Sesame Noodle Sauce



Description: Add a little spice and nutrition to your noodles with this BōKU® infused recipe!

BōKU® Ingredients: Super Food™

Ingredients:

2 plump cloves garlic
¼ cup cilantro

1" piece peeled ginger
2 scallions, white and green portions, cut into 2" pieces
1 cup raw almond butter
¼ cup tamari
Zest and juice from one lime
2 tablespoons real maple syrup
1 tablespoon white miso
1 teaspoon Siracha sauce
3 tablespoons BōKU® Superfood
2 tablespoons dark sesame oil
Warm water, brewed green tea or chicken stock for thinning sauce
Sea salt to taste, if needed
1 pound cooked and chilled noodles (we used brown rice linguine)

HOW TO BōKU:

Sauce: In a food processor fitted with the metal blade: run the processor and drop in the garlic, ginger, scallions and cilantro through the feed tube – process to mince. Add all remaining ingredients through the BōKU® and process until smooth, stopping to scrape sides as needed. Add in the sesame oil – process until smooth. Add in warm water, tea or chicken stock by the tablespoonful until you reach a desired thick consistency. Check for seasoning if needed.

Noodles: Place a pot filled with enough water to boil your favorite pasta noodle in. Turn the heat on high and add a heaping teaspoon of salt to the water. Once the water comes to a boil add enough pasta for the needed servings and turn heat down to medium high. Follow the recommended directions that come with the pasta and strain when ready. Wash the cooked pasta with cold water to stop them from cooking any further. Place the pasta to the side until the sauce is ready and toss them together when ready to serve. Garnish with slivered almonds and sesame seeds if desired.



BōKU® BREAKFASTS

Raw Super Oatmeal



Description: Did you know that oatmeal is a superfood? It contains beta-glucan that help reduce cholesterol PLUS unique antioxidants called avenanthramides! The beta-glucan in oatmeal is also known for stabilizing blood sugar which can assist in keeping you full until your next meal. Talk about a win-win! This is the perfect raw oatmeal recipe that's good for you in every way! Have this as an afternoon snack, or even as a breakfast. It's easy to make and full of delicious natural ingredients.

BōKU® Ingredients: Super Food™

Ingredients:

- 1 c. oats – soaked overnight in water
- ¼ c. almond butter
- 1-2 Tbsp. agave nectar
- ¼c. regular unflavored almond milk (use as much as you want to get consistency you like)
- ¼ raisins
- ½ banana
- 2-3 scoops (2-3 tablespoons) BōKU® Superfood
- Any fresh or frozen fruit (fresh tastes better) such as blueberries, raspberries, peaches, melon.

HOW TO BōKU: Blend to desired consistency in food processor and enjoy!

SUPER LUNCHES

Healthy Lunch bowl with avocado and homemade hummus

Ingredients:

Salad

- 6-8 baby tomatoes
- 5-10 baby carrots
- ½ cucumber (sliced)
- ½ avocado (sliced)
- 1 ½ c fresh spinach leaves (washed)
- Whatever those seeds are on top – are they pine nuts?
- ½ cup canned chick peas
- Homemade Hummus
- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 1 clove garlic, crushed 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1 scoop of BōKU Superfood





How to Böku

Hummus: In a blender or food processor combine garbanzo beans, garlic, cumin, salt and olive oil and Super Food. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved.

Salad: Place washed spinach in a medium sized bowl. On top, arrange baby tomatoes, baby carrots, sliced cucumber and avocado. Dollop desired amount of fresh hummus atop for your dressing. Enjoy!

Quick and Easy Avocado Sandwich

Prep time: 5 mins

Cook time: 0 mins

Total time: 5 mins

Serves: 1

INGREDIENTS:

2 slices of your favorite bread

1 ripe avocado

4 slices of tomato

Salt & pepper to taste

1 scoop (tablespoon) of Böku Superfood

HOW TO BÖKU:

1. If you like your bread toasted, place the slices in your toaster now at the desired amount.
2. Cut your avocado in half and remove the pit. Use a fork to scrape the avocado out into a small bowl.
3. Add the salt, pepper, and scoop of Böku Superfood. Mix well with the fork and for an extra kick add a few pinches of cayenne powder.
4. Place the bread slices on a plate and apply the avocado spread with a butter knife.
5. Cut 4 slices of your favorite avocado variety, I used Roma, and place them on top of the spread.
6. It's very easy to add extra flavor to this recipe by simply mixing in your favorite seasonings into the spread or applying your favorite spreads to the bread before you apply the avocado. Some examples are Italian herbs added to the avocado spread and dashes of balsamic vinaigrette on the bread.



