

SuperFood Mix *Recipe Book*



1st Annual Apricot Power Recipe Contest

Dear Customers, Bakers & Cooks,

The Apricot Power team would like to extend a warm thank you to everyone involved in creating, sharing and ultimately enjoying our First Annual Recipe Contest. The process has been in the works for years. It is something my brother and I always imagined, and our 2017 marketing team made our vision come to fruition. We are thrilled with the results, it was wonderful to interact with our consumers and receive an overwhelming number of participants. As for the judging panel, they enjoyed all of the delectable creations! The deliberation process was difficult as we sorted through dozens and dozens of outstanding submissions. Our pallets had the honor of tasting the passion from your kitchens to our Apricot Power Family!

We created our Superfood Mix as an extension of our brand to combine the powerful health benefits of apricot seeds with the ease of implementing them into daily diets. This highly nutritional mix was the perfect fit in our own lives, as we had children growing up, a business to run and our families' health in mind. Our team collaborated with Dr. Max to develop a SuperFood mix that was high fiber, low sugar, vegan, non-GMO, gluten free, soy free, paleo, high protein and full of our super seeds! Over the years we have created flavor profiles that have complemented our shakes, meal replacements, quick breakfasts and even ice cream. It was the friends we have met at trade shows and on our sales calls who would mention, "I put my super food in this... and it tasted delicious", along with our mission to "get B17 back in every body" that inspired our cook book.

The holiday season is here, and we hope you enjoy these delicious recipes created by the talented people inside our 1st Apricot Power Recipe Book. Until next year, we wish you a very happy & healthy New Year.

Yours In Health,



John Richardson
President

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**GRAND
PRIZE
WINNER**

DEEP DISH HUMMINGBIRD COOKIE SKILLET



DARLENE BUERGER
GRAND PRIZE WINNER



Ingredients

- ½ cup packed brown sugar
- ½ cup granulated sugar
- 4 oz butter, room temperature
- 1 large egg
- 3 tbs coconut cream
- ¼ cup mashed ripe banana
- 1-1.3 oz packet Coconut Almond SuperFood Mix
- ¼ cup sweetened flaked coconut
- ¼ cup chopped dates
- 2 cups wheat flour
- 1 tsp soda
- ½ tsp salt
- 1 cup chocolate chips, white, semi-sweet, milk chocolate or combination of your choice

Directions

1. Preheat oven to 325 degrees. Spray a 10-inch cast iron skillet with cooking spray.
2. In a large bowl, beat sugars and butter until light and fluffy. Add egg, coconut cream and banana.
3. In a small food processor combine Apricot Power mix, flaked coconut and chopped dates. Process until mixture is somewhat smooth with no large pieces (Should resemble granola sized crumbs)
4. In another bowl combine flour, soda and salt. Add SuperFood Mix to flour mixture and stir to combine. Gradually add this mixture to the wet mixture and beat until combined. Stir in chocolate chips of choice.
5. Spread mixture in prepared pan and bake for 50 minutes or until golden brown around the edges. Cool for 15 minutes and cut into wedges or desired shapes.

“When my kids were younger they loved it when I made a hummingbird cake. (a banana-pineapple-spice cake). I’d often vary the ingredients based on what I had in my pantry. I wanted to showcase Apricot Power Superfood Mix in a recipe that was easy and that the whole family could enjoy. I decided to use a basic cookie recipe and create a hummingbird cookie, using bananas, dates, and a packet of Coconut Almond Superfood mix. The result was delicious and it helps put a fun and healthy spin on just having cookies for dessert. I hope you enjoy the recipe as much as I enjoyed creating it.”



BLENDED RECIPES

BREWED ICED CARAMEL ALMOND CHEESECAKE COFFEE



HIDEMI WALSH
FIRST PRIZE WINNER



Ingredients

- 1 cup ground non-flavored coffee of your choice
- 2 ²/₃ cups cold water
- 3 oz. cream cheese
- 1 sample package Caramel SuperFood Mix
- 1 cup sweetened almond milk
- Whipped cream, chopped roasted almonds, caramel sauce or your preferred toppings

Directions

1. Stir coffee and water in a large pitcher. Leave to rest covered for 12 hours up to overnight.
2. Arrange 3-4 paper towels inside of a fine mesh strainer and slowly strain coffee mixture into a blender. Add cream cheese, almond milk and SuperFood mix. Blend until smooth.
3. Pour the mixture into each serving glass. Top with whipped cream, almonds and caramel sauce.

Note: If you prefer sweeter coffee, add sugar or honey.

"I am a big coffee drinker and love iced coffee. But when I want to have iced coffee, I always make it at home. This recipe is my favorite way to make iced coffee. To make it tastier, fun to drink, and more important, healthier, I added Caramel Superfood Mix, and my favorite ingredients, such as almond milk, cream cheese (to taste like my favorite sweets, tiramisu), caramel, and almond."

PEACHES AND CREAM YOGURT POPSICLES



MOLLY KUMAR

SECOND PRIZE WINNER

MAKES 8 POPSICLES



Ingredients

- 2 Cups Greek Yogurt
- 2 Small Peaches - cleaned, pitted and chopped in bite size pieces
- 1 Tbsp. Maple Syrup (optional, add as per your choice)
- 2 Tbsp. Apricot Power Coconut Almond SuperFood Mix
- 8 Small Paper Cups
- 8 Ice-Cream Sticks

Directions

Making the Popsicle Batter:

In a large bowl, whisk together yogurt and maple syrup to a smooth consistency.

1. Add the SuperFood Mix and whisk again

Filling the Paper Cups:

1. Now, take 1 tbsp. chopped peaches and add it on the bottom of each paper cup.
2. Add whisked yogurt mix in each cup (filling till top).
3. Place the filled cups in freezer for 20 minutes.
4. After 20 minutes, take out the cups and place ice-cream stick in the middle of each cup.
5. Put the paper-cups back in the freezer and freeze for 2hrs or until popsicles are completely frozen.

Removing the Popsicles from Paper Cups:

1. In a bowl, add warm water.
2. Place each frozen cup in the warm water bowl for 4-5 seconds.
3. Lift the cup up and lightly pull the ice-cream stick towards you and the popsicle will come out of the cup.
4. Similarly, follow the step for each popsicle
5. Serve the popsicles immediately and enjoy.

"I'm a firm believer in healthy-delicious meals and that's how I came across Apricot Power SuperFood Mix. I have tried a couple of their products and love using them in breakfast / snacks for an added boost of energy, extra nutrition, and great taste. I wanted to create a fun, easy-to-make, and wholesome snack recipe that could be eaten by all age groups. My go-to recipe is a family-favorite frozen treat – 'Peaches & Cream Yogurt Popsicles'. I used Coconut Almond SuperFood Mix to make them extra nutritious."

COCONUT ALMOND MANGO LASSI



SHAUNA HAVEY
THIRD PRIZE WINNER
MAKES 2 SMOOTHIES



Ingredients

- One 1.3-ounce package Coconut Almond SuperFood Mix
- 10 ounces of frozen mango chunks
- 2 tbs agave nectar
- 1 cup Greek yogurt, plain
- 1 cup milk
- 1 tbs unsweetened flaked coconut
- 1 tbs sliced almonds

Directions

1. Place the SuperFood Mix, mango chunks, agave nectar, yogurt, and milk into a food processor or blender.
2. Blend thoroughly until the mango chunks are pureed and all the ingredients are combined.
3. Pour mixture into two glasses.
4. Garnish with coconut flakes and almonds before serving.

"I've always favored mango lassis over a traditional smoothie and enjoy them for breakfast and snacks. They have a brighter, pure fruit flavor and I knew they would enhance the Superfood mix itself. I paired my garnishes to mimic and enhance the flavors of almond and coconut in the Superfood Mix, which worked beautifully, and made the drink feel cohesive. I really enjoyed using the SuperFood Mix. I thought it blended into both sweet and savory dishes equally well. The flavors gave my dishes something extra and of course blending in extra nutrients is always appreciated. We are all health nuts in our family!"

