

Revolution RECIPES

COMPLETE CREATIONS



COOKBOOK

Introduction

This cookbook is filled to the brim with Complete by Juice Plus+® recipes, gathered from various sources, that are tried and proven favorites. Healthy should taste good, too! All of these recipes are:

- Clean (meaning no refined sugars, preservatives, food dyes, or processed-food ingredients)
- Gluten-free
- Dairy-free
- Mostly oil-free

Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up “flexitarian,” the common goal for optimal health is to eat MORE VEGETABLES—and there are plenty of recipes here for everyone!



We want to thank Brian Roes, Penny Shack, and Dawn J. Williamson for their work assembling this cookbook, as well as all of the contributors. We also want to thank the Juice Plus+ Company for making this book possible and for developing our favorite plant-based protein powder!

*From our Family to Yours,
The Healthy Living Revolution Team*

“THE MORE **PLANT FOODS**
YOU EAT, THE

healthier

YOU WILL BE.” - DR. MITRA RAY

CONTENTS



Chocolate Complete recipes have brown page numbers.
Vanilla Complete recipes have cream colored page numbers.

ENERGY BITES

Strawberry Fields Forever	5
Chocolate-Covered Banana	5
Matcha On!	6
Chocolate Cherry Chia Concoctions	6
Snow Aloha	7
Minty Thin Treats	7
Poppy Seed Lemon Drops	8
Almond Joy Snowballs	8
Cinnamon, Spice & Everything Nice	9
Cold Hot Chocolate	9
I'm Gonna Pumpkin You Up	10
Blueberry Bombs	10
Creamsicles	11
Orange You Glad You Like Apricots	11
Cookie Dough	12
Spice It Up	12
Chai Ball-ieve in You	13
R.O.B.S. (Raw Omega Balls)	13
Peanut Butter and Jelly	14
Cherry Cheesecake	14
Chocolate Ginger	14
Snowballs	15
Lemon Coconut	15
Chocolate-Banana-Raspberry	15
Brain Boosters	16
Chocolate Macadamia Nut	16
Cashew Cookie	17
Chocolate-Covered Cookie	17
Chocolate Black Bean Truffle	18
Mocha Energy	18
Snickerdoodle	19
Nutty Energy	19
Mint Chocolate Chip	19
Cranberry Pistachio	20
Joyful Almond	20
Almond Paleo	21
Peanut Butter	21
Crispy Chocolate	21
Lemon Coconut Drizzle	22
Nut Butter	22
Decadent Chocolate Peanut Butter Banana	22
Pumpkin Pie Chocolate Spice	23
Pumpkin Spice	23
More than a Smoothie	23
Basic Energy	24
Pink Lemonade	24
Buckeye Balls	24
Chocolate Cherry	24

SMOOTHIES

No Egg Nog	26
Banana Pineapple	26
Peppermint Mocha	26
Double Chocolate Goodness	26
Green Wake-Up Monster	27
The Brain Buster	27
All Is Good For You	27
Chocolate Banana	27
Blue Belly	27
Creamy Mango Orange Julius	28
Creamy Coconut	28
Blueberry Blast	28
Chocolate Cherry Delight	28
Apple Pumpkin	29
Merry Berry	29
Smoothie Plus+	29
Razzle Dazzle	29
Bump It Up A Notch	30
Lean Green Power	30
Double Chocolate Nut	30
Grasshopper	30
Brilliant Red Goodness	31
Healthy Green	31
Chocolate Covered Cherries	31
Mocha Frappuccino	31
Carrot Cake	32
Choconut Tahini Dateanana	32
Chocolate Mint	32
Chocolate Almond Joy	32
Cherry Bomb	33
Chai Tea	33
Chocolate Peanut Butter Cup	33
Dutch Chocolate	33
Lemon Meringue Pie Smoothie	34
Key Lime Pie Smoothie	34
Orange Julius	34
Hot Chocolate	34
Nutty Chocolate Banana	34
Apple Cinnamon Fall Harvest	35
Apple Pie A La Mode	35
Gingerbread Cookie	35
Chaca Mint	35
Iced Coffee Delight	35
Pumpkin Pie	36
Banana Bread	36
Heavenly Iced Mocha	36
Apple Pecan Cobbler	36
Health Nut	36
Strawberry Julius	37
Purple Passion	37

Blueberry Dream	37
Black Forest Dream	37
Mint Chocolate with Nuts	37
Green Garden	38
Tropical Vanilla Delight	38
Mocha Blast	38
Whole Body Nourisher	38
Chocolate Cherrylicious	38
Creamy & Dreamy	39
The Hulk	39
PB Jam	39
Popeye's Special	39
Nutty Cinnamon Chocolate	39
Chocolate Almond Bliss	39
Breakfast of Champions	40
Rehydrate Naturally	40
Peppermint Chocolate	40
Mocha Chocolate Monkey	40
Cocomint	40
Refreshing Honeydew	41
Holiday Spice	41
Dark Chocolate Almond	41
Choco-Berry	41
Green Citrus	42
Undercover Veggies	42
Blueberry Lemonade	42
Green Power Machine	42
Chocolate Hazelnut	42
Vanilla Fruit Explosion	43
Vanilla Mocha Peanut	43
Pineapple Paradise	43
Coconut Breeze	43
Chocolate Mocha Mint	43
Cinnamonkey	44
Keep It Simple	44
Green Mango Delight	44
Fruit Cup	44
Mocha Mania	44
Lassi	45
Pineapple-Coco-Cherry	45
Vanilla Mint	45
Peanut Butter & Honey	45
Peach Melba Pancake	45
Gotta Love Green	46
Strawberry Mango Delight	46
Ginger & Garlic	46
Super Healthy Lime Green Drink	46
Spinach-Blueberry-Pear	47
Kombucha Blast	47
Mango-Spinach	47
Chai Fire	47

CONTENTS *continued*

SNACKS

Blue Waves Smoothie Bowl	49	Chocolate Fudge	52	No-Bake Cookies	55
Açaí Smoothie Bowl	49	Chocolate Crispy Bars	53	Pancakes	56
Banana Brownies	50	Hot Chocolate	53	Mug Cake	56
Rice Crispy Treats	50	Fudgecicles	53	Chocolate Nice-Cream	56
Chocolate Complete Pudding	51	No Bake Crispy Cookies	53	Overnight Oats	57
Complete Brownie Batter	51	Mango Berry Bowl	54	No-Bake Peanut Butter Banana Cookies	57
People "Puppy Chow"	51	Super Power Bars	54	Chocolate Raisin Cookies	57
Chocolate Peanut Butter Fudge	52	Power Bars	54	"Raw" Wheatgerm Bars	58
Cookie Dough	52	Dreamcicles	54	Frozen Chocolate Monkey	58
		Protein Bars	55		
		Banana Chips	55		

ENERGY BITES



DELICIOUS AND HEALTHY NO-BAKE TREATS!

If you're craving a little snack, but want nutrition and real energy, Complete by Juice Plus+® Energy Bites are the perfect choice for you. They may be small, but they pack a mighty punch. You won't be able to eat just one!

