



Red, White & Blue Nice Cream



Description: Celebrate a new independence from feeling guilty with BōKU's protein and antioxidant rich Red, White & Blue Nice Cream recipe. By Chef Nick White.

BōKU® Ingredients: Super Protein™ 2.0, Super Berries™

Ingredients:

5 to 6 bananas, peeled (after peeling, freeze overnight or longer in a plastic bag)
1 serving of BōKU Triple Source Vegan Protein Powder (may use
1/2 cup (approximately) Non-Dairy milk (such as almond milk)

2-3 strawberries sliced

1 serving of BōKU Super Berries™, sprinkled

Sprinkle BōKU Super Protein™™

1/4 cup of fresh blueberries

HOW TO BōKU:

Take completely frozen bananas and chop them up. Place them in a blender and add the 1 serving of BōKU Triple Source Vegan Protein, 1/2 cup of non-dairy milk and blend until thick and creamy. Use an ice cream scoop or spoon and use three scoops per serving in a bowl. Place the sliced strawberries on the left side of the scoops, sprinkle 1 serving of BōKU Super Berries™ on the right next to the strawberry slices. Sprinkle the BōKU Super Protein™™ on the right of the Super Berries™. Place the fresh blueberries on the right of the scoops to create the red, white and blue sequence. Enjoy!

Rawsome Strawberry "Cheesecake"



Description: Say CHEESE...cake! Raw, vegan, cheesecake that is. This delectable treat uses cashews instead of the usual cream cheese filling found in cheesecake. Using cashews instead gives this treat a nutritional punch that your typical cheesecake cannot claim. RAWsome Strawberry "Cheesecake" contains antioxidants, heart-protective monounsaturated fats, along with magnesium, manganese, phosphorus and zinc! Don't forget the topping which is also brimming with vitamins and antioxidants. A delicious puree of strawberries and BōKU Super Berries™ for the topping of this masterpiece truly makes this dessert something worth talking about!

BōKU® Ingredients: Super Berries™™

Ingredients:

1 1/2 cups pitted Medjool dates

1 1/2 cups raw almonds

3 cups raw cashew pieces, soaked overnight then drained

Juice of 2 lemons (almond 1/2 cup)

2/3 cup melted coconut oil

1 1/4 cup full-fat coconut milk

1 cup agave nectar

1 vanilla bean

2 cups strawberries, tops removed

1 tablespoon agave nectar

4 teaspoons BōKU® Super Berries™

HOW TO BōKU:

For the crust:



Soak the dates in warm water for about 10 minutes. Drain. Pulse in a food processor until the dates form a thick paste consistency. Place paste into a bowl. Pour almonds into same food processor paste was in (no need to clean!) and pulse until they are finely chopped. Add the date paste back into the food processor with the almonds and pulse until the mixture blends together to form a ball.

Press the crust ball firmly and evenly into the bottom of a 9-inch circle pan and place in the freezer while you move on to the filling.

For the filling:

Combine lemon juice, coconut oil, coconut milk, agave nectar and cashews in a blender. Start on low speed then gradually increase to the highest speed. Blend until it is incredibly smooth, with no chunks of nuts visible! Next, scrape the seeds from your vanilla bean into the blender and blend on a low speed until the seeds have been evenly distributed throughout the filling mixture.

Pour the filling mixture onto the crust in the pan and return it to the freezer while you make the fruit puree topping.

For the fruit topping:

In a clean food processor bowl, combine BōKU Super Berries™, strawberries and agave nectar until smooth. Pour over the top of the cashew cream layer of the cheesecake, gently evening it over the top of the cake with a spatula.

Freeze at least 4 hours or until solid. Let thaw 10 minutes before slicing and serving. 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!

SUPER LUNCHES

Fresh Fruit Salad

INGREDIENTS:

Honeydew melon, cubed

Cantaloupe, cubed

Pineapple, cubed

Kiwi, cut into rounds or half-moon slices

Blueberries. Whole

Banana, sliced

Strawberries, sliced

Raspberries, whole

Grapes, whole

1 scoop of Boku Super Berries for every 2 cups of fruit

Juice from one orange

HOW TO BOKU:

This recipe is very versatile and quick to make if you purchase pre-sliced fruit such as

melon and pineapple. If you slice all your own fruit and want to have this delicious healthy snack or breakfast multiple days, store the extra slice fruit and juice together in the fridge for up to 3 days. You can prepare as much fruit as you like and the amount of Super Berries to add will be determined by 1 scoop for every 2 cups of fruit. Mix together your favorite fruits or the ones listed and add the amount of Super Berries desired before the orange juice.