PIÑA COLADA ENERGY BITES



CHARLOTTE MARTIN

RUNNER UP



Ingredients

- ½ cup raw macadamia nuts
- ½ cup raw cashews
- ½ cup shredded, unsweetened coconut + ¼ cup for rolling
- 2 packets (½ cup) Apricot Power Coconut Almond Superfood Mix
- 8 pitted medjool dates
- 2 oz dried, unsweetened pineapple chunks
- ¼ cup hemp seeds
- ¼ cup nonfat or low-fat coconut-flavored Greek yogurt (or vanilla if you can't find coconut)
- ⅛ tsp salt
- 1 tsp rum extract (optional)

Directions

1. Add macadamia nuts, cashews, half-cup coconut, and Apricot Power Coconut Almond Superfood Mix to bowl of a food processor, and process until finely chopped and crumbly.
2. Add remaining ingredients, and process until a sticky, uniform “dough” forms (may collect into a ball on the side of the food processor bowl).
3. Form the dough into uniform, 1-inch balls, and then roll each in remaining coconut (may have to process coconut first to make flakes smaller).
4. Place balls in freezer for 15 to 20 minutes to set, or store balls in refrigerator until ready to enjoy!
5. Yields approximately 20 bites

These no-bake energy bites will have you feeling like you're on tropical vacation! They're high in fiber, and contain natural fruit sugars that will help you get through a mid-afternoon slump. The added nutritional benefits of the Coconut Almond SuperFood Mix add protein and over 30 superfoods.

CARAMEL APPLE SUPERFOOD PARFAIT



CRYSTAL SCHMIDT
RUNNER UP



Ingredients

- ½ cup Caramel SuperFood Mix
- 1 ½ cups of unsweetened plain Greek yogurt
- ½ tsp vanilla extract
- 1 apple, diced
- ½ tsp cinnamon

Directions

1. Stir together the Caramel SuperFood Mix, yogurt, and vanilla extract. Immediately spoon the mixture evenly into two small glass jars or parfait glasses.
2. Top each glass with about half of the diced apple. Serve immediately or store covered in the refrigerator for up to 2 days (especially if you use a variety of apple that is slow to brown, like Gala or Cortland).

If you're looking to make a quick and easy dessert for two, this is for you, especially if you like apples. The Greek yogurt and Caramel SuperFood Mix blend perfectly. Plus both combine to add a healthy protein kick for those that are active or prefer plant and dairy-based protein.

SOUTH SEAS SMOOTHIE



MARGEE BERRY

RUNNER UP

MAKES 2



Ingredients

- 1 cup chilled coconut milk
- 1/3 cup chilled peeled chopped honeydew melon
- 1/4 cup peeled, cubed avocado
- 1-1/2 tbsp. Coconut Almond Superfood Mix
- 4 medium fresh mint leaves
- 1 tsp. Matcha (green tea powder)
- 1/2 tsp. honey
- 1/4 tsp. minced ginger
- 1 tbsp. toasted large flaked coconut
- 2 mint sprigs

Directions

1. Whirl in a blender the first 8 ingredients until smooth and blended.
2. Pour smoothie into 2 glasses, garnish each with coconut and a mint sprig.

You can almost see the palm trees swaying and feel the tropical breezes cooling you off when you sip this delightful smoothie. The Coconut Almond SuperFood Mix blends perfectly with the melon, mint, and avocado for a refreshing smoothie that's high in fiber, protein, .

TOASTED COCONUT MOCHA FRAPPÉ



CHARLOTTE MARTIN

RUNNER UP

MAKES 1



Ingredients

- 2 Tbsp. shredded, unsweetened coconut + ½ Tbsp. for topping (optional)
- ½ cup original or unsweetened, refrigerated coconut milk (if you prefer a sweeter taste, choose the original version)
- ½ cup strong brewed coffee, chilled
- 1 packet (¼ cup) Coconut Almond Superfood Mix
- ¼ cup nonfat or low-fat vanilla Greek yogurt
- 2 tsp unsweetened cocoa powder
- 1 cup ice
- Whipped topping (optional)

Directions

1. Preheat oven to 325 °F.
2. Spread coconut flakes onto a baking sheet in an even layer. Bake 5 to 7 minutes, until golden brown. Set some toasted coconut to the side if using for topping.
3. Combine toasted coconut with remaining ingredients (except for whipped topping) into a blender; blend until smooth and icy.
4. Top with whipped topping and sprinkle with remaining toasted coconut flakes if desired, and enjoy!

This is your breakfast and morning coffee all in one! It's much healthier than a store-bought Frappuccino, and is low in sugar, and the Greek yogurt and Coconut Almond SuperFood Mix provide high protein and all the fiber you need to help tackle the day ahead.

DARK CHERRY CHOCOLATE BROWNIE SORBET



JANETTE GOMEZ
RUNNER UP



Ingredients

- 1.3 oz. of Apricot Power Chocolate Brownie Food Mix
- 2 Cups of Frozen Dark Cherries
- ½ cup of Greek Yogurt (I use 0% to cut back on calories)
- Juice & Zest of one Lemon
- 2 tbsp. of Organic Madagascar Vanilla
- ½ cup of Organic Local honey (more if you like it sweeter, or started with tart cherries)
- ¼ cup of Almond Milk

Directions

1. Place all ingredients except Almond Milk in a food processor or blender.
2. Pulse to get going then let it go for 15 seconds at a time. You want to be sure your mixture stays cold so keep an eye on it. – you must start with frozen cherries.
3. Periodically check consistency of your mixture, you want it to be just like sorbet. If too chunky add a little bit of almond milk at a time until you get desired constancy.
4. Right out of processor it will be cold and creamy, but close to melting If you like it like this like I do, go to town.
5. If you prefer a little firmer, place in a freezer safe container and freeze for another 30 minutes. If you let it go longer or overnight it will be solid like an Italian Ice. You can shave and enjoy that way or let it sit out for 5 minutes so you can scoop.
6. Shave or scoop, then top with chocolate chips, sprinkles or sauce and enjoy!! Or course you can also forgo toppings as its awesome “oh natural!”

It's hot! You want to go out for ice cream, but you know that you're really not going to know what they put into your cup. The struggle is real! So, why not forget the ice cream shop and make this amazing cool treat in less than 10 minutes at home? You'll get the nutritional benefits of Chocolate Brownie SuperFood Mix, protein from the Greek yogurt, and the great combination of organic honey and black cherries.

ALMOND COCONUT CUSTARDS



MARGEE BERRY

RUNNER UP

SERVES 6



Ingredients

- 16 ounces plain 2% Greek yogurt
- 1-1.3 ounce package Coconut Almond SuperFood Mix
- ¼ almond extract
- 1 cup peeled diced fresh apricots (or nectarines)
- 2 tbsp. packed brown sugar
- 2 tbsp. orange juice
- ¼ cup unsweetened large flake coconut
- ¼ cup chopped almonds

Directions

1. Mix yogurt, SuperFood Mix, and almond extract in a large bowl and refrigerate mixture for at least 30 minutes so the flavors blend.
2. Stir together the apricots or nectarines, brown sugar, and orange juice in a small sauce pan; simmer until just soften about 5 minutes. Let cool completely.
3. Toast coconut and almonds in a small skillet over medium heat, shaking skillet often until golden.
4. To assemble divide fruit mixture into bottoms of six (4-ounce) ramekins or custard cups, spoon yogurt mixture on next and last top with coconut and almonds.

This is a light, easy-to-make desert with the added nutrition of protein and over 30 superfoods that the Coconut Almond SuperFood Mix provides. The blend of fruits and flaked coconut work well with the texture of the almonds. What a great way to finish off a nice light lunch or dinner.



