



## SMOOTHIES

### **PB&J Protein Smoothie**



**Description:** Who doesn't love a good old fashioned PB&J sandwich? We love them so much we created a protein smoothie version so we can chow down (or slurp!) PB&J's - the healthy way!! Just like when picking out a favorite jelly when making a sandwich - this PB&J smoothie can be tailored to your taste buds!

**BōKU® Ingredients:** BōKU® Super Protein™

**Prep Time** 5 minutes

**Serves** 1

**Ingredients:**

3/4 cup non-dairy milk (or berry juice of your choice)

2 tablespoons peanut butter

Frozen or fresh organic berries of your choice

Ice

Chia seeds for topping (optional)

1 scoop (3 tablespoons) BōKU® Super Protein™

**HOW TO BōKU:** Blend all ingredients (either full flavor or low-calorie options) listed above until smooth and creamy! Add more peanut butter or berries to taste depending on how you like your PB&J! We like to sprinkle Chia Seeds on top for extra nutritional value and a delicious crunch!

### **Pina Colada Smoothie**



**Description:** A healthy and refreshing take by BōKU® on the traditional Pina Colada. Packed with vitamins & minerals, as well as protein to keep you energized and enjoying life.

**BōKU® Ingredients:** BōKU® Super Protein™

**Prep Time** 5 minutes

**Serves** 1

**Ingredients:**

1 banana

1/2 cup light coconut milk

2 cups chopped fresh pineapple

1/2 cup chilled pineapple juice

3 tablespoons BōKU® Super Protein™

1 cup crushed ice

**HOW TO BōKU:** Blend together all ingredients until smooth. Pour in your favorite glass and garnish with fresh pineapple, cherries or coconut flakes if desired. Enjoy!



## Red, White and Blueberry Smoothie



### Description:

**BōKU® Ingredients:** BōKU® Super Protein™

**Prep Time** 5 minutes

**Serves** 1

### Ingredients:

3/4 cup frozen strawberries or raspberries

2 1/2 bananas

1 cup almond milk or other non-dairy milk

3 tablespoons BōKU® Super Protein™

1 tbsp honey

1 cup frozen or fresh blueberries

3/4 cup acai juice

### HOW TO BōKU:

#### White Layer:

Blend 2 bananas, 3/4 non-dairy milk, 1 tbsp honey, and ice cubes. Pour into container and store in freezer until needed.

\*Note: Do this layer first so it stays nice and white!

#### Red Layer:

Blend 3/4 cup frozen strawberries or raspberries, 1/2 banana, 1/4 cup non-dairy milk, 1 1/2 tablespoons Super Protein™, and ice cubes. Pour into container and store in freezer until needed.

#### Blue Layer:

Blend together 3/4 cup acai juice, 1 1/2 tablespoons BōKU® Super Protein™, 1 cup frozen or fresh blueberries, and ice cubes. Pour into container and store in freezer until needed.

### To Serve:

Pour even amount of red smoothie mix into clear glasses (four is the estimated serving size, however this will depend on the size of your smoothies). Next, slowly pour blue layer of smoothie onto your red layer (make sure to go slow as to not mix the two colors). Lastly, carefully pour the white layer on top in each of your smoothie cups!

To garnish, add coconut flakes, BōKU® Super Cacao Nibs™, or strawberries on top!

Enjoy!

## Coco Love



**Description:** This creamy coconut based smoothie is the perfect complement to BōKU® 's Super Protein™ powder. The whole, sprouted brown rice in the BōKU® Super Protein™ Powder gives the smoothie a rich consistency, boasts a serious quantity of highly absorbable, super nutritious, organic protein and full spectrum of amino acids. Coconut Flakes are rich in zinc, iron, fiber and protein. Coconut butter is full of amino acids, calcium and magnesium. It contains "good" fat (50% Lauric acid). Coconut butter is made up mostly of medium chain fatty acids, which the body metabolizes efficiently and converts into energy, rather than storing as fat. Coconut is milk is a quality source of Omega 6 fatty acids, is high in iron and magnesium, fiber and potassium. Nutrient rich coconut water helps regulate blood pressure, blood sugar and cholesterol levels.