Super Quinoa Salad

Prep time: 10 mins

Cook time: 10 mins

Total time: 20 mins

Serves: 4-6

INGREDIENTS:

½ cup quinoa

4 tbs feta (for a vegan version, leave this out)

½ cucumber, quartered thick slices

¼ cup fresh basil, chopped

2 green onions, green and white parts chopped

2 cups cherry tomatoes, sliced

1 garlic clove, minced

1 scoop (tablespoon) of Böku Superfood





2 Tablespoons olive oil
1 lemon, juiced
Salt and pepper to taste
Few pinches of fresh parsley, chopped for garnish

HOW TO BÖKU:

Cook the quinoa according to the directions. Set aside to cool before mixing.

In a large bowl mix the feta cheese, cucumber, fresh basil, green onions, cherry tomatoes and minced garlic. Mix in the olive oil and lemon juice to coat the salad

Add the quinoa and toss to combine. Add salt and pepper to taste. Let the salad sit for a few minutes for the salt to bring out the flavors and re-taste to see if more needs to be added.

Garnish with parsley and serve or cover and refrigerate.

It's A Wrap!

Prep time: 10 mins
Cook time: 0 mins
Total time: 10 mins
Serves: 1

INGREDIENTS:

1 flatbread wrap
¼ cup of the homemade superfood hummus (See hummus recipe found in: "Healthy Lunch bowl with Avocado and Superfood Hummus.")
2 medium leaves of romaine lettuce
½ red bell pepper thinly sliced
¼ of a cucumber skinned and sliced
¼ of a red onion thinly sliced
¼ slice of lemon



HOW TO BÖKU:

1. Place your wrap on an equal sized piece of wax paper or plate. Spread the Superfood Hummus evenly on the wrap leaving about an inch around the side borders.
2. Place the romaine leaves with the ruffled ends facing out on each end of the wrap. For presentation let the ruffled hang a little over the edge of the wrap.
3. Prep the veggies as directed and evenly spread them out over the lettuce leaves.
4. Take the lemon slice and remove any seeds and squeeze the juice over the ingredients evenly.

SUGGESTIONS:

This delicious wrap is made super with Böku's Superfood Hummus but if you would like to kick it up a notch, mix in a ½ scoop of Böku Superfood to the hummus. Almost all veggies work great in wraps and can be substituted with any in the recipe or a few more added, just be careful not to add to much so it is manageable to wrap and eat!



Super Sprout Salad

INGREDIENTS:

1 ½ bunches of de-stemmed kale thinly sliced
12 washed Brussels sprouts with ends cut off and thinly sliced

DRESSING:

2 lemons juiced
1 ½ tablespoons Dijon mustard
½ a shallot, minced
1 garlic clove, minced
2 pinches of sea salt
ground black pepper, to taste
1 scoop of Boku Superfood
1/2 cup extra-virgin olive oil

TOPPING:

1/3 cup raw sliced almonds

HOW TO BOKU:

Wash and destem the kale, placing the leaves in a salad spinner or bowl to dry. Once the leaves are spun dry or patted dry with paper towels from the bowl. Thinly slice the leaves and place them into a large serving bowl with room to add the rest of the ingredients. In a small bowl or measuring cup combine the ingredients for the dressing except the oil. Whisk the oil into the dressing until it is completely combined and add 3/4th of the completed dressing to the kale to massage in with your hands. Wash the Brussel sprouts and cut the rough ends off. Place the Brussel sprout face down and thinly slice them into shreds or flat pieces. Toss the Brussel sprouts with the marinated kale until well combined. Plate your desired amount of salad and top with a tablespoon of sliced almonds.