BAKED RECIPES

CRUNCHY TOP CARAMEL POUND CAKE



CINDY TUCKER
FIRST PRIZE WINNER



Ingredients

- 6 eggs
- 1 cup butter (2 sticks)
- 3 cups sugar, divided
- 3 cups all-purpose flour
- 1 oz Apricot Power Caramel SuperFood Mix
- 1 cup buttermilk
- 1 tbs vanilla

Directions

1. Grease and flour Bundt cake pan. Add 2 tbsp. of the sugar to the pan and hake to coat – this gives the cake a crunchy crust.
2. Set out eggs and butter to allow them to come to room temperature.
3. In a large bowl, cream the butter and sugar until smooth.
4. Add the eggs, one at a time, beating for one minute after each addition.
5. Sift the flour then stir the Apricot Power Caramel Superfood mix into the flour. This will help keep the mix evenly distributed throughout the batter.
6. Add the flour/SuperFood Mix to the creamed mixture alternating with the buttermilk. Mix until fully incorporated.
7. Stir in the vanilla.
8. Pour into prepared pan and place in a cold oven.
9. Turn the oven on to 300 and bake for 80-90 minutes, until a toothpick inserted in the center comes out clean. Cool completely before removing from pan

“There is something so decadently satisfying about pound cake. Part of my love for pound cake comes from childhood memories of my mother and grandmother pulling this golden concoction from the oven. Since the crunchy caramel coating was always my favorite part, it was only natural to immediately think of adding Apricot Power’s Caramel Superfood Mix to my own pound cake recipe. The result was an amazing cake that was simple to make, had the added nutrition of the SuperFood Mix, but pleased even the pickiest eaters in my family.”

COCONUT ALMOND PEACH COBBLER



KRISTEN HEIGL

SECOND PRIZE WINNER



Ingredients

Cobbler

- 10 medium size peaches, skin removed and sliced
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ tsp almond extract
- $\frac{1}{2}$ cup shredded coconut
- $\frac{1}{2}$ cup flour

Topping

- 1 $\frac{1}{2}$ cups flour
- 1 cup oats, ground
- $\frac{1}{2}$ cup Ground SuperFood Mix - Coconut Almond
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup white sugar
- 1 tsp cinnamon
- 1 $\frac{1}{2}$ cups butter, melted

Directions

1. Spray a 9 x 13-inch pan with cooking spray. Preheat oven to 350 degrees.
2. Place peaches, sugar, brown sugar to a bowl and mix. Then add the almond extract, coconut, and flour. Place the filling into the prepared pan and spread evenly. Bake for 10 minutes, then remove from oven.
3. Meanwhile in another bowl add the flour, ground oats, superfood mix, brown sugar, white sugar, cinnamon, and butter. Toss with a spatula until it looks crumbly. Place evenly on top of the peach mixture. Bake about 20-25 minutes, or until the crumbs look golden.

"I love experimenting with recipes and creating my own. I especially like to use ingredients that are in season for the maximum amount of flavor. I got the idea for the "Coconut Almond Peach Cobbler" recipe after I had gone peach picking and had an abundance of peaches. I decided why not make a healthier, more nutritious version of my favorite peach cobbler recipe. I love using Apricot Power mixes in all my baking, so I decided why not use it in a crumble for my cobbler."

APPLE PICKING TIME DONUT SUNDAES



FELICE BOGUS

THIRD PRIZE WINNER

MAKES 12



Ingredients

Donuts:

- ½ cup coconut oil
- 3 large eggs
- 1 cup sugar
- 1 ½ cup canned pumpkin puree
- 1 ½ tsp salt
- 1 ½ tsp baking powder
- ¼ tsp cinnamon
- Pinch nutmeg
- 1 ½ cup plus 2 Tbs. white whole wheat flour
- ¼ cup Gingerbread SuperFood Mix
- 1 ½ tbs cinnamon sugar, optional

Apple Spice “Soft Serve”:

- 6 ripe bananas, peeled, sliced, and frozen
- ¾ cup apple butter
- ¾ tsp vanilla
- ¾ tsp cinnamon
- ¾ cup silan (date molasses)
- Granola, for sprinkling

Directions

Make the donuts:

1. Preheat oven to 350° and grease the wells of 2 donut pans.
2. Beat together oil, eggs, sugar, pumpkin puree, salt, baking powder, cinnamon, and nutmeg until well combined. Add flour and Gingerbread SuperFood Mix, stirring only until just smooth.
3. Using a pastry bag or a resealable plastic bag with a corner cut off, fill each well ¾ full. Bake 15 – 18 minutes, or until a tester comes out clean.
4. Remove from oven and let cool in pan 5 minutes. Remove from pan and let cool completely on wire racks. If desired, dip one side of donuts in cinnamon sugar while the donuts are still warm.

Make the soft serve:

1. Process the banana slices in a clean food processor work bowl, scraping down as necessary, until the texture resembles soft serve ice cream, about 3 minutes.
2. Add apple butter, vanilla, and cinnamon, and process until just combined.

Assemble the sundaes:

1. Place a donut in a serving bowl and top with apple spice “soft serve.”
2. Drizzle on silan, sprinkle with granola, and serve.

“I want to eat better. Who am I kidding? I need to eat better. But I don’t want to give up the delicious fall treats that I look forward to. Who does? The truth is, you don’t have to forgo every sweet indulgence. With a little bit of thought and a little help from Apricot Power, you can have your donut and eat it, too. Baking rather than frying is an easy change. Pumpkin puree adds healthy fiber and beta carotene. AP Gingerbread Superfood mix adds a wonderful flavor, a boost of warm spices, and an awesome nutritional kick. The nutritional benefits are almost as amazing as the taste.”

CHOCOLATE BROWNIE PEANUT BUTTER CHEESECAKE CRUST



KRISTEN HEIGL
RUNNER UP



Ingredients

Crust

- 1 ½ cups chocolate graham cracker crumb
- ½ cup Chocolate Brownie SuperFood Mix
- ½ cup butter, melted
- ½ cup sugar

Filling

- 1 cup sugar
- 3 tbs peanut butter
- 3 packages (24 ounce) cream cheese
- 1 cup sour cream
- 3 eggs
- ¼ tsp salt
- 1 tsp vanilla

Directions

1. Mix crust ingredients in a bowl until well combined and place in a spring form pan pressing it up the sides of the pan, evenly.
2. Bake the crust at 350 degrees for 5-6 minutes. To make the filling mix the sugar, peanut butter, cream cheese, sour cream, eggs, salt and vanilla until smooth.
3. Place in prepared crust and bake 45-50 minutes or until set. Cool, then serve.

Healthy cheesecake? Sounds like an oxymoron, right? Well when you use a half cup of Chocolate Brownie SuperFood Mix in this crust that's just what you get along with B17, phytonutrients, and more. The peanut butter works nicely with the Chocolate Brownie SuperFood Mix. It's like eating a healthy peanut butter cup!