**BōKU® Ingredients:** BōKU® Super Protein™ 2.0

**Prep time** 3 minutes

**Serves** 1

**Ingredients (full flavor):**

3 TABLESPOONS BŌKU® SUPER PROTEIN™  
1 BANANA  
1 TBS. COCONUT OIL  
1 TBS. COCONUT BUTTER  
2 DATES (pits removed)  
2 TBS. COCONUT FLAKES  
1/2 CUP COCONUT MILK  
1/2 CUP COCONUT WATER + PULP

**Ingredients (lower calorie):**

1 SCOOP (3 tablespoons) BŌKU® SUPER PROTEIN™  
1 BANANA  
2 DATES (pits removed)  
2 TBS. COCONUT FLAKES  
1/2 CUP COCONUT MILK  
1/2 CUP COCONUT WATER + PULP  
ICE

**Carrot Cake**

**Description:** The CARROT CAKE smoothie with a flavor profile that mimics the popular cake is a delicious and highly nutritious alternative to the dessert. The whole, sprouted brown rice in the BōKU® Super Protein™ Powder gives the smoothie a rich consistency, serious quantity of highly absorbable, super nutritious, organic protein and full spectrum of amino acids. Carrot juice provides beta-carotene which gives the body vitamins A, B and E in addition to many minerals. The health benefits of carrot juice are thought to be good for prenatal health, bones and teeth, liver and nails, skin and hair as well as helping in cancer prevention. It is also extremely beneficial to the liver due to vitamin A's bile reducing and cleansing effects in in the liver. Omega-3 rich walnuts improve heart function, metabolism, have anti-inflammatory properties, fight against cancer, help brain function and improve mood.

**BōKU® Ingredients:** BōKU® Super Protein™ 2.0

**Prep time** 3 minutes

**Serves** 1

**Ingredients (full flavor):**

3 TABLESPOONS BŌKU® SUPER PROTEIN™  
1 BANANA  
2 DATES  
1 TSP. CINNAMON  
2 TBS WALNUTS  
1/2 CUP ALMOND MILK  
\*1/2 TSP. FRESH GINGER OPTIONAL

**Ingredients (lower calorie):**

1 SCOOP (3 tablespoons) BŌKU® SUPER PROTEIN™  
1 BANANA  
2 DATES  
1 TSP. CINNAMON



1 TBS WALNUTS  
1/2 CUP CARROT JUICE  
1/2 CUP ALMOND MILK  
\*1/2 TSP. FRESH GINGER OPTIONAL  
ICE

#### Directions

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

#### Berry Happy



**Description:** The antioxidants in berries can help your body fight oxidative stress caused by free radicals that can lead to illness. Eating a diet rich in antioxidants can help improve your health, protect your skin and hair, and prevent certain diseases. All fruits and vegetables contain antioxidants, but nutrient-rich berries are some of the absolute best sources. Chia seeds are an excellent source of omega-3 fatty acid, fiber, protein and minerals. Including iron, calcium, magnesium and zinc. The whole, sprouted brown rice in the BōKU® Super Protein™ Powder gives the smoothie a rich consistency, serious quantity of highly absorbable, super nutritious, organic protein and full spectrum of amino acids. Almonds are a source of vitamin E, copper, magnesium, and high quality protein.

**BōKU® Ingredients:** BōKU® Super Protein™ 2.0

**Prep time** 3 minutes

**Serves** 1

#### Ingredients (full flavor):

3 TABLESPOONS BōKU® SUPER PROTEIN™  
1 BANANA  
1 CUP BERRIES  
2 DATES (pits removed)  
1 TSP. CHIA SEEDS  
2 TBS. ALMONDS  
1 CUP COCONUT OR ALMOND MILK  
ICE

#### Ingredients (lower calorie):

1 SCOOP (3 tablespoons) BōKU® SUPER PROTEIN™  
1 BANANA  
1 CUP BERRIES OF CHOICE  
2 DATES (pits removed)  
1 TSP. CHIA SEEDS  
1 CUP COCONUT OR ALMOND 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 BöKU® Super Food™'s concentrated organic phytonutrient blend. This harvest drink calls for cinnamon, which can help fight inflammation as well.