DINNERS

Veggie and Tofu Curry

Ingredients:

16oz extra firm tofu, drained and pressed
1-14.5oz can lite coconut milk (or full fat)
1 cup vegetable broth
¼ cup Thai green curry paste (or red)
1 tbsp fresh minced ginger
½ tsp turmeric
1 tsp salt
1 tbsp coconut sugar
1 medium onion, chopped
1½ cups sliced bell pepper (I used frozen)
¾ cup peas
1 small eggplant, chopped
Brown rice or quinoa, for serving (optional)
2 scoops of BÖKU Superfood





HOW TO BÖKU:

Remove tofu from package and drain water. Place in tofu press and tighten knobs until the tofu is snug. Place tofu press on a plate or baking sheet to catch liquid. Press for 30 minutes to an hour, tightening knobs as needed. (If you don't have a tofu press, place tofu between paper towels or a kitchen towel. Place on plate and cover with heavy objects, like a couple books. Allow tofu to press for 30 minutes to an hour.)

While tofu presses, add coconut milk, vegetable broth, green curry paste, ginger, turmeric, salt, and coconut sugar to the slow cooker. Whisk until well combined.

Add onion, bell pepper, peas, and eggplant, stirring to combine. Cook on high for 3-4 hours.

While the mixture is cooking, heat a large pan sprayed with olive oil spray over medium heat. Dice up the pressed tofu into bite-sized pieces. Cook tofu for a few minutes per side, or until golden. Set aside for later.

When the curry has 30 minutes left to cook, add the cooked tofu. Allow curry and tofu to cook for the remaining 30 minutes and serve over brown rice or quinoa if desired.

Ratatouille BÖKU

Prep time: 45 mins

Cook time: 4 hours

Total time: 4 hours 45 mins

Serves: 8

INGREDIENTS:

For the puree:

- 1 onion, roughly chopped
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 tablespoon garlic, smashed and chopped
- 1 red bell pepper
- 1 anaheim pepper
- 1 can (28 oz) of crushed tomatoes or 10-12 peeled roma tomatoes roughly chopped
- ½ cup basil leaves
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon herb de Provence
- 2 scoops of BÖKU Superfood

For the sliced vegetables:

- 2 Japanese eggplants, thinly sliced
- 6 Roma tomatoes, thinly sliced
- 2 zucchinis, thinly sliced
- 2 yellow squash, thinly sliced

For the Topping:

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 Tbs fresh thyme leaves, chopped or ¾ tsp dried salt and pepper





HOW TO BÖKU:

Puree:

In a large sauté pan add oil and turn the flame to a medium heat. Once the pan is hot add the onion, celery, carrots and garlic. Cook until all ingredients are softened or a fork can be easily stuck into the carrots. While the the first ingredients are cooking blacken the skin on both kinds of peppers either under the broiler or over open flame on the stove top. Do this to char the peppers on all sides until blackened. Place the blackened peppers in a bowl covered tightly with plastic wrap or in a Ziploc bag to cool, Once they are cool enough to handle, peel off the skins

Place the sautéed vegetables, peeled peppers, canned or fresh tomatoes, basil, herbs, salt, pepper to the blender and puree until smooth.

Preparing the Dish for Baking:

Preheat the oven to 300 degrees

Spread the puree on the bottom of an oven safe pan or skillet and place the sliced eggplant, tomatoes and zucchini in a swirl from the outside in on top of the sauce.

Salt and pepper the veggies

Mix together the oil, garlic and thyme and drizzle over the veggies

Turn the oven down to 280 and cover the pan with foil and bake for 3 hours.

Refrigerate overnight to let the flavors mingle and marinade the veggies.

To serve, place the uncovered pan in a 350 degree oven and bake for 45 if cold and 20 minutes in warm/hot.

Super Burger

Serves 8

Ingredients:

½ cup quinoa

1 small onion, finely chopped (1 cup)

6 oil-packed sun-dried tomatoes, drained and finely chopped (¾ cup)

1 ½ cups cooked black beans, or 1 15-oz. can black beans, rinsed and drained, divided

2 cloves garlic, minced (2 tsp.)

2 tsp. dried steak seasoning

2 scoops (2 tablespoons) of BōKU Superfood

8 whole-grain hamburger buns

HOW TO BÖKU:

1. Stir together quinoa and 1 ½ cups water in small saucepan, and season with salt, if desired. Bring to a boil. Cover, reduce heat to medium-low, and simmer 20 minutes, or until all liquid is absorbed. (This will give you 1 ½ cups cooked quinoa.)

2. Meanwhile, place onion and sun-dried tomatoes in medium nonstick skillet, and cook over medium heat. (The oil left on the tomatoes should be enough to sauté the onion.) Cook 3 to 4 minutes, or until onion has softened. Stir in ¾ cup black beans, garlic, steak seasoning, and 1 ½ cups water. Simmer 10 to 12 minutes, or until most of liquid has evaporated.