They're fun and easy to make! Each recipe is slightly different, but generally, once you've combined the ingredients, scoop the mixture into your clean hands with a spoon and roll into 1-inch balls. Store in the refrigerator or freezer. That's it ... simple and easy! All recipes make approximately 12-15 energy bites, depending on size.



STRAWBERRY FIELDS FOREVER

- 1 cup strawberries
- 1 cup gluten-free oats
- ½ cup sunflower seeds
- 1 serving vanilla Complete
- 2 Tbsp. coconut oil (separated)
- ¼ cup freeze-dried strawberries

1. Place first 4 ingredients in a food processor with 1 Tbsp. of the coconut oil. Mix until it forms a ball. (If the mixture looks dry, add the second tablespoon of coconut oil.) For extra sweetness, add 1-2 Tbsp. honey or maple syrup. (Avoid honey for kids under 1 year of age.)
2. Place the freeze-dried strawberries in a plastic bag and crush to a fine powder.
3. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Roll balls in the dried strawberries immediately before serving so as not to become too soft.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE-COVERED BANANA

- ½ cup creamy peanut butter
- 1 very ripe banana
- ½ cup dates, pitted
- 1 cup chocolate puffed cereal (gluten-free, sugar-free)
- 1 serving chocolate Complete
- ½ tsp. vanilla
- ¼ tsp. kosher salt
- ¼ cup mini chocolate chips (dairy-free, sugar-free, gluten-free)

1. Combine all ingredients, except the chocolate chips, in a food processor and process until it forms a dough-like consistency. Add in chocolate chips and pulse.
2. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

MATCHA ON!

- 1 cup almond flour
- 1½ Tbsp. quinoa flakes
- 6-8 organic Medjool dates, pitted
- A trickle of coconut water (or regular water)
- 2½ Tbsp. coconut oil
- 2 tsp. chia seeds
- 1½ tsp. matcha green tea powder
- 1 serving vanilla Complete
- 4 Tbsp. fine desiccated coconut

1. Combine ingredients together in a food processor. Add a trickle of coconut water to the mix and keep blending until moist and cohesive.
2. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (Optional: Roll in more matcha if you want more green color.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE CHERRY CHIA CONCOCTIONS

- 1 cup oats
- ⅓ cup chia seeds
- ⅓ cup unsweetened coconut, shredded
- ½ cup almond butter
- 1 serving chocolate Complete
- ½ cup dried cherries (or cranberries, or goji berries), no sugar added
- ⅓ cup honey
(or 2 cups Medjool dates, pitted)
- 1 tsp. vanilla extract
- ⅓ cup vegan chocolate chips
- ½ tsp. cinnamon (optional)
- ½ tsp. sea salt (optional)

1. Combine all ingredients in a mixing bowl and stir together with your hands until combined.
2. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

SNOW ALOHA

1 cup unsweetened coconut (divided)
¾ cup macadamia nuts, coarsely chopped
½ cup pineapple, dried
2-4 Tbsp. water
1 serving vanilla Complete
2 tsp. vanilla
2 Tbsp. honey
Pinch sea salt

1. Combine ¾ cup of the coconut and macadamia nuts into a medium bowl and set aside.
2. Combine dried pineapple and water into a small microwave-safe bowl and heat for 20 seconds. Remove and allow to cool. Add to a food processor and pulse into a paste.
3. Add paste to the coconut and macadamia nuts along with the Complete, vanilla, salt, and honey. Mix until a ball forms.
4. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Dip the top into remaining ¼ cup of coconut. Place in the refrigerator for a few minutes to set.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



MINTY THIN TREATS

1 cup (12-13) dates, pitted
½ cup gluten-free chocolate crispy rice cereal, split
¼ cup raw cashews
1 Tbsp. vegan mini chocolate chips
⅛ tsp. peppermint extract
1 serving chocolate Complete
¼ tsp. sea salt
1 tsp. water

1. In a food processor, mix dates, ¼ cup crispy rice cereal, Complete, cashews, chocolate chips, peppermint extract, and water. Process until combined into a large ball of dough. Gently stir in remaining rice cereal until broken up, but not completely crushed into flour.
2. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

POPPY SEED LEMON DROPS

- 1¼ cups raw cashews
- ¼ cup cashew butter
- ¼ cup maple syrup
- Juice from 1 small lemon
- 1 tsp. lemon zest
- 1½ tsp. poppy seeds
- 1 serving vanilla Complete

1. Process cashews in a food processor until powdered, or chunky if preferred. Add the rest of the ingredients and mix well until a dough forms.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



ALMOND JOY SNOWBALLS

- 1 cup Medjool dates, pitted
- 1 cup raw almonds
(or ½ cup almond butter)
- 1 serving chocolate Complete
- ¼ cup unsweetened coconut, shredded
- Pinch of sea salt
- 1 tsp. almond extract (or vanilla extract)

1. Add all of the ingredients to a food processor and blend until the nuts are well chopped and a thick “dough” starts to form, about 3-5 minutes. If the dough isn’t coming together, try adding a teaspoon of water or almond milk at a time (up to two tablespoons).
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Roll in coconut (optional.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CINNAMON, SPICE & EVERYTHING NICE

- 1 Tbsp. cinnamon
- 1 serving vanilla Complete
- ¼ cup honey
- ½ cup almond meal
- ¼ cup cashew butter
- ¾ cup rice cereal (gluten-free, sugar-free)
- 1 tsp. vanilla extract

1. Mix all ingredients in a food processor until a dough forms.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



COLD HOT CHOCOLATE

- 7 dates, pitted
- 1 serving chocolate Complete
- ½ cup almond flour or almond meal
- 3 Tbsp. hemp seeds
- 1 tsp. vanilla extract

1. Process dates in a food processor until gooey.
2. Add in remaining ingredients and process until sticky.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

I'M GONNA PUMPKIN YOU UP

- ½ cup canned pumpkin
- 5 Medjool dates, pitted
- ½ cup gluten-free oats
- ¼ cup flaxseed
- 1 serving vanilla Complete
- ¾ cup raw pecans (or ⅓ cup almond or cashew butter)
- 2 Tbsp. pumpkin pie spice
- 1 tsp. maple syrup

1. Place all ingredients in a food processor and pulse until ingredients are combined and sticky.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. If it gets too sticky, dip your fingers in lukewarm water.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



BLUEBERRY BOMBS

- ½ cup raw cashews
- ½ cup gluten-free quick-cooking oats
- ¾ cup dried blueberries
- ¼ cup Medjool dates, pitted
- 1 Tbsp. cacao powder
- ½ tsp. vanilla extract
- Pinch of salt
- 1 serving chocolate Complete

1. In a food processor, combine cashews, oats, blueberries, dates, cacao powder, vanilla, and salt until mixture is sticky.
2. Transfer to a bowl and refrigerate for 30 minutes.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CREAMSICLES

1 cup dry gluten-free oats
½ cup sunflower butter
1-2 Tbsp. honey (optional)
2 Tbsp. coconut flakes
1 Tbsp. orange juice
1 serving vanilla Complete
Zest of 1 orange