PUMPKIN SPICE STREUSEL MINI LOAVES WITH MAPLE DRIZZLE



KIM BANICK

RUNNER UP

MAKES 6 MINI LOAVES
OR 12 MUFFINS

Ingredients

Streusel Topping:

- 1 tbsp. tapioca flour
- 3 tbsp. almond flour
- 3 tbsp. pure maple syrup
- 1 tbs Pumpkin Spice Ground SuperFood Mix, chop large dried fruit pieces
- ¼ cup coconut butter (coconut manna), warmed until soft and smooth

Pumpkin Spice Batter:

- ½ cup plus 1 tbs coconut flour
- ¼ cup tapioca flour
- ½ tsp baking soda
- ½ tsp baking powder
- 3 tbs Pumpkin Spice Ground SuperFood Mix (chop large dried fruit pieces)
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp fresh grated nutmeg
- 6 eggs, beaten
- ½ cup pure maple syrup
- ½ cup pumpkin puree
- 1 tsp vanilla extract
- ½ cup coconut oil, melted
- Cooking spray

Maple Drizzle:

- 3 tbs coconut butter (coconut manna)
- 2 tbs almond milk, unsweetened
- 4 tsp pure maple syrup
- ¼ tsp vanilla extract



Directions

1. Preheat oven to 350 degrees.
2. Mix all of the streusel topping ingredients together and set aside.
3. Blend the first 8 ingredients for the batter in a bowl. (These are all the dry ingredients for the batter)
4. In a separate bowl, mix the eggs, maple syrup, pumpkin puree and vanilla extract until well blended. Slowly add the melted coconut oil and whisk until completely incorporated.
5. Add the dry ingredients to the pumpkin mixture and mix just until all of the batter is blended. Do not over mix.
6. Spray 6 mini loaf pans. I used Wilton's metal baking pan that makes 10 mini loaves. Divide the batter in the 6 mini loaf pans. Top the loaves with the streusel crumbs and bake for 20-25 minutes. If you are making muffins you may want to check for doneness at 18 minutes.
7. Allow the loaves to cool for 20 minutes before removing from the pan. Continue to cool the loaves.
8. Warm the Maple Drizzle ingredients in a small bowl/cup in the microwave for 30 seconds intervals. Stir after each interval until smooth. Pour the Maple Drizzle over the mini loaves.

Layered in streusel crumbs and drizzled in maple, these mini loaves look and taste absolutely sinful, but believe it or not they're packed with the nutrition of protein and superfoods thanks to the addition of Pumpkin Spice Superfood Mix. This recipe is for adventurous chiefs that want to impress their friends and family. With all of the ingredients, the prep time, and the baking directions this recipe seems complicated, but the results are amazing.

APRICOT POWER JAMAICAN JERK CHICKEN



SHUANA HAVEY

RUNNER UP

SERVES 4



Ingredients

- 8 chicken legs or thighs (bone in/skin on)
- One 1.3 ounce package Coconut Almond SuperFood Mix
- 1 tbsp. Jamaican jerk spice blend
- 4 cloves garlic, peeled
- 1 tsp. salt
- ½ tsp. pepper
- ¼ tsp. cayenne pepper
- ½ cup fresh cilantro
- 2 tbsp. raw honey
- ¼ cup olive oil
- 2 tbsp. fresh lime juice
- Extra fresh cilantro and limes for garnish (optional)

Directions

1. Preheat oven to 350 degrees. Line a large, rimmed sheet pan with foil.
2. Place the chicken pieces onto the prepared pan. Use your fingers to gently separate the skin from the meat without tearing it. This will allow you to rub the spice mixture onto the meat.
3. Add the Apricot Power, the jerk spice blend, garlic, salt, pepper, cayenne pepper, cilantro, honey, olive oil, and lime juice to the bowl of a food processor. Process into a thick puree.
4. Rub the mixture all over the chicken pieces, both next to the meat and on the outside of the skin. Make sure to use all of the mixture.
5. Bake the chicken for 50 minutes.
6. Place the chicken under the broiler for up to an additional five minutes to crisp the skin.
7. Serve chicken with extra cilantro and lime wedges, if desired.

“Turn your weeknight dinner into a “SuperFood” by incorporating healthy and flavorful Apricot Power Superfood Mix. I used the Coconut Almond variety to give classic Jamaican Jerk Chicken a vitamin packed, flavor boost. Your family will flip for this easy to make, tropical delight.”

Prep time: 10 minutes
Cook Time: 55 minutes

WALNUT COCONUT ALMOND SQUARES



DAVID PEREZ

RUNNER UP

MAKES 4-6 SQUARES



Ingredients

- 3 tbsp. unsalted butter, softened
- 4 tbsp. organic coconut sugar
- 1 egg yolk (egg substitute)
- ¼ tsp. vanilla extract
- ¾ cup coconut flour
- 1 packet coconut almond superfood mix
- ¼ tsp. baking soda
- ⅛ tsp. Himalayan sea salt
- ¼ cup apricot seeds (optional)
- ¼ cup walnuts
- ¼ cup cherries (optional)

Directions

1. Preheat oven to 350°. Line a large glass baking ware with parchment paper and set aside.
2. In a medium sized mixing bowl, using a wooden spoon or electrical mixer, beat the butter, coconut sugar until light and fluffy. Add egg yolk and vanilla and mix until well combined.
3. Add in the coconut flour, baking soda, and salt and mix until everything is fully combined.
4. Then mix in the walnuts, cherries and apricots until fully incorporated into the dough. Scoop out all the dough onto the baking glassware, you should end up with about 4-6 squares. For large parties, simply double or triple the ingredients.
5. Bake at 350°F for 9-12 minutes. Remove the squares from the oven and allow to cool before cutting.

For those of you who are health conscious or healthy food enthusiasts, you're in for a treat because these coconut almond squares are high in fiber, high in protein, low in sugar, and contain over 30 superfoods. Plus, these tasty treats pack a power punch of Amygdalin, This is a vegan recipe, but feel free to substitute any of the ingredients as you see fit. This is a nice snack that can be ready in about 30 minutes!

CARAMEL APPLE AND DATE CRUMBLIES



FIONA GREEN
RUNNER UP



Ingredients

- 1 ½ cups old fashioned oats
- 1 cup date sugar
- 2 cups all-purpose flour
- 1 cup unsweetened coconut
- 1 cup melted unsalted butter
- 4 apples, peeled and sliced
- 1 tbsp. lemon juice
- ½ cup water, divided
- 1 tbsp. sour cream
- ¼ cup dates, chopped
- 33g Apricot Power Caramel SuperFood Mix
- ¼ cup chopped pecans

Directions

1. Pre-heat oven to 350F.
2. In a medium bowl mix oats, date sugar, flour and coconut. Stir in melted butter and mix well.
3. Line a 8"x10" baking tray with aluminum foil. Spray with cooking oil then place ⅔ of crumb mix on tray. Distribute mix evenly over tray then bake for 10 minutes.
4. Meanwhile prepare apple and date filling. Place sliced apples in a small pot with lemon juice and ¼ cup water. Cook for approx. 5 minutes until slightly softened. Add caramel flavored Apricot Power super food mix and sour cream and set aside.
5. Place remaining water and chopped dates in a small saucepan and heat until dates are slightly soft and have absorbed the liquid. Add to apple mix. Remove crumble mix from oven and top with apple date mix.
6. Add chopped pecans to remaining crumb mix then distribute evenly over apple filling. Return to oven for approx. 20 minutes. Remove from oven and serve warm with a dollop of sour cream.

Healthy, nutritious and delicious, these caramel apple and date crumbles make a great after school snack or tasty in-between-meal treat. Made with old fashioned oats, date sugar, unsweetened coconut, apples and lots of other nutritious ingredients, adding Caramel SuperFood mix takes this taste treat to a whole new level.

CHICKEN MOLE



GREG FONENOT

RUNNER UP

SERVES 6



Ingredients

- 4 chicken breasts
- 3 tbsp. olive oil
- 2 tbsp. flour
- 1 tbsp. chili powder
- 1 tsp. ground cumin
- 2.6 ounces Coconut Almond SuperFood Mix
- 3 cups chicken broth
- Cilantro for garnish

Directions

1. Cut chicken into 1 inch cubes.
2. Heat oil in a heavy pan and brown chicken. Remove chicken from the pan, leaving oil.
3. Add flour and cook until light brown. Add chili powder, cumin and Coconut Almond SuperFood Mix. Mix well. Add broth and mix.
4. Return chicken to pan and continue cooking on low for 15 minutes.
5. Garnish with fresh cilantro. Serve with rice.

This is unlike ANY chicken mole you've ever had. Why? It's packed with over 30 superfoods, is high in fiber, high in protein, and has superseeds like chia, flax and apricot seeds in it. And it tastes yummy. The next time you're looking for something completely new and different, think about serving up some Superfood Mix enhanced chicken mole. You'll be glad you did.