3. Transfer bean-onion mixture to food processor, add ¾ cup cooked quinoa, and process until smooth. Transfer to bowl, and stir in remaining ¾ cup quinoa and remaining ¾ cup black beans. Season with salt and pepper, if desired, and let cool.





4. Preheat oven to 350°F, and generously coat baking sheet with cooking spray. Shape bean mixture into 8 patties (½ cup each), and place on prepared baking sheet. Bake 20 minutes, or until patties are crisp on top. Flip patties with spatula, and bake 10 minutes more, or until both sides are crisp and brown. Serve on buns with all of your favorite toppings! We love to use romaine lettuce, tomatoes and purple onion.

SUPER SIPS

Spicy BōKU® Mary



Description: Here's a favorite BōKU® mixture. It's his healthy, nutrient-rich version of a spicy bloody mary. Remember to mix this in a blender or shake well to mix completely.

BōKU® Ingredients: Super Food™

Ingredients:

12 oz of organic vegetable juice or tomato juice

2 tablespoons of Worcestershire sauce

1 tablespoon of BōKU® Super Food™

1 teaspoon of celery salt

1 teaspoon of Tabasco sauce or equivalent

¼ teaspoon of garlic salt

¼ teaspoon of freshly ground pepper

Juice from ½ freshly squeezed lime

HOW TO BōKU: Mix all ingredients in a blender or shaker until fully mixed. Serve over ice with a sprig of celery, if you use plain tomato juice instead of vegetable juice, then add another ½ scoop (1/2 tablespoon) of BōKU® Super Food™.

SAUCES, DIPS & CHIPS

Black Bean Dip



Description: Nothing says snack time like a little black bean dip, but who knew it could be so healthy? Follow this recipe and taste buds will be thankful. It's got everything you'd want in a bean dip, including a little BōKU® Super Food™ (of course).

BōKU® Ingredients: Super Food™

Ingredients:

1 15 oz. can black beans drained and rinsed.

2 tablespoons chopped white onion

2 tablespoons chopped cilantro

1 clove garlic chopped

½ teaspoon cumin

½ teaspoon red chili powder

Pinch Mexican oregano

1 tablespoon BōKU® Superfood

Juice of 2 limes

2-3 dashes of your favorite hot sauce or to taste



Sea salt to taste

HOW TO BōKU:

Place all ingredients in the bowl of a food processor and blend to a smooth consistency. Great served garnished with fresh mango and minced sweet red pepper.

BōKU Tip: Grab a bag of your favorite chips from the store to enjoy your dip with, we love blue corn organic chips! For a more filling appetizer, slice a baguette into thin slices and serve on the side of the dip.

Super Tapenade



Description: Warning: This tapenade recipe is addictively delicious! This zesty dip, spread, or sandwich filling comes together quickly with a few prepared products you already have in the pantry!

BōKU® Ingredients: Super Food™

Ingredients:

7 oz. jar roasted red peppers, drained

6 oz. jar marinated artichoke hearts, drained

½ cup pitted Kalamata olives

2 tablespoons BōKU® Superfood

1 small shallot, minced

¼ cup loosely packed fresh basil, chopped

2 tablespoons extra virgin olive oil

2 teaspoons red wine vinegar

Sea salt and fresh black pepper to taste

HOW TO BōKU: Place the red peppers, artichoke hearts and Kalamata olives in the bowl of a food processor fitted with a metal blade, process to small pieces; pulse in the BōKU® and turn mixture into a bowl. Add the shallot, basil, oil, vinegar and stir to combine well. Add sea salt and black pepper to taste.

BōKU Enjoying Tip: Grab your favorite crackers, chips or toasted bread slices from the store and place enough tapenade to cover. If you would like to make your own toasted bread slices, take a French beget and slice 1/2 inch rounds until desired amount is reached. Pre-heat your oven to 300F. Cover a full baking sheet with foil and lightly coat with your choice of oil. Place the bread slices flat on the sheet closely together and lightly coat the tops with the same oil. sprinkle with ground black pepper and sea salt. Place the baking sheet with bread slices in the oven for 15 - 20 minutes or golden brown. Take out of the oven and set on a cookie rack or plate to cool off. Once cool, top with tapenade or place in an airtight container to store at room temperature for future use. Bread slices will last up to a week.