1. Place all ingredients into a large bowl and mix thoroughly.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls and place in the refrigerator to harden.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



ORANGE YOU GLAD YOU LIKE APRICOTS

1 cup apricots, dried and unsweetened
1 cup almond meal or almond flour
1 serving chocolate Complete
Zest of 1 orange

1. Soak the apricots in hot water for 15 minutes to help soften and make them easier to process. Drain the water.
2. Once softened, put all ingredients into a food processor until it comes together.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

COOKIE DOUGH

1 serving vanilla Complete
1 $\frac{1}{3}$ cup cashews
 $\frac{2}{3}$ cup gluten-free oats
5 Tbsp. raw unfiltered honey
 $\frac{1}{3}$ cup vegan mini chocolate chips
 $\frac{1}{2}$ cup almond meal

1. Blend cashews and oats in a food processor to a flour consistency.
2. Pour into a bowl and stir in Complete and almond meal.
3. Add raw honey and fold in chocolate chips.
4. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Roll balls in almond meal if desired.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



SPICE IT UP

16 dates, pitted
1 tsp. cinnamon
 $\frac{1}{4}$ tsp. cayenne pepper
(use more or less to taste)
1 serving chocolate Complete
 $\frac{1}{2}$ cup walnut pieces, finely chopped
2 Tbsp. chia seeds
2 Tbsp. cacao nibs
 $\frac{1}{4}$ cup cocoa powder

1. In a food processor, process dates into a paste.
2. In a bowl, mix cinnamon, cayenne pepper, chia seeds, walnuts, cacao nibs, and Complete.
3. Using wet hands, work the dates into the dry mixture.
4. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
5. Dump $\frac{1}{4}$ cup cocoa powder into a Ziploc bag. Drop balls into the bag and shake.
6. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CHAI BALL-IEVE IN YOU

- 1 tsp. cinnamon
- ½ tsp. cardamom
- ¼ tsp. ginger
- ⅛ tsp. allspice
- ⅛ ground cloves
- ⅛ tsp. nutmeg
- 1¼ cups gluten-free rolled oats
- 1 Tbsp. espresso powder (optional)
- 1 Tbsp. chia seeds
- 1 serving vanilla Complete
- ½ cup almond butter
- ⅓ cup honey
- ½ tsp. vanilla extract
- 3 Tbsp. cacao nibs

1. In a bowl, combine all ingredients and mix with your hands. Place bowl in the refrigerator for about 15 minutes.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



R.O.B.S. (RAW OMEGA BALLS)

- 1 cup pitted Medjool dates, pitted
- ½ cup raw walnuts
- 2 Tbsp. whole chia seeds
- 2 Tbsp. unsweetened coconut flakes
- 1 serving chocolate Complete
- 1 tsp. Cinnamon
- Water (amount will depend on dryness of dates)

1. Place all ingredients in a food processor and pulse until combined and sticky. Add 1 Tbsp. of water at a time if needed for correct consistency.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

PEANUT BUTTER AND JELLY

- 1 cup gluten-free oats
- 1 serving vanilla Complete
- ½ cup peanut butter or other nut butter
- ½ cup dried cherries, strawberries, or cranberries (no sugar added)
- 12 oz. Medjool dates, pitted
- 1 Tbsp. coconut oil
- ¼ cup peanuts (or other nut)

1. Mix all ingredients in a food processor.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CHERRY CHEESECAKE

- 2 Tbsp. coconut oil
- ⅓ cup dried cherries
- ½ cup gluten-free old-fashioned oats
- 1 serving vanilla Complete

1. Blend all ingredients together until the cherries color the entire mix.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE GINGER

- 1 cup raw almonds
- 6 Medjool dates, pitted
- 1 serving chocolate Complete
- 2 tsp. vanilla extract
- ½ of a heaping tsp. cinnamon
- ¼ tsp. ginger
- ⅛ tsp. nutmeg
- 1 Tbsp. crystallized ginger, finely chopped
- 1 Tbsp. water (if needed)

1. Place almonds in food processor and process until fine. Some small chunks are okay for texture.
2. Add dates and process until the mixture forms a sticky dough. Add water if necessary. Add Complete, vanilla, cinnamon, ginger, and nutmeg; process again until combined. Add crystallized ginger and process until combined.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

SNOWBALLS

2 cups shredded unsweetened coconut
¼ cup coconut oil, melted and cooled
1 serving vanilla Complete
¼ cup full-fat coconut milk

1. Place coconut, oil, Complete, and coconut milk in a food processor. Blend until mixture starts to come together.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between wet hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

LEMON COCONUT

1 serving vanilla Complete
1½ cup gluten-free old-fashioned oats
1 cup Medjool dates, pitted
Juice from one large lemon
1 tsp. pure vanilla extract
1 tsp. pure lemon extract
Unsweetened shredded coconut

1. Blend all ingredients (except coconut) in a food processor until well combined.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls, then roll in coconut.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE-BANANA-RASPBERRY

1 cup gluten-free rolled oats
1 cup cashews
1 serving chocolate Complete
6 dates, pitted
1 small ripe banana
½ cup freeze-dried raspberries, crushed into a powder

1. Place oats, cashews, Complete, and dates into a food processor and blend until thoroughly mixed.
2. Add banana, and blend until a thick, slightly sticky dough forms.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Place raspberry powder in a zip-lock bag. Drop the balls into the baggy one at a time and shake to cover.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

BRAIN BOOSTERS

- ½ cup almonds
- ½ cup walnuts
- ¼ cup sunflower seeds
- 1 Tbsp. chia seeds
- ¼ cup spinach, loosely packed
- ¼ tsp. spirulina powder
- ⅛ tsp. cinnamon
- ½ small banana, chopped
- ¼ cup dried blueberries
- 4 Medjool dates, pitted
- 1 Tbsp. cacao nibs
- 1 serving vanilla Complete

1. In a food processor, pulse almonds, walnuts, sunflower seeds, chia seeds, spinach, spirulina, and cinnamon. Do not over mix as the nuts will release fats and mixture will become oily.
2. Add banana, blueberries, and dates. Process until a dough is formed.
3. Add cacao nibs and pulse until thoroughly mixed.
4. Using about 1 heaping Tbsp. of the mixture at a time, roll between wet hands to form 1-inch balls.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE MACADAMIA NUT

- 1 cup cashew butter
- 1 cup gluten-free oats
- 1 serving chocolate Complete
- ½ cup macadamia nuts, chopped
- ½ cup raw cocoa butter, chopped

1. In a large bowl, combine all of the ingredients and mix thoroughly.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls..
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CASHEW COOKIE

- 1 $\frac{1}{3}$ cup cashews
- $\frac{2}{3}$ cup gluten-free old-fashioned oats
- 5 Tbsp. raw unfiltered honey
- 1 serving vanilla Complete
- $\frac{1}{3}$ cup dairy-free mini-chocolate chips