SUPERFOOD SCONES



AMY FREEZE
RUNNER UP



Ingredients

- 2 cup self-rising flour
- ½ tsp salt
- ¼ cup sugar
- ¼ cup butter (or margarine)
- 1 pkg. (1.3 oz) Superfood Mix Coconut Almond
- ⅓ cup flaked coconut
- ¾ cup almond milk
- 1 egg + 1 tbsp. water to make an egg wash
- 2 tbsp. sugar

Directions

1. In a food processor, combine flour, salt, sugar, butter, Superfood Mix, and flake coconut. Pulse until completely combined. Slowly pour in almond milk while food processor is running on low speed. When combined and turn dough out onto a well-floured counter or work surface. Gently, turn dough to coat in flour and form into a log.
2. Using your hands, gently shape dough log into a rectangle approximately 3" wide, 1.5" thick, and 12-18" long. Cut dough into triangles and place onto a parchment lined cookie sheet.
3. Brush triangles with egg wash and sprinkle with sugar. Bake at 425 degrees for 10 minutes or until puffy and golden brown.
4. Remove from oven and serve warm with butter. If icing is preferred, combine 1 cup powdered sugar with 1 Tbsp. milk. Stir to combine and drizzle over slightly cooled scones.

Who doesn't like a fresh scone and nice cup of tea? This recipe takes scones to a whole new level by adding the extra nutrition of Coconut Almond SuperFood Mix. What a delightful way to get superfoods, protein, and B17 into your body.

APPLE BAKED OAT CUPS



SHAUNA HAVEY

RUNNER UP

MAKES 4



Ingredients

- One 1.3 ounce package Caramel SuperFood Mix
- 2 cups muesli oat cereal
- 2 tsp. baking powder
- ½ tsp. sea salt
- ¼ cup raw cane sugar
- 1 cup milk
- 1 egg
- 1 tsp. vanilla extract
- 2 tbsp. butter, melted
- 1 small green apple, diced small
- 4 tbsp. sugar free caramel ice cream topping

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl, mix together the SuperFood mix, the muesli, baking powder, salt, and the cane sugar.
3. In a separate bowl, whisk together the milk, egg, vanilla extract, and the melted butter.
4. Pour the wet ingredients into the dry and mix gently. Fold the diced apples into the mixture, then pour evenly into four ramekins.
5. Bake the cups for 25 minutes.
6. Spoon the caramel sauce over each oat cup and serve warm.

Everyone knows how good oats are for you, right? Here's a desert that's packed with protein, high fiber, over 30 superfoods, and B17. Adding apples and sugar free ice cream takes this recipe over the top.



CREATIVE RECIPES

LAYERED CHOCOLATE CARAMEL CHEESECAKE PARFAIT



RYAN WILSON

FIRST PLACE WINNER

MAKES 7 PARFAIT CUPS



Ingredients

- 16oz cream cheese (softened)
- 2 cups powdered sugar (sifted)
- 2 tsp vanilla extract
- ¼ cup heavy cream
- 1 package Caramel Superfood Mix
- 1 package Chocolate Brownie Superfood Mix
- ½ cup cocoa powder
- Whipped Cream
- Chocolate Sprinkles (optional)
- Pinch of salt

Directions

1. In the bowl of a stand mixer fitted with a paddle attachment, mix together cream cheese until light and fluffy (about 4 minutes)
2. Mix the powdered sugar into the cream cheese (1 cup at a time)
3. Add vanilla extract, salt, and heavy cream. Whip till fluffy
4. Separate cheesecake mixture evenly into 2 bowls
5. Pour Apricot Power Superfood Mix (Caramel) into blender and blend till fine
6. Repeat step #6 with Chocolate Brownie Mix
7. Sift each ground up mix into each cheesecake bowl
8. With a spatula mix each bowl of cheesecake with a SuperFood Mix. Add cocoa powder to Chocolate flavored cheesecake.
9. Take a large glass and spoon each flavor on top of one another until filled to top. Spray whipped cream on top of cheesecake add sprinkles if you desire.

“I wanted to create a healthy dessert but at the same time encapsulate the flavor of a rich cheesecake. After extensive experimentation with the SuperFood mixes, I decided upon a parfait dessert, which uses both caramel and chocolate. What I love about this dessert is its simplicity. From start to finish, this dessert only took me about 15 minutes to make!”

CARAMEL EXPRESSO LATTE ICEBOX COOKIES SANDWICH



KEVIN TOWLE

SECOND PLACE WINNER



Ingredients

Caramel Cookie

- ¾ cup Coconut Flour
- ¼ cup Carmel Superfood Mix
- 1 ½ tsp Baking Powder
- ¼ tsp Salt
- 6 tbs Unsalted Butter
- ⅓ cup Coconut Oil
- ¾ cup Coconut Sugar
- 3 Eggs
- 1 tsp Pure Vanilla Extract

Espresso Filling

- 1 cup Coconut whip topping
- 8 oz Greek cream cheese
- 2 tsp espresso powder
- ¼ cup confectionery sugar

Directions

1. Whisk together coconut flour, baking powder and salt in a medium bowl.
2. In a separate bowl, beat butter and coconut together, add coconut sugar and beat until well blended. Add eggs and vanilla and beat well.
3. Add dry ingredients to wet ingredients, beat until well combined.
4. Use ice cream scoop to form dough balls, hand roll till smooth and flatten down onto ungreased cookie sheet or silicon mat.
5. Bake at 375 degrees for 10-12 minutes or until browning on sides. Cool on the cookie sheet for half hour than transfer to refrigerator to cool.
6. In a stand-up mixer blend Greek cream cheese, espresso powder, and sugar until well mixed. Fold in the coconut whip topping until well incorporated.
7. When cookies are cooled thoroughly place desired amount of filling between cookies. Wrap cookies in plastic wrap and place in freezer.

“When I saw this recipe contest I was reluctant to enter because I have never thought about creating healthy recipes for others to eat. I mean I like to eat healthy and I like healthy recipes, but could I create one that would be easy, quick and taste good? I think I have. This is my take on an ice cream sandwich with a different twist on flavors - Caramel, Coconut, and Espresso. I hope you enjoy it because I did!!”

VEGGIE-LOADED CHOCOLATE SUPERFOOD CHILI



DR. CRYSTAL SCHMIDT

THIRD PRIZE WINNER

SERVES 6



Ingredients

- 1 lb ground beef or turkey
- 2 tsp extra virgin olive oil or other cooking fat
- 1 medium onion, diced
- 1 green bell pepper, diced
- 2 jalapeno peppers, minced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- ¼ cup chili powder
- 1 tsp cumin
- 1 tsp sea salt
- 14.5 ounce can of diced tomatoes
- 14.5 ounce can tomato sauce
- 2 large carrots, diced
- 1 small zucchini, diced
- ¼ cup Chocolate Brownie SuperFood Mix

Directions

1. In a sauté pan, cook the ground beef or turkey until it is browned and cooked through; set aside.
2. Meanwhile, in a large soup pot heat 2 tsp of olive oil and add in the diced onion, green bell pepper, jalapeno pepper, and celery. Cook, stirring occasionally until the vegetables are softened and just starting to brown, about 10 minutes.
3. Add to the pot the minced garlic, chili powder, cumin, sea salt, diced tomatoes, tomato sauce, diced carrots, diced zucchini, and Chocolate SuperFood Mix. Bring to a simmer and cook for 30 minutes. Serve and enjoy!

“Chocolate and chili are a classic combination- and Chocolate Brownie SuperFood Mix adds just the right amount of cocoa, plus a boost of nutrients to this hearty, veggie-loaded chili. I always add a bit of chocolate to my chili to deepen the flavor, which is why I thought adding the Chocolate Brownie SuperFood Mix would be a great addition- and it was!”

