

Snack Recipes



PURIUM HEALTH PRODUCTS HEALTHY HAPPY HOUR

Bio Fruit White Chocolate

½ cup finely chopped cacao butter

The cacao butter needs to be melted and there are a couple ways of doing so, the important thing is not to take it over 118 degrees, assuring it is still raw and nutrient dense. You can do this by placing shredded cacao butter into a sealed jar and sitting it in hot water until melted. Also there is the dehydrator method; putting shredded cacao butter into a cup and placing it in until melted. Lastly, you can use a double boiler, you might need to pick up a food thermometer for this one.

½ cup Purium Tropic Oil (same method as with cacao butter)

Combine together and set aside, but keep in a warm spot to assure they stay melted.

In Blender

¼ cup agave, coconut or maple syrup

½ tsp salt (Real, Himalayan, Celtic or Sea)

20 drops of Vanilla extract

1 tbsp. Purium Activated Barley™

1 tbsp Purium Bio Fruit™

After it is blended well, add the melted cacao butter and coconut oil and continue to blend until completely mixed together. Next, pour into a 4" by 6" tray and place it into the freezer for 30 minutes. Cut into squares and serve to everyone immediately because they will want it fast. Yum Yum Yum!

Almond Brittle

6 tbsp. Organic Tropic Oil™

3 tbsp. Rice Bran Solubles™

4 tbsp. honey or agave

¾ cup raw almonds

Instructions: Soak almonds overnight in water, changing the water once. Grind almonds in a food processor. Put aside ¼ cup for topping. Combine Tropic Oil, Rice Bran Solubles, and honey (or agave) in the food processor with the almonds, blend until smooth. Spread on a cookie sheet and top with the remainder of almonds. Freeze for a minimum of 2 hours - when ready to serve, cut into squares. Keep frozen until serving.

Chocolate Raspberry Fudge

In food processor

1 ½ cup pitted dates

1 tbsp. Purium Rice Bran Solubles™

2/3 cup cacao powder

2 tbsp. Purium Activated Barley™

1 tbsp. Purium L.O.V.E. Super Meal™

½ tsp salt (Real, Himalayan, Celtic or Sea)

20 drops of Purium Chocolate Raspberry flavor concentrate™

In food processor, combine all ingredients together and blend until it forms into a big ball. Remove from processor and roll into little balls. Lastly, form them into fudge squares and place it into the refrigerator for 30 mins. These are so scrumptious and such a great way to get your protein in without even knowing it.

Chocolate recipes by Chef Be*Live

Brian James Lucas (Chef Be*Live) is one of the pioneers of the gourmet raw food movement. In the late 1990's, Brian was Executive Chef and co-owner of Organica: the Living Cuisine, located in San Francisco, CA. Organica was unique in that it was one of the first gourmet raw living restaurants in the world that was completely Raw, Vegan and Organic (Wild or Biodynamic) and was in local and national media including Vogue magazine. The restaurant was definitely ahead of its time, as you will find characteristic of Brian. Chef Be*Live placed #1 Favorite Gourmet Raw Chef internationally in the Best of Raw contest for 2010.



Drink Recipes

PURIUM
HEALTH PRODUCTS™
Making Healthy Cool

Dave's Green Shots

Ingredients:

10 scoops Organic Kamut Blend™

20 oz of pure water

A few ice cubes

You will also need:

20 oz Purium Shaker Bottle

Shot sized glasses



Instructions: Fill your Shaker Bottle with 20 oz of water, add 10 scoops of the Organic Kamut Blend and a few ice cubes and shake up thoroughly. Next, pour into shot glasses and serve with a bite of fruit – Dave suggests a piece of watermelon, pineapple, a grape, or a slice of cucumber. Instruct them to take the shot and then have the bite of fruit to cleanse their palate afterwards.

Gin-ZING Lemonade

Ingredients:

18 oz of natural lemonade or strawberry lemonade (only ingredients should be lemons, strawberry, water, and a natural sweetener)

1 oz of White American Ginseng™

80 drops of Ionic Elements™

½ oz of 40X Aloe Vera Concentrate™

A few ice cubes

You will also need:

20 oz Purium Shaker Bottle serving glasses



Instructions: Combine all ingredients in your Purium Shaker Bottle and shake up thoroughly. Pour into serving glass, share and enjoy!



PURIUM HEALTH PRODUCTS
HEALTHY
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Creamsicle Surprise

Ingredients:

10 oz of orange juice (with pulp)

10 oz of pure water

8 scoops of L.O.V.E. Super Meal™

6 drops of Vanilla extract

You will also need:

20 oz Purium Shaker Bottle serving glasses

Instructions: Combine all ingredients in your Purium Shaker Bottle and shake up thoroughly. Pour into serving glass, share and enjoy!

Knock-out Punch

Ingredients:

10 oz of pineapple juice

6 oz of orange juice (with pulp)

4 oz of Apothe-Cherry concentrate™

Splash of chilled sparkling water

You will also need:

20 oz Purium Shaker Bottle serving glasses



Instructions: Combine all ingredients in your Purium Shaker Bottle and shake up thoroughly. Pour into serving glass, share and enjoy!

Choc-full of L.O.V.E.

Ingredients:

18 oz of chocolate almond milk

8 scoops of L.O.V.E. Super Meal™

Ice cubes

You will also need:

20 oz Purium Shaker Bottle serving glasses



Instructions: Combine all ingredients in your Purium Shaker Bottle and shake up thoroughly. Pour into serving glass, share and enjoy!

Fruity Shake

Ingredients:

4 scoops of Apple-Berry Power Shake

10 oz of pure water

10 oz organic coconut water

2-3 drops of orange extract

2-3 drops of lemon extract

Ice cubes

You will also need:

20 oz Purium Shaker Bottle serving glasses

Instructions: Combine all ingredients in your Purium Shaker Bottle and shake up thoroughly. Pour into serving glass, share and enjoy!

Please note – as always, recipes are simply suggestions...don't be afraid to experiment and come up with your own Healthy Happy Hour concoctions!