1. Blend cashews and oats in a food processor to a flour consistency. Stir in Complete and honey.
2. Fold in chocolate chips.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE-COVERED COOKIE

- 3 cups dairy-free, semi-sweet chocolate chips
- 1 cup organic nut butter
- 1 cup chocolate Complete
- 1 cup gluten-free old-fashioned oats
- $\frac{1}{2}$ cup honey

1. Melt chocolate chips over medium heat in a double boiler.
2. In a separate bowl, mix together remaining ingredients until well combined.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Dip in the melted chocolate and put on a baking sheet lined with wax paper.
5. Refrigerate for 20 minutes to allow chocolate to harden. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CHOCOLATE BLACK BEAN TRUFFLE

1 can black beans, rinsed and dried
1½ Tbsp. coconut oil
2 Tbsp. pure maple syrup
2 servings vanilla Complete
4-5 Tbsp. 100% cocoa powder

1. Combine black beans, coconut oil, and maple syrup in a food processor until smooth.
2. Add Complete and cocoa powder. Blend until dough forms. Refrigerate for 20+ minutes.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. Optional: Dip in melted dark chocolate or roll in coconut.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



MOCHA ENERGY

1 cup dates, pitted
1 cup cashews
½ cup almonds
¼ cup coffee beans, ground
1 serving chocolate Complete
1 Tbsp. coconut oil (to desired texture)

1. Blend nuts in food processor until fine.
2. Add dates, ground coffee, Complete, and coconut oil, then blend again.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

SNICKERDOODLE

- 1 serving vanilla Complete
- 2 tsp. cinnamon
- 1 cup gluten-free old fashioned oats
- ¼ cup pure maple syrup
- 2 Tbsp. creamy nut butter
- ½ tsp. vanilla extract
- 2 Tbsp. coconut sugar
- ½ tsp. cinnamon

1. Combine the Complete, cinnamon, and oats in a large bowl. Add in maple syrup, nut butter, and vanilla. Mix well. Mixture will be thick. Add a few tablespoons of water, a little at a time, until the batter comes together.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls.
3. In a separate bowl, mix together the coconut sugar and cinnamon. Gently roll balls in the snickerdoodle sugar.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



NUTTY ENERGY

- 1 serving chocolate Complete
- 1 cup peanut butter or cashew butter
- ½ cup pumpkin seeds, chopped
- ¼ cup walnuts or almonds, chopped
- ¼ cup brown rice syrup
- ¼ cup dairy-free mini chocolate chips
- Unsweetened shredded coconut (optional)

1. Mix all ingredients together in a bowl.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. (Roll in coconut.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

MINT CHOCOLATE CHIP

- 2 servings chocolate Complete
- 2 cups gluten-free rolled oats
- 3 Tbsp. cocoa powder
- ⅓ cup peanut or other nut butter
- ⅓ cup honey
- 2½ Tbsp. water
- ¼ tsp. peppermint extract (more to taste)
- ½ cup dairy-free mini chocolate chips
- 2 Tbsp. melted coconut oil

1. Mix all ingredients together in a bowl.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CRANBERRY PISTACHIO

- 1 serving vanilla Complete
- 1 cup dried cranberries
- 1 cup dates
- ½ cup honey
- ½ cup gluten-free old fashioned oats
- Pinch of salt
- ⅓ cup vegan mini chocolate chips
- 1 Tbsp. chia seeds
- 1 Tbsp. ground flaxseeds
- 1 cup pistachio nuts

1. Combine dates, honey, chia seeds, flax seeds, and salt in a food processor. Pulse until combined and smooth. If mixture is too thick to stir, add another tablespoon or two of honey.
2. Transfer the mixture to a large bowl. Stir in oats, pistachios, dried cranberries, and chocolate chips until evenly combined.
3. Cover and refrigerate for 30 minutes.
4. Line a small baking pan with parchment paper. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



JOYFUL ALMOND

- 2 servings chocolate Complete
- 1 cup Medjool dates, pitted
- 1 cup almonds, salted
- 1 cup almonds, unsalted
- ½ cup unsweetened cocoa powder
- 1 Tbsp. coconut oil
- 1 Tbsp. vanilla extract
- 1 tsp. almond extract
- 2 Tbsp. almond butter
- 1 small banana

1. In a food processor, combine all ingredients (except banana).
2. Add banana and mix until fully combined.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

ALMOND PALEO

- 10 Medjool dates, pitted
- 1 banana (not ripe)
- ½ cup coconut flour
- ½ cup natural nut butter
- 1 tsp. pure vanilla extract
- 1 serving vanilla Complete
- ¾ cup dried coconut
- 1 Tbsp. of coconut oil

1. In a food processor, chop dates into big chunks (not paste).
2. Add banana and pulse once or twice to combine. Add coconut flour and pulse once or twice to combine. Add nut butter and vanilla and pulse again. You do not want the mixture to be runny. Finish combining with hands if necessary.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. Roll balls in shredded coconut.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



PEANUT BUTTER

- 1 cup chocolate Complete
- 1 cup gluten-free dry oats
- 1 cup peanut butter (or other nut butter)
- ½ cup raw honey
- ¼ cup ground flaxseed
- Non-dairy dark chocolate, melted (optional)

1. Combine all ingredients in a bowl (except melted chocolate) and mix well.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (Dip in melted chocolate.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CRISPY CHOCOLATE

- ½ cup chocolate Complete
- ½ cup vanilla Complete
- 3 cups gluten-free rice cereal
- ⅔ cup raw honey
- ⅔ cup nut butter

1. Combine all ingredients in a bowl and mix well.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

LEMON COCONUT DRIZZLE

1 serving vanilla Complete
1⅓ cup gluten-free old fashioned rolled oats
1 cup Medjool dates, pitted
Juice from 1 large lemon
1 tsp. pure vanilla extract
1 tsp. pure lemon extract
Shredded coconut

1. Combine all ingredients (except coconut) in a food processor. (You can also mix in a bowl with finely chopped dates.)
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. Dip in shredded coconut.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

NUT BUTTER

1 cup chocolate or vanilla Complete
1 cup nut butter
½-1 cup oats
½-1 cup maple syrup or brown rice syrup

1. Mix all ingredients together in a bowl to the consistency of cookie dough.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (Roll in shredded coconut and/or cocoa.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



DECADENT CHOCOLATE PEANUT BUTTER BANANA

1 banana, mashed
1½ cups gluten-free old fashioned oatmeal
2 Tbsp. ground flaxseed
3 servings chocolate Complete
¼ cup natural peanut butter
¼ cup unsweetened shredded coconut
¼ cup coconut oil, melted
¼ cup Craisins
¼ cup water
1 large bar dark chocolate-60% cocoa or higher (or ½ cup dark chocolate chips), melted

1. Mix together all ingredients except the chocolate. Mixture will be a little thick.
2. Line a cookie sheet or cutting board with parchment paper. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. Dip into melted dark chocolate.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