SPICY GINGER AND SWEET ORANGE CHICKEN WINGS



DARLENE BUERGER

RUNNER UP

SERVES 6-8



Ingredients

- 3 lbs chicken wings (about 20 wings)
- 2 tbs vegetable oil
- ½ tsp salt
- ½ tsp pepper
- 2 tbs olive oil
- 1 cup onion, diced
- ½ cup red pepper, diced
- 3 cloves garlic, chopped
- 2 jalapeño peppers, seeded and finely diced
- 2 cups Hot Wing Sauce (Franks or your choice)
- ¼ cup Worcestershire sauce
- 4 oz orange marmalade
- 2 tbs grated fresh ginger
- 1-1.3oz package Gingerbread SuperFood Mix
- 1 tbs crystalized ginger, minced
- 1 tbs smoked paprika
- 1 tsp ground white pepper
- 2 tsp cumin
- 1 tsp cayenne
- ¼ cup cilantro, finely chopped

Directions

1. Preheat oven to 400 degrees.
2. Line a large rimmed baking sheets with foil and spray with cooking spray.
3. Place oil, salt and pepper in a large bowl. Add wings and toss to coat. Place wings in prepared pan. Bake 40-45 minutes or until crispy.
4. In a large skillet or Dutch oven melt butter. Add onion, red pepper, garlic and jalapeño. Sauté until tender. Allow to cool slightly, place in food processor and process until smooth.
5. Return onion mixture to skillet and add remaining ingredients except cilantro. Cook over medium heat until hot. Allow sauce to simmer over low for 6-8 minutes adding additional Hot Wing Sauce if sauce becomes too thick. Makes about 4 cups sauce
6. Toss wings in sauce and sprinkle with cilantro.

Some would say chicken wings are good for lunch or dinner, while others would say they make better appetizers. Eat them whenever you want, but when you set these Gingerbread SuperFood Mix-infused wings in front of your family and friends watch them disappear fast! Game day just got a whole lot healthier.

PUMPKIN CHEESE CUSTARD TART



HIDEMI WALSH

RUNNER UP

MAKES 5 TARTLETS



Ingredients

For Crust:

- 2 cups finely crushed graham crackers
- 4 tbs unsalted butter, melted

For pumpkin cheese custard:

- 8 oz. Cream cheese, room temperature
- 4 tbs granulated sugar, divided
- 1 tbs cornstarch
- 1 tbs all-purpose flour
- 1 package Pumpkin Spice SuperFood Mix
- 2 large egg yolks
- $\frac{3}{4}$ cup 2% or whole milk, room temperature

For Topping:

- Pumpkin seeds
- Pumpkin chips (homemade or store bought)
- Cinnamon sugar

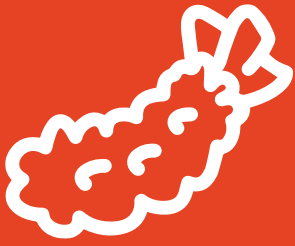
Directions

1. Butter and flour 5 tartlet pans (4-inch in diameter each). Dust off the excess flour and refrigerate until ready to use.
2. Make pumpkin cheese custard. Put milk into a microwave safe cup and heat in the microwave just to warm it up. In a bowl, whisk together flour, cornstarch, 2 tsp. of granulated sugar and SuperFood mix (Chop the almond in the package of SuperFood mix). Whisk in egg yolks until combined. Add milk little by little whisking constantly. Transfer the mixture into a saucepan. Turn on the heat to medium-low and cook stirring constantly until thickened (7-8 minutes). Remove the saucepan from the heat and let cool for 10-15 minutes.
3. In the meantime, make crust. Take the tartlet pans out of the refrigerator. In a bowl, mix together graham crackers and melted butter. Work with hands until the mixture holds together. Divide the mixture into five equally and place into each prepared tartlet pan. Press the mixture into bottom and up the sides of the pan with hands and fingertips. Poke holes with fork in bottom of the crust and place pans on a baking sheet. Bake in preheated 350 degrees F oven for 10 minutes or until the crust is nicely browned. Let cool on a rack.
4. In a large bowl, beat cream cheese with 2 tsp. of sugar until creamy. Add the pumpkin cheese custard to the bowl and mix to combine.
5. When the crusts have baked and cooled enough to handle, remove each crust from tartlet pans. Put the pumpkin cheese custard into each crust equally. Smooth the top with a back of spoon. Refrigerate until chilled.
6. To serve, put pumpkin seeds, pumpkin chips on top and sprinkle with cinnamon sugar over the top.

Note: To make pumpkin chips, I used $\frac{1}{8}$ of small Kabocha squash. With a vegetable peeler or slicer, slice the kabocha squash very thinly. Heat enough oil to fry kabocha slices in a fry pan over medium heat. Fry kabocha slices until crisp and golden brown. Drain on paper towels lined plate.

Looking in the window of a fine bakery you'll often find custard tarts on display. Some have fruit toppings and some are just plain custard tarts. This recipe has pumpkin seeds on top of a pumpkin cheese custard infused with Pumpkin Spice SuperFood Mix and topped with pumpkin seeds and pumpkin chips.

COCONUT ALMOND SUPERFOOD CRUSTED SHRIMP WITH MANGO JALAPENO SALSA



KEVIN TOWLE
RUNNER UP

MAKES 16-20 SHRIMP



Ingredients

- Crusted Shrimp
- 1 pound Cooked Shrimp (1 $\frac{1}{2}$ 0)
- $\frac{1}{4}$ cup Coconut Almond Superfood mix
- $\frac{1}{2}$ cup Unsweetened Shredded Coconut
- $\frac{1}{4}$ cup Coconut Flour
- 2 Large Eggs, beaten
- 1 Tbsp. Montreal Steak Seasoning (ground in a mortar and pestle)
- $\frac{1}{2}$ cup All Purpose Flour
- 2 Tbsp. Coconut oil (x 3)

Directions

1. Set up 3 separate bowls. The first bowl will contain AP Flour, Montreal Steak Seasoning well blended.
2. The second bowl will contain the beaten eggs.
3. The third bowl will contain the Coconut Almond Superfood mix, $\frac{1}{2}$ cup shredded coconut, and $\frac{1}{4}$ coconut flour well blended.
4. Heat a non-stick skillet over med/low heat with 2 tbsp. of coconut oil.
5. Dredge one shrimp well in the first bowl, then move to the second bowl of egg wash making sure you let the excess drip off, and finally moving to the last bowl coating the shrimp entirely with coconut and coconut flour
6. Place 4 coated shrimp in the frying pan, turning with tongs once golden brown (watch for the oil over heating). Place on a paper towel lined plate. If the oil turns too deep-colored brown, wipe the pan with a paper towel and start again with fresh oil for the next 4 shrimp. Repeat until all shrimp are fried.
7. In a large glass bowl place the mango, onion, and jalapeño mixing well with a spoon.
8. Take half of the fruit and sauté over medium heat in a non-stick pan until the vegetables are translucent. Place the mixture in a bowl add honey, lime juice, and hot sauce and blend with a hand blender. Add the cooked mixture to the fresh mixture and top with cilantro.
9. Spoon salsa into a Martguerita glass and place 5 shrimp around the edge.

Here's a spicy shrimp recipe that would make a great entrée or wonderful appetizers for your next dinner party. The Coconut Almond SuperFood Mix adds the right amount of nutritional sweetness to this recipe and blends well with the rest of the ingredients.

PUMPKIN PROTEIN PANCAKES



MAIAH MILLER
RUNNER UP

MAKES 5-6 SMALL PANCAKES

Ingredients

- 1/3 cup pumpkin puree
- 2 eggs or chia “eggs” (2 Tbsp. chia seeds mixed with 6 Tbsp. water)
- 1/2 tsp. vanilla extract
- 1 scoop vegan vanilla protein powder
- 1 packet Pumpkin Spice SuperFood Mix
- 2 tbsp. coconut flour
- 1/2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/8 tsp. ginger
- 1/8 tsp. allspice
- 1-2 tbsp. nondairy chocolate chips plus extra for sprinkling on top, optional

Directions

1. Mix all wet ingredients together, stirring well.
2. Add in dry ingredients, and fold in chips last, if using.
3. On a griddle or in a pan, heat over medium-high, spritz with coconut oil or oil of choice and cook for 3-4 min per side or until set and golden.
4. Mix extra protein powder with water or nondairy milk (or syrup for a sweeter taste), pour on top and add extra chips if desired.