**BöKU® Ingredients:** BöKU® Super Food™, BöKU® Super Protein™

### Ingredients:

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

**HOW TO BÖKU:** 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.

## 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 BöKU®!

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.

**BöKU® Ingredients:** BöKU® Super Food™™ & BöKU® Super Protein™

**Prep time** 3 minutes

**Serves** 1

### Ingredients:

- 1 cup almond milk
- 1 scoop (3 tablespoons) BöKU® Super Protein™
- 1 scoop (1 tablespoon) BöKU® Super Food™™
- ½ cup frozen mango
- ½ cup frozen berries

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

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## BREADS

### Pumpkin Spice Protein Pancakes



**Description:** These pancakes aren't only a delicious way to move into fall, but they're also a filling treat packed with protein! Encompassing the taste of the season, these protein pancakes make for a perfect healthy breakfast!

**BōKU® Ingredients: Super Protein™ 2.0**

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Serves:** 3

**Ingredients:**

½ tbsp. ground flax

1 ½ tbsp. water, ½ tsp apple cider vinegar

½ cup almond milk

¼ cup pumpkin puree

½ tsp vanilla extract

½ -1 tbsp coconut sugar

½ tsp cinnamon or half pumpkin pie spice

1 ½ tsp baking powder

¼ tsp baking soda

¼ tsp sea salt

3 tbsp BōKU® Super Protein™™ 2.0

¾ cup oats

#### **HOW TO BōKU:**

Put the ground flax and water in the blender and let it sit for a minute or two so it can thicken. Now add all the other ingredients and blend until smooth! Let the batter sit for several minutes.

Meanwhile, heat a nonstick griddle (or large nonstick skillet) coated with cooking spray over medium heat. Spoon 2 heaping tablespoons of batter per pancake on the griddle. Turn pancakes over when tops are covered with bubbles and edges look cooked. Serve warm topped with agave or maple syrup and a sprinkle of pecans.

### Vegan Gluten Free Choco-Banana Protein Bars



**Description:** These easy-to-make protein bars are amazing for any time of the day. Eat one before the gym for a perfect pre-workout snack, munch on at work, or try packing one in your little one's lunchbox for a tasty treat the other kids will be begging to trade their snacks for! Tasting like a delicious chocolate (vegan) banana bread, this bar is sure to be a hit all around. PS – these also make an excellent addition to your line up of this year's healthy Thanksgiving desserts!

**BōKU® Ingredients: Super Protein™™ 2.0**

**Ingredients:**

1 cup gluten free oats

1/2 cup BōKU® Super Protein™™

1/2 cup unsweetened cocoa powder



- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 3 medium to large ripe bananas
- 1 tsp pure vanilla extract
- 1/4 cup raw honey
- 1/3 cup BōKU® Super Cacao Nibs™

#### **HOW TO BōKU:**

Make oat flour by placing oats in a food processor until oats resemble flour.

In a medium bowl, combine oats with protein, cocoa powder, baking powder, and baking soda.

Place banana, vanilla, and honey in blender 1-2 minutes or until smooth and creamy and add to flour mixture. Fold in cacao nibs, pour batter into pan, bake for 15 minutes or until knife comes out clean, and cool on a wire rack for 10-15 minutes.

If desired, melt 2 tablespoons of chocolate chips until melted and drizzle over bars. Cut into 16 squares and enjoy!

### HEALTHY TREATS

#### **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!

**Orange Protein Pops** 001-176



**Description:** Want a sweet, creamy, dreamy, and healthy treat? This popsicle are for you!

**BōKU® Ingredients: Super Protein™**

**Ingredients:**

1/2 cup Fresh Squeezed Orange Juice

1/2 cup Almond Milk

1 tsp Vanilla Extract

1/2 scoop (3 tablespoons) BōKU® Super Protein™

**HOW TO BōKU:** Blend all the ingredients together, pour in a mold, place in the freezer for about 4 hours, 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!