PUMPKIN PIE CHOCOLATE SPICE

- 1 serving vanilla Complete
- 1½ cup gluten-free oatmeal
- ⅔ cup pumpkin puree
- ¼ cup chia seeds
- ¼ cup raw honey
- 1 Tbsp. vanilla extract
- 1 tsp. pumpkin pie spice or cinnamon
- ½ cup vegan mini dark chocolate chips

1. Combine all ingredients (except chocolate chips) and mix well. Add chocolate chips.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

PUMPKIN SPICE

- 1½ cup gluten-free rolled oats
- 2½ tsp. pumpkin spice
- ⅓ cup honey
- ½ cup pumpkin puree
- ⅓ cup almond or cashew butter
- 2 servings of vanilla Complete

1. Blend all ingredients in a food processor until well mixed.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



MORE THAN A SMOOTHIE

- ¾ cup raw almonds
- ¾ cup pecans, walnuts (for chocolate version), or cashews (for vanilla version)
- 1½ cup dates, pitted
- ¼ cup flaxseeds, ground
- 1 serving chocolate or vanilla Complete
- 1-2 Tbsp. cocoa powder (for chocolate version)

1. Soak almonds in water and cover for 12 hours. Rinse and drain.
2. Grind flaxseeds in a coffee mill.
3. Process almonds, pecans, walnuts, cashews, and dates in a food processor until well ground. Add flax, Complete, and cocoa powder and incorporate into nut mixture.
4. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Use additional Complete on hands if sticky.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

BASIC ENERGY

- 2 servings vanilla Complete (or 1 chocolate and 1 vanilla)
- ½ cup honey
- ½ cup peanut butter or other nut butter
- 2 cups gluten-free puffed rice cereal (or 1 cup gluten-free old-fashioned oats)

1. Mix all ingredients together in a bowl.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

PINK LEMONADE

- 1 serving vanilla Complete
- ½ cup coconut flour
- ¼ cup almond butter
- ¼ cup freeze dried strawberries (or raspberries), crushed
- ¼ tsp. lemon extract
- ¼ cup honey

1. Mix all ingredients together.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (If too dry, add more nut butter or honey.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



BUCKEYE BALLS

- 2 cups gluten-free rolled oats
- ½ cup peanut butter
- ½ cup honey
- 2 servings vanilla Complete (or chocolate)
- 1 cup vegan semi-sweet chocolate chips
- 1 cup raw nuts, chopped

1. Mix all ingredients together in a bowl.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Place in the refrigerator for 1 hour or in the freezer before eating. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CHOCOLATE CHERRY

- 1 cup raw almonds
- 2 servings chocolate Complete
- ½ cup dried cherries
- 2 cups Medjool dates, pitted
- ½ tsp. cinnamon
- ½ tsp. sea salt

1. Add all ingredients to the food processor and blend until well mixed.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (If too dry, add more nut butter or honey.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

SMOOTHIES



HEALTHY "ON-THE-GO" MEAL, PRE-EXERCISE FUEL, POST-WORKOUT RECOVERY DRINK, OR SNACK!

One scoop of Juice Plus+ Complete® protein powder provides 13 grams of water-washed soy and other natural protein and 8 grams of fiber. The protein is easily absorbed which is exactly what you need to repair the muscles worked during physical activity and get the most benefit. Complete is gluten-free, non-dairy, low glycemic and 100% vegan, making it a great choice for everyone, regardless of dietary preference. Complete single-serve packets are easy to carry with you and provide a boost of nutrition from plant-based protein and fiber while on the go.

If you're hoping to get a boost as you arrive at the gym, try drinking a shake about an hour before your workout. The delicious nutrition will enhance your workout. Drinking a Complete shake after exercise will give your body what it needs to repair damage and promote healthy muscle growth.

SMOOTHIE TIPS:

- **Order matters.** *Put liquids into the blender first, followed by the produce, and then the dry ingredients to help keep the dry ingredients from sticking to the sides of the blender.*
- **Add ice to make your smoothie colder.** *If frozen fruits and vegetables are used, ice is not usually needed.*
- **Kick it up a notch.** *Open up Juice Plus+ Fruit, Berry, Vegetable and Omega capsules and pour the powders and oils into your shakes for a nutritional boost. Add a handful of greens, like kale or spinach, for extra fiber and to help detoxify your body. Add milk thistle to aid in liver detox and give your skin a healthy glow. Don't be shy with your herbs and spices! Add red and purple produce to hide the greens! Use organic and Non-GMO ingredients when possible.*
- *Blend on low to reduce foam if desired.*
- *Sip slowly and add a bit of parsley if stomach issues are a problem for you.*
- *Use a high-power blender for smoother texture.*
- *Most recipes make 1 serving.*
- **Be creative and have fun with these recipes!**





NO EGG NOG

- 1 cup unsweetened cashew or almond milk
- ½-1 banana
- 1 tsp. honey or 2 dates, pitted
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. vanilla extract or almond extract
- Pinch sea salt
- 1 serving vanilla Complete
- Nutmeg, freshly ground (optional topping)

BANANA PINEAPPLE

- 1 cup unsweetened coconut milk
- 1 Tbsp. honey (optional)
- 2 cups pineapple chunks
- 1 banana
- 1 serving vanilla Complete

PEPPERMINT MOCHA

- 1 cup unsweetened almond milk
- 1-2 drops peppermint extract
- 1 Tbsp. unrefined coconut oil
- 1 serving chocolate Complete

DOUBLE CHOCOLATE GOODNESS

- 1 cup dark chocolate almond milk
- ½ avocado
- ½ banana
- 1 handful spinach
- 1 Tbsp. ground flaxseed
- 1 serving chocolate Complete





GREEN WAKE-UP MONSTER

1 cup plant milk
Handful baby spinach
1 banana
1 serving vanilla Complete

THE BRAIN BUSTER

1 cup unsweetened vanilla almond milk
¼ cup coconut oil
½ cup blueberries
½ medium banana, sliced
½ avocado
1 serving vanilla Complete

ALL IS GOOD FOR YOU

1 cup unsweetened almond milk
⅓ cup blueberries
⅓ cup strawberries
5 or 6 baby carrots
Large handful spinach
Pineapple (optional)
3 Tbsp. ground flaxseed
1 serving chocolate or vanilla Complete

CHOCOLATE BANANA

1 cup unsweetened almond milk
½ tsp. vanilla extract
1 ripe banana
1 Tbsp. yellow maca powder
1 serving chocolate Complete

BLUE BELLY

½ cup unsweetened cashew milk
Spoonful coconut oil
½ cup blueberries
1 Tbsp. ground flaxseed
1 serving chocolate Complete

CREAMY MANGO ORANGE JULIUS

1 cup unsweetened almond milk
¼-½ cup orange juice
1½ cups mango cubes or tropical
mixed fruit
1 serving vanilla Complete



BLUEBERRY BLAST

½ cup water
(add more for desired consistency)
½ cup plant milk
(add more for desired consistency)
½ cup blueberries
½ banana
1 cup mixed greens (spinach, kale, chard)
1 Tbsp. flaxseeds or chia seeds
1 serving chocolate Complete