Note: Whipping vanilla vegan protein powder with water, nondairy milk or maple syrup creates a fluffy frosting.

How about gluten-free, grain-free, (optional vegan) pancakes for breakfast? They're protein-powered thanks to the Pumpkin Spice SuperFood Mix and the added protein powder. Plus they have over 30 superfoods in them thanks to the SuperFood Mix. So nutritious and delicious. And although the frosting is optional, it tastes just like mousse--really!

SUPERFOOD PUMPKIN SPICE PANCAKES



SARA KETZEL
RUNNER UP



Ingredients

- 1 scoop vanilla protein powder - ½ mashed banana
- ¼ cup pumpkin purée
- 2 egg whites
- 1 scoop Apricot Power Pumpkin Spice SuperFood Mix (ground up fine)
- Dash of cinnamon

Directions

1. Mix all ingredients in a bowl.
2. Scoop about a ¼ cup at a time on a preheated skillet & flip once the surface starts to lightly bubble.
3. Serve with vanilla yogurt mixed with pumpkin spice, melted raspberries, banana, blueberries, strawberries, creamy cashew butter, toasted coconut granola, an extra sprinkle of Apricot Power Pumpkin Spice SuperFood Mix & a sweet cherry to top it all off.

Protein and delicious fruit, what could be healthier for you than that? And, it's quick and simple! By adding Pumpkin SuperFood Mix packs in lots of nutritional ingredients including B17, fiber, phytonutrients, protein, and much, much, more get added to your diet in a delicious way.

HARVEST DONUT HOLE-IN-ONE



FELICE BOGUS

RUNNER UP

SERVES 6

Ingredients

- ½ cup coconut oil
- 3 large eggs
- 1 cup sugar
- 1 ½ cup canned pumpkin puree
- 1 ½ tsp. salt
- 1 ½ tsp. baking powder
- ¼ tsp. cinnamon
- Pinch nutmeg
- 1 ½ cup plus 2 Tbs. white whole wheat flour
- ¼ cup Apricot Power Gingerbread SuperFood Mix
- 1 ½ Tbs. cinnamon sugar, optional but delicious
- 6 Tbs. butter or vegan spread, as needed
- 12 eggs



Directions

1. Preheat oven to 350° and grease the wells of 2 donut pans.
2. Beat together oil, eggs, sugar, pumpkin puree, salt, baking powder, cinnamon, and nutmeg until well combined. Add flour and Gingerbread SuperFood Mix, stirring only until just smooth.
3. Using a pastry bag or a resealable plastic bag with a corner cut off, fill each well ¾ full. Bake 15 – 18 minutes, or until a tester comes out clean.
4. Remove from oven and let cool in pan 5 minutes. Remove from pan and let cool completely on wire racks. If desired, dip one side of donuts in cinnamon sugar while the donuts are still warm.
5. Melt half the butter in a large non-stick skillet over medium heat. When the butter starts foaming, place half the donuts, sugar-side down (if using sugared donuts), in the skillet and crack an egg in the center of each. Cook 2 minutes then carefully flip donuts. Cook an additional 2 minutes for a runny yolk or continue cooking until the yolk is done to your liking. Serve immediately.

A breakfast donut with a healthy twist – Apricot Power Gingerbread SuperFood Mix. Crack an egg in the middle (or not) and you have a nutritious breakfast that will fill up anyone's appetite. Plus you'll be getting all of the phytonutrient benefits of SuperFood Mix

BLACK FOREST DONUTS WITH COCONUT VANILLA FROSTING



HOLLY BLAND

RUNNER UP

MAKES 12 DONUTS



Ingredients

- 2 cups pitted cherries
- 1 tsp. Lemon juice
- 2 Tbsp. Honey
- 2 Tbsp. Chia seeds
- 4 Tbsp. Canned pumpkin
- 4 Tbsp. Unsweetened vanilla almond milk
- 2 Tbsp. nut butter (I used cashew)
- 2 eggs
- 1 tsp. Vanilla extract
- ½ cup Chocolate Brownie SuperFood Mix
- 2 Tbsp. Unsweetened cocoa powder
- 2 Tbsp. Coconut flour
- 1 tsp. Baking powder
- ¼ tsp. Salt
- 1-2 tsp of cherry jam
- ¾ cup coconut butter
- ¼ cup maple syrup
- ½-1 cup unsweetened vanilla almond milk

Directions

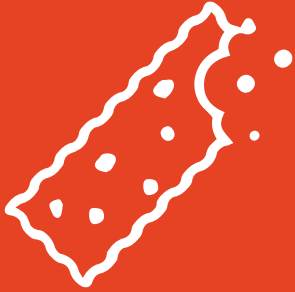
1. In a medium saucepan combine over low heat:
 - 2 cups pitted cherries
 - 1 tsp. Lemon juice
 - 2 tbsp. Honey
2. Cook for about 15 minutes or until cherries have softened enough to be mashed. Remove from heat and stir in 2 Tbsp. Chia seeds. Allow to thicken while preparing donuts
3. In a blender combine:
 - 4 tbsp. Canned pumpkin
 - 4 tbsp. Unsweetened vanilla almond milk
 - 2 tbsp. nut butter (Cashew butter was used in this recipe.)
 - 2 eggs
 - 1 tsp. Vanilla extract

Add:

 - ½ cup Chocolate Brownie SuperFood Mix
 - 2 tbsp. Unsweetened cocoa powder
 - 2 tbsp. Coconut flour
 - 1 tsp. Baking powder
 - ¼ tsp. Salt
4. Blend thoroughly. Spray either a 12 mini donut pan or standard 6 donut pan with oil of choice and add half donut batter. Spoon 1-2 tsp of cherry jam on top of each and then cover jam with more donut batter until pan is full. Bake at 350 degrees for 9-14 minutes, depending on size of pan.
5. While donuts are in oven combine in small saucepan:
 - ¾ cup coconut butter
 - ¼ cup maple syrup
6. Cook over medium low heat and slowly add:
 - ½-1 cup unsweetened vanilla almond milk

NOTE: Frosting/ glaze should be loose enough to spread on donuts, so add liquid as needed
7. When donuts are done remove from pan and frost with melted coconut butter mixture. Garnish with halved cherries if desired. Enjoy!

CRAZY GOOD CRANBERRY ENERGY BARS



JANETTE GOMEZ

RUNNER UP



Ingredients

- 1.3 oz. of Apricot Power Coconut Almond Super Food Mix
- 1 cup of Organic Oatmeal
- ¼ cup of Organic Desiccated Unsweetened Coconut
- ½ cup of Vanilla Protein Powder
- ½ cup of Raw Shelled Pistachios
- ¼ cup of Dried Unsweetened Cranberries (get from bulk section)
- ¼ cup of Pumpkin Seeds/ Pepitas
- 3 Tbsp. of Organic Raw Coconut Oil
- ½ cup of Date Syrup (find at your local Middle Eastern grocery. Substitute local honey if needed)

Directions

1. Place all DRY ingredients in a bowl and mix well.
2. Then add Coconut Oil and Date Syrup to dry ingredients and mix well. I find a rubber spatula works best. If needed get in there with your hands to ensure all dry ingredients are coated with wet, but be prepared to wash hands before touching anything else as they'll be sticky.
3. Line a ⅓ sheet pan (6"x 10") with parchment paper. Allow for extra on either side so you can fold over onto the mixture.
4. Place mixture into lined pan and flatten out with spatula then fold over the extra parchment paper (like a mailed letter).
5. Place in fridge to set at least 2 hours.
6. Cut and enjoy!!!