SUPER SIPS

Berry-Refreshing Lemonade



Description: Freshly squeezed, tart n' sweet and filled with antioxidants and vitamins, this twist on a classic lemonade recipe is the perfect beverage to quench your guest's thirst and bring a smile to their face (or maybe a pucker if you like it on the tart side!). This recipe uses fresh strawberries, lemon-juice, and coconut sugar which contains nutrients that regular table sugar does not have. Fun fact: Coconut sugar contains fiber called inulin that slows the glucose absorption into the bloodstream, which may be why it has a lower glycemic index than regular sugar. Drink up!

BōKU® Ingredients: Super Berries™

9 cups chilled water



1 1/2 tbsp lemon zest
4 1/2 cups lemon juice (freshly squeezed)
3 cups strawberries
4 scoops (about 4 teaspoons) BōKU® Super Berries™ powder
Coconut Sugar to Taste

HOW TO BōKU: Cut tops off strawberries and slice into small chunks so they are easier to process. Place strawberries, lemon juice and BōKU® Super Berries™ powder in food processor and process until smooth. Note: This is large recipe and will probably have to be food-processed in batches to fit. Strain the puree, pouring it into a large serving jug. Add the cold water and coconut sugar and mix together (you'll have to play around here. Depending on the sweetness of the strawberries and your own taste the amount of sugar used can widely vary). Serve over ice and enjoy!

SAUCES, DIPS & CHIPS

Antioxidant Strawberry Salsa



Description: We love the good ole tomato/onion/cilantro combo as much as the next guy. But in celebration of the season to come we are opting to use a summery blend of strawberries, balsamic and even BōKU® Super Berries™ for an extra antioxidant boost! Let's not forget all the Vitamin C you'll naturally be soaking up from the delicious Strawberry base. Added bonus: No shame for hanging around the dip bowl – this recipe is absolutely guiltless!

BōKU® Ingredients: Super Berries™

Ingredients:

2 tablespoons lemon juice
1 tablespoon extra-virgin olive oil
1 oz honey
1oz balsamic vinegar
1/4 tsp salt
Pinch ground pepper
½ shallot minced
1 pound diced strawberries (dice them as small as your prefer!)
6 basil leaves thinly sliced
2 scoops BōKU® Super Berries™ (about two teaspoons)

HOW TO BōKU:

Sauce: Combine all ingredients in a large mixing bowl. You can eat immediately or chill in the fridge for use later that day. Enjoy with pita chips (cinnamon or plain), tortilla chips, or even as a topping on a side dish or dessert.

BōKU Tip: Enjoy with your favorite cracker or chip. We love to use wheat or grain pita chips!

Super Berries™ Vinaigrette Dressing



Description: Your favorite refreshing drink powder has added a new talent to its repertoire....we now present to you *drum roll please* Super Berries™ Vinaigrette Dressing! That's right. All of the things you love about Super Berries™ can now be enjoyed atop your favorite salad. The antioxidants, the freeze dried "locked in" nutrition, the delectable and fresh berry taste, all right there ready to amaze your taste buds and satiate your tummy!

This recipe makes about 1/2 cup dressing. For a larger crowd, simply double the recipe

and follow blending directions as usual.

BōKU® Ingredients: Super Berries™

Ingredients:

2 scoops BōKU® Super Berries™ (2 teaspoons)

1 1/2 teaspoons dijon mustard

2 tablespoons fresh orange juice

2 tablespoons extra virgin olive oil

1 tablespoon honey

1 to 1 1/2 tablespoon rice vinegar (to taste)

Directions: Combine Dijon mustard, fresh orange juice, extra virgin olive oil, honey and vinegar in small bowl. Whisk together until thoroughly combined. Next, add in 2 teaspoons of Boku Super Berries and whisk in until smooth. Drizzle over your favorite salad & enjoy!

Pictured Salad: Baby spinach leaves, slivered almonds, chia seeds & sliced strawberries. PS - Try adding your favorite berries and avocado to this salad for an even tastier and filling side or main dish.