CREAMY COCONUT

1 cup coconut milk, unsweetened
1 Tbsp. coconut oil
1-2 Tbsp. almond butter
1 banana
1 Tbsp. chia seeds
1 Tbsp. raw shredded coconut
1 serving vanilla Complete



CHOCOLATE CHERRY DELIGHT

½ cup unsweetened almond milk
½ cup cherries
1 Tbsp. almond butter
1 Tbsp. gluten-free oats
1 serving chocolate Complete



APPLE PUMPKIN

- ¼ cup gluten-free old fashioned oats
- 1 cup plant milk
- ¼ cup pumpkin puree
- 1 apple, diced
- ½ banana
- Dash pumpkin pie spice (to taste)
- 1 serving vanilla Complete

MERRY BERRY

- 1 cup coconut water or purified water
- Handful fresh cranberries
- Handful fresh raspberries
- 1 small apple
- 1 small pear
- 2 huge handfuls dandelion or other greens
- 1 serving vanilla Complete

SMOOTHIE PLUS+

- 1 cup soy or coconut milk
- 2-3 kale leaves, torn into bite-size pieces
- ½-1 banana
- ½ cup mixed berries
- 1 Tbsp. peanut butter (optional)
- 2 Tbsp. ground flaxseed
- 1 serving chocolate Complete

RAZZLE DAZZLE

- 1 cup plant milk
- 1 banana
- ½ cup raspberries (or more to taste)
- 1 Tbsp. chia seeds
- 1 serving chocolate Complete



BUMP IT UP A NOTCH

- 1 cup almond milk or ½ cup each of water and almond milk
- ½ banana
- Handful greens (kale, swiss chard, spinach, basil)
- ¼ cup pineapple (optional)
- 1 serving vanilla Complete



DOUBLE CHOCOLATE NUT

- 1 cup chocolate soy or almond milk
- 1 Tbsp. nut butter
- ½ banana
- ½ tsp. cinnamon
- 1 serving chocolate Complete

LEAN GREEN POWER

- 4 cups water
- 1 kiwi
- 1 green apple
- 1 large carrot
- 1 cup kale
- 1 banana
- 1 serving vanilla Complete



GRASSHOPPER

- 1 cup unsweetened vanilla or chocolate almond milk
- ¼ cup nut butter
- 1-2 drops peppermint extract or peppermint essential oil
- ½ banana
- 1 serving chocolate Complete

BRILLIANT RED GOODNESS

- 1 cup cold water (add more if necessary)
- 1 medium red beet
- Handful kale
- Handful green beans
- ½ banana
- ½ apple
- ½ cup blueberries
- 1 Tbsp. ground flaxseed
- 1 cup chia seeds, gelled
- 1 serving vanilla Complete

HEALTHY GREEN

- 2 cups water
- Large handful kale
- 5-6 strawberries
- 1 banana
- 1 Tbsp. brewers yeast
- 1 tsp. cinnamon
- 2 Tbsp. ground yellow flaxseed
- 1 tsp. wheat grass
- 1 serving vanilla Complete



CHOCOLATE COVERED CHERRIES

- 1 cup plant milk
- ¾ cup black cherries
- ½ banana
- Handful spinach
- 1 Tbsp. flaxseed or hemp seed
- 1 serving chocolate Complete

MOCHA FRAPPUCCINO

- ½ cup almond milk or other plant milk
- ½ cup decaf coffee
- 1 serving chocolate Complete

CARROT CAKE

- 1 cup coconut water
- 1 carrot, peeled and chopped
- 1 banana
- ½ cup pineapple
- ¼ tsp. ginger
- ¼ tsp. cinnamon
- ¼ cup pecans
- 1 serving vanilla Complete



CHOCOLATE MINT

- 1 cup plant milk
- 1 Tbsp. cocoa (optional)
- ¼ tsp. peppermint extract
- Handful fresh mint, peppermint or chocolate mint (optional)
- 1 serving chocolate Complete

CHOCONUT TAHINI DATEANANA

- 1 cup coconut milk
- 2 Tbsp. tahini
- 4 dates, pitted
- 1 banana
- 1 serving chocolate Complete



CHOCOLATE ALMOND JOY

- 1 cup almond milk
- 1-2 Tbsp. almond butter (or 8-10 almonds)
- ¼ tsp. almond extract
- 2 Tbsp. unsweetened coconut, shredded
- ½-1 banana
- 1 serving chocolate Complete

CHERRY BOMB

½-1 cup plant milk or water
1 cup cherries
½ cup baby carrots
½-1 cup spinach
1-2 kale leaves
1 banana
1 serving vanilla Complete

OPTIONAL INGREDIENTS

2 Tbsp. flaxseed/chia seed blend
⅛ cup gluten-free oatmeal
1-2 Tbsp. almond butter
2 chunks zucchini, approx. 1-inch each



CHOCOLATE PEANUT BUTTER CUP

1 cup almond or cashew milk
1 banana
2-3 Tbsp. peanut butter
1 serving chocolate Complete

CHAI TEA

1 cup coconut or almond milk
½ tsp. cinnamon
½ tsp. ginger
¼ tsp. cardamom
¼ tsp. ground clove
⅛ tsp. Jamaican allspice
¼ tsp. turmeric
Dash black pepper
Dash cayenne (optional)
1 serving vanilla Complete

DUTCH CHOCOLATE

1 cup almond, rice, or coconut milk
1 serving chocolate Complete



LEMON MERINGUE PIE SMOOTHIE

1 cup plant milk
1 lemon, juiced (add zest for extra flavor)
½ cup dairy-free yogurt
1 serving vanilla Complete
Unsweetened coconut flakes
(optional topping)
Almonds, slivered (optional topping)

KEY LIME PIE SMOOTHIE

1 cup plant milk
1-3 key limes or regular limes, juiced
½ cup mango and/or banana
2 Tbsp. ground flaxseeds
Handful spinach
1 serving vanilla Complete

ORANGE JULIUS

1 cup unsweetened almond milk
½ cup orange juice
¼ cup pineapple juice
¼ cup dairy-free yogurt
½ banana
¼ tsp. vanilla extract (optional)
1 serving vanilla Complete

HOT CHOCOLATE

4 oz. almond or cashew milk
1 serving chocolate Complete
1 Tbsp. vanilla Complete
(optional for extra richness)
6 oz. boiling water

1. Combine first 3 ingredients in a mug. Add boiling water and stir lightly.

NUTTY CHOCOLATE BANANA

1 cup almond or cashew milk
Handful kale or spinach
1 scoop PB2 powdered peanut butter
1 Tbsp. chia seeds
1 serving chocolate Complete



APPLE CINNAMON FALL HARVEST

1 cup plant milk
Splash pure vanilla extract
¼ cup raw gluten-free oats
1 small apple, peeled and cored
½ banana
2 tsp. cinnamon (plus extra to top)
⅛ tsp. nutmeg
1 serving vanilla Complete

APPLE PIE A LA MODE

1 cup plant milk
1 small apple
¾ tsp. cinnamon (or more to taste)
¼ tsp. nutmeg
1 serving vanilla Complete