This complete raw, no bake and vegan energy bar lives up to its name by making you stop and take in its jam-packed beauty, and then surprises you with complex flavors bringing you on a flavor journey to a tropical location thanks in part to the Coconut Almond SuperFood Mix.

SALTED CARAMEL APPLE MINI BUNDTTS



KIM BANICK
RUNNER UP

Ingredients

Sautéed Apples:

- 1 medium sized Granny Smith apple, peeled, cored and cubed
- 1 tbsp. ghee (clarified butter) or unsalted butter can be used
- 1 tbsp. Ground Caramel SuperFood Mix
- ¼ tsp. ground cinnamon
- Pinch of kosher salt

Apple batter:

- ½ cup coconut flour
- ¼ cup tapioca flour
- 1 tsp. ground cinnamon
- ½ tsp. baking soda
- ½ tsp. baking powder
- 3 tbsp. Caramel SuperFood Mix (chop large dried fruit pieces)
- ½ cup pure maple syrup
- ¾ cup grated Granny Smith apple, peeled
- 6 eggs, beaten
- ½ cup coconut oil, melted
- 1 tsp. vanilla extract

Salted Caramel Cream Sauce:

- 1 cup full fat coconut milk
- ½ cup pure maple syrup
- 2 tbsp. coconut oil
- 1 tsp. vanilla extract
- ¼ tsp. flaked sea salt
- 1 tbsp. coconut or almond milk to thin sauce
- Cooking spray



Directions

1. Preheat the oven to 350 degrees. Spray the mini bundt pans with cooking spray and arrange on a baking sheet.
2. In a skillet over medium high heat, sauté the cubed apple pieces in the ghee, add in the cinnamon, superfood mix and kosher salt. Sauté for 5-8 minutes or until the apples are softened. Remove from the heat and set aside for later.
3. In a bowl, mix together the first six ingredients of the apple batter. This is all of the dry ingredients for the batter. In a separate bowl, mix together the remaining apple batter ingredients until smooth. Add the dry ingredients to the egg/apple mixture and mix until blended. Do not overmix. Fill the four mini bundts pans and tap on the counter to help settle any batter into the mold.
4. Bake for 25-27 minutes or until the tops are golden brown and the cake bounces back when pressed.
5. Allow to cool for 10-15 minutes. Using a serrated knife, cut across the top surface of the bottom to level off any cake that has gone above the rim. This will allow the bundt cake to sit flat on a plate. (then save the tops for snacking on later) Remove the cake from the form and set on plates or a serving platter.
6. Before serving the apple cakes, make the caramel sauce using a heavy bottomed sauce pan. Bring the coconut milk, maple syrup and coconut oil to a boil then reduce to a simmer. Be careful as the liquid may splatter. Use a lid if needed. Stir the mixture often for the first 15 minutes. The last 5 minutes or so you will need to stir continuously to watch for burning or sticking to the bottom.
7. Once the caramel sauce begins to turn a soft golden color and has reduced to a thick sauce, remove it from the heat and carefully add the vanilla extract and flaked sea salt. Stir until smooth. If the caramel sauce is thick, add the coconut or almond milk to thin. When you add it, just stir vigorously to incorporate it and bring it back to a smooth texture.
8. Pour the warm caramel sauce over the tops of the bundt cakes and fill the centers with the sautéed apples. (you can rewarm the cubed apples) Enjoy!!

If you like apples and you like caramel, you're going to LOVE these mini bundts. Filled with the goodness of Granny Smith apples, Caramel SuperFood Mix, and topped with a salted caramel glaze and cinnamon apples, these are a perfect, nutritional desert after a special dinner.

APRICOT POWER SUPERFOOD MIX

What Are Superfoods? According to the Oxford English Dictionary, superfoods are foods “considered to be especially nutritious or otherwise beneficial to health and well-being”. We prefer the more contemporary definition which is “a food with high phytonutrients”, which are natural chemicals found in plant foods. Superfoods fall into nine categories - cacao, algae, dried roots, grasses and vegetables, dried berries and fruit, vegetable fats (including coconut oil), nuts and seeds, bee, mushrooms extracts and super herbs, others, which include fulvic acid, vitamin D3, B-vitamins and raw organic protein powders. Green superfoods have the highest concentration of easily digestible nutrients, vitamins, minerals and fat-burning substances.

Superfoods are foods considered to be especially nutritious or otherwise beneficial to health and well-being. Typically, they don't taste very good by themselves. They also aren't convenient or practical and can be quite expensive. That's where Apricot Power SuperFood Mix differs.

Apricot Power SuperFood Mix is a plant-based, dry mixture that's Paleo-Friendly, sustainably- green, and made with mostly organic, kosher ingredients. Each ingredient was carefully selected for its optimum nutritional benefit. Superfood Mix contains over 30 superfoods combined in such a way as to provide superior all-in- one nutritional support. It tastes great, is reasonably priced and very versatile.

As a multipurpose food our SuperFood Mix is a perfect meal replacement option, especially for those on the go. It's also excellent for sports as a muscle builder, and a nutrition recovery performance and enhancer. Those looking to lose or manage weight will appreciate its nutritional benefits. Choose from five delicious flavors – Chocolate Brownie, Coconut Almond, and Caramel. Apricot Power SuperFood Mix is ready to be mixed, baked or eaten right out of the bag.

Key Benefits

- B17 (AMYGDALINE)
- 15 GRAMS OF PROTEIN
- CONTAINS OVER 30 SUPERFOODS
- GREAT MEAL REPLACEMENT
- HIGH IN FIBER
- HIGH IN HEALTHY FATS
- FOOD-BASED PHYTONUTRIENTS
- VEGAN, PALEO-FRIENDLY, GLUTEN-FREE, GRAIN-FREE, SOY-FREE, NON GMO
- VERY LOW SUGAR CONTENT
- VERY LOW GLYCEMIC LOAD

A Quick Word About Phytonutrients: Phyto = Plant-based organic compounds believed to promote good health. They can be found in in fruits, vegetables, grains, legumes, nuts, and teas. they are a distinct, yet diverse category of micro-nutrients, other than vitamins and minerals. Hundreds have been identified and speculation is that tens of thousands have yet to be discovered. Some categories include: Carotenoids, Flavonoids (Polyphenols) including Isoflavones, Inositol Phosphates (Phytates), Lignans, Isothiocyanates and Indoles; Phenols and Cyclic Compounds; Saponins; Sulfides and Thiols; & Terpenes.

There are numerous ways that phytonutrients are believed to protect health. Some of the ways they may work include: as antioxidants; enhancing immune system response; enhancing inter-cellular communication; regulating estrogen metabolism; repairing DNA damage caused by smoking and toxin exposure; detoxifying carcinogens through the activation of key liver enzyme systems; as anti-inflammatories, as hormone stabilizers, and more.



great source of B17

16 OZ BAG \$29.99

Flavors include Brownie, Coconut Almond, and Caramel.



12 1.3 OZ PACKETS \$39.99

Flavors include Brownie and Coconut Almond.



1.3 OZ PACKET \$3.99

Flavors include Brownie and Coconut Almond.

If you haven't tried SuperFood Mix now is a good time to experience the goodness in each serving. Use this valuable promo code to get a 20% off discount on any flavor of our 16oz size of SuperFood Mix.

20% Off

SUPERFOOD2018

Use the promo code above at checkout or mention it when you call and receive a 20% discount on any flavor of one (1) 16oz bag of our exclusive SuperFood Mix.

This promo code expires on December 31, 2018

As always we'd love to hear from you. If you have any ideas for a new flavor or would like to share your special SuperFood Mix recipe with us, feel free to contact us at marketing@apricotpower.com or customerservice@apricotpower.com



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