GINGERBREAD COOKIE

1 cup almond or other nut milk
½ tsp. molasses or chopped dates
Pinch ground clove
¼ tsp. ginger (or more to taste)
½ tsp. cinnamon
1 serving vanilla Complete



CHACA MINT

1 cup almond milk
1 stalk celery
½ avocado
1 serving chocolate Complete

ICED COFFEE DELIGHT

1 cup of water
2 tsp. decaf coffee, chilled
1-2 Tbsp. dairy-free french vanilla creamer
(or almond milk, or coconut milk)
¼ tsp. cinnamon
½ tsp. chia seeds
1 large strawberry
½ banana
1 cup of ice
1 serving chocolate Complete





PUMPKIN PIE

- 1½ cup plant milk
- ¼ tsp. stevia or honey
- ¼ tsp. maple syrup
- ½ banana (optional)
- ½ can pumpkin puree
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- ½ tsp. ginger
- 1 serving vanilla Complete
- ½ cup pecans

1. Combine all ingredients except pecans in a blender and blend to desired consistency. Add pecans and blend more.

BANANA BREAD

- 1 cup plant milk
- 1 small banana
- ⅓ cup walnuts (optional)
- ¾ tsp. cinnamon (or more to taste)
- 1 serving vanilla Complete

HEAVENLY ICED MOCHA

- 4 oz. unsweetened almond milk
- 4 oz. decaf coffee, chilled
- 1 banana
- ½ cup fresh greens
- 1 serving chocolate Complete

APPLE PECAN COBBLER

- 1 cup almond or other plant milk
- 2 tsp. vanilla extract
- 5 oz. dairy-free yogurt
- 1 apple
- 1 tsp. chia seed
- ¾ tsp. cinnamon
- ¼ cup pecans
- 1 serving vanilla Complete

HEALTH NUT

- 1 cup almond milk or other plant milk
- 1 banana
- 1 Tbsp. peanut butter
- 1 serving vanilla Complete

STRAWBERRY JULIUS

1 cup orange juice
1 cup strawberries
Handful spinach
1 serving vanilla Complete



BLACK FOREST DREAM

1 cup almond milk
2 Tbsp. plain or vanilla dairy-free yogurt
Honey (optional)
½ cup cherries
½ banana
Handful spinach or kale
2 Tbsp. hemp hearts or chia seeds
Dash cinnamon
1 serving chocolate Complete

PURPLE PASSION

1 cup coconut water
2 cups kale leaves
½ banana
1 cup blueberries
1 tsp. chia seeds
1-2 tsp. cinnamon
1 serving vanilla Complete

BLUEBERRY DREAM

1 cup almond milk, coconut milk or water
½ cup blueberries
1 serving vanilla Complete



MINT CHOCOLATE WITH NUTS

1 cup coconut milk
1 drop peppermint essential oil
½ cup pecans, walnuts or almonds
2 Tbsp. cacao nibs
1 serving chocolate Complete



GREEN GARDEN

- 1 cup unsweetened almond or coconut milk
- ½ cup water
- 1 cucumber piece, approximately 2 inches
- 2-3 kale leaves
- 1½ cup spinach
- 1 cup pineapple
- 2 Tbsp. ground flaxseed
- 1-2 dates, pitted (optional)
- 1 serving vanilla Complete

TROPICAL VANILLA DELIGHT

- ½ cup coconut milk
- ½ cup water
- ½ banana
- ¼ cup pineapple
- ¼ cup mango
- ¼ cup strawberries
- ¼ tsp. cinnamon
- 1 serving vanilla Complete

MOCHA BLAST

- 1 cup almond or coconut milk
- ¼ cup decaf espresso
- ¼ cup rice bran
- 1 Tbsp. cacao powder
- 1 Tbsp. maca powder
- 1 serving chocolate Complete

WHOLE BODY NOURISHER

- 3 cups water
- 2 Tbsp. coconut oil or flaxseed oil
- 2 Tbsp. kefir or dairy-free yogurt
- 1 cup raspberries
- 1 banana
- 2 servings chocolate Complete

CHOCOLATE CHERRYLICIOUS

- 1 cup unsweetened almond milk
- 1 banana, sliced
- ½-1 cup cherries
- 1 serving chocolate Complete





CREAMY & DREAMY

- ½ cup almond or cashew milk
- ½ avocado
- 1 cup spinach
- ½ banana
- 1 serving vanilla Complete

THE HULK

- 1 cup almond or cashew milk
- 2-3 kale leaves
- 1 banana
- 1 mango
- ¼ cup ground flaxseed
- 1 serving vanilla Complete

PB JAM

- ½ cup almond milk
- ½ cup green tea, chilled
- 1 banana
- 2 heaping Tbsp. nut butter
- 2 tsp. ground flaxseed
- 1 serving vanilla Complete

POPEYE'S SPECIAL

- 1 cup almond or coconut milk
- 1 Tbsp. peanut butter
- Handful spinach
- ½ cup blueberries or mixed berries
- 1 serving chocolate Complete

NUTTY CINNAMON CHOCOLATE

- 1 cup water
- 1 Tbsp. honey
- ¼ cup pecans
- ½ tsp. cinnamon
- 1 serving chocolate Complete

CHOCOLATE ALMOND BLISS

- ½ cup unsweetened almond milk
- 2 drops almond extract
- ½ cup water
- 1 banana
- ½ cup cherries
- 1 serving chocolate Complete





BREAKFAST OF CHAMPIONS

¼ cup vanilla coconut milk
1 cup decaf coffee, cooled
Splash vanilla (optional)
Dash cinnamon (optional)
1 serving vanilla Complete

REHYDRATE NATURALLY

1 cup coconut water
10 drops milk thistle
1 Tbsp. raw honey (optional)
2 cups kale, lightly packed
1 cup spinach, lightly packed
½ cup pineapple
½ cup berries of choice
1 banana
1 serving vanilla Complete



PEPPERMINT CHOCOLATE

1 cup dark chocolate almond milk
1-2 drops peppermint essential oil or
handful fresh peppermint
Spinach or kale (optional)
1 serving chocolate Complete

MOCHA CHOCOLATE MONKEY

1 cup decaf coffee
½ cup almond milk
1 banana
1 serving chocolate Complete

COCOMINT

¼ cup coconut cream
¼ cup almond milk
½ cup water
Splash peppermint extract or handful
fresh peppermint
½ banana
1 serving chocolate Complete



REFRESHING HONEYDEW

- 1 cup coconut water
- 1 lime, juiced
- ½ small honeydew melon, cut into chunks
- Handful swiss chard or other greens
- 4-5 mint leaves (pinch to release oils)
- Dash turmeric
- 1 serving vanilla Complete

HOLIDAY SPICE

- 1 cup almond or coconut milk
- 1 banana
- Dash cinnamon
- Dash cayenne pepper
- Dash nutmeg
- Dash clove
- Dash allspice
- 1 serving vanilla Complete

DARK CHOCOLATE ALMOND

- 1 cup dark chocolate almond milk
- 2 Tbsp. almond butter
- 1 cup spinach or kale
- 1 serving chocolate Complete

CHOCO-BERRY

- 1 cup unsweetened almond milk
- 1 cup blueberries
- 1 Tbsp. almond butter
- Handful spinach or kale
- 1 serving chocolate Complete





GREEN CITRUS

- 1 cup coconut water or almond milk
- 1 orange
- ½ banana
- ½ cup mango
- 1 slice fresh ginger
- 1 cup kale
- 1 Tbsp. chia or flax seed
- 1 serving vanilla Complete

UNDERCOVER VEGGIES

- 2 cups almond milk
- 2-3 kale leaves
- 1-2 celery stalks
- 1-2 carrots
- ¼ cup blueberries
- ¼ cup strawberries
- 2 servings vanilla Complete

BLUEBERRY LEMONADE

- 1 cup coconut water
- ½ cup blueberries
- ½ lemon, juiced
- ½ banana
- Handful spinach or kale
- 1 serving vanilla Complete

GREEN POWER MACHINE

- 1 cup coconut water or plain water
- ½ pear
- ½ orange
- ½ cup pineapple
- ½ cucumber
- 3 stalks celery
- 1 cup spinach
- Handful cilantro
- 1 serving vanilla Complete

CHOCOLATE HAZELNUT

- 1 cup almond or coconut milk
- ½ banana
- ½ avocado
- 2 Tbsp. dairy-free chocolate hazelnut spread
- 1 Tbsp. honey
- 1 serving vanilla or chocolate Complete

VANILLA FRUIT EXPLOSION

1 cup almond or coconut milk
½ apple
4 strawberries
4 raspberries
4 blackberries
15 grapes
15 blueberries
½ banana
1 Tbsp. chia seeds
1 serving vanilla Complete

VANILLA MOCHA PEANUT

½ cup almond or coconut milk
1 heaping Tbsp. peanut butter
½ cup dairy-free vanilla yogurt
1 Tbsp. honey
½ tsp. ground flaxseed
¼ tsp. cinnamon
1 serving vanilla Complete

PINEAPPLE PARADISE

1 cup unsweetened pineapple juice
½ cup crushed pineapple
½ cup peaches
1 Tbsp. honey
1 serving vanilla Complete

COCONUT BREEZE

1 cup almond or coconut milk
Handful baby spinach
½ cup blueberries
½ banana
2 Tbsp. coconut butter
½ tsp. cinnamon
2 Tbsp. hemp seed (optional)
1 serving vanilla Complete

CHOCOLATE MOCHA MINT

½ cup almond or coconut milk
½ cup decaf coffee
1 banana
2 Tbsp. honey (optional)
1 tsp. fresh mint, chopped
1 serving vanilla or chocolate Complete



CINNAMONKEY

1 cup almond milk
¼ cup plain dairy-free yogurt
1 medium banana
Handful spinach or kale
1 Tbsp. ground flaxseed
2 Tbsp. whole gluten-free oatmeal, dried
Dash cinnamon
1 serving vanilla Complete



FRUIT CUP

1 cup almond milk
2 Tbsp. honey
1 cup strawberries
1 banana
¼ cup almonds, slivered
1 Tbsp. ground flaxseed
1 serving vanilla Complete

KEEP IT SIMPLE

1 cup almond or coconut milk
Cinnamon to taste
1 serving vanilla Complete

GREEN MANGO DELIGHT

1 cup almond or coconut milk
½ cup kale
½ cup spinach
1 carrot, cut in pieces
1 small apple, cut in pieces
½ cup mango
1 serving vanilla Complete

MOCHA MANIA

½ cup coconut milk
½ cup decaf coffee
1 Tbsp. coconut oil
3 Tbsp. unsweetened flaked coconut
½ banana
½ avocado
Handful spinach
Dash cinnamon
Sprinkle chia seeds
Sprinkle flax seeds
1 serving vanilla Complete

LASSI

1 cup almond or coconut milk
1 mango
1 banana
Dash cardamom (more to taste)
1 serving vanilla Complete

PEANUT BUTTER & HONEY

1 cup unsweetened almond milk
1 Tbsp. peanut butter
1 Tbsp. honey
½ tsp. ground flaxseed
¼ tsp. cinnamon
1 serving vanilla Complete

PINEAPPLE-COCO-CHERRY

1 cup almond or coconut milk
½-1 tsp. vanilla or coconut extract
½ cup pineapple
½ cup berries
¼ cup unsweetened coconut
1 cup spinach
1 Tbsp. ground flaxseed
1 serving vanilla Complete

PEACH MELBA PANCAKE

1 cup almond milk
2 splashes vanilla extract
2 drops maple flavoring
1 banana
2 cups peaches
Dash nutmeg
Dash cinnamon
1 serving vanilla Complete

VANILLA MINT

1 cup unsweetened vanilla almond milk
½ banana
Handful fresh chocolate mint or 3 drops
mint extract and 1 tsp. cacao nibs
Handful greens
1 serving vanilla Complete





GOTTA LOVE GREEN

- 1 cup almond milk
- 2-3 large kale leaves, stem removed
- ½ large cucumber
- 1-inch piece ginger, peeled and cubed
- 1 stalk celery
- ½ lemon, seeded (including peel)
- ½ Granny Smith apple, seeded
- ¼ cup cranberries
- 2 Tbsp. ground golden flaxseed
- 1 serving vanilla Complete

STRAWBERRY MANGO DELIGHT

- ½ cup almond milk
- ½ cup coconut milk or coconut water
- ½ cup strawberries, sliced
- ½ cup mango
- 2 Tbsp. ground golden flaxseeds
- 1 fresh mint leaf
- 1 serving vanilla Complete

GINGER & GARLIC

- 2½ cups water
 - ½ cup ground flaxseed
 - 2 tsp. green tea
 - 2 tsp. nutritional yeast
 - 2 tsp. milk thistle seeds
 - 2 tsp. stevia leaf, dried
 - ½ tsp. turmeric
 - 1 clove garlic
 - 2 Tbsp. fresh ginger, chopped
 - 3 spears pineapple
 - Large handful spinach
 - 4 or more kale leaves
 - ½ banana
 - 1 cup blueberries
 - 1 cup mixed berries
 - 2 servings vanilla Complete
- Serves 2.

SUPER HEALTHY LIME GREEN DRINK

- 1 cup coconut water
- 1 Persian cucumber
- Handful kale or spinach
- ½ lime, peeled (more to taste)
- ½ cup pineapple
- 2 Tbsp. green tea leaves
- 1 Tbsp. brewers yeast
- 2 Tbsp. ground flaxseed
- Unsweetened coconut flakes (optional)
- 1 serving vanilla Complete



SPINACH-BLUEBERRY-PEAR

- 1 cup almond milk, coconut milk, or water
- 1 handful spinach or kale
- 1 pear, cored
- 1 cup blueberries
- ½ banana
- 1 Tbsp. chia seeds
- 1 serving vanilla Complete

KOMBUCHA BLAST

- 1½ cups plain kombucha
- ¼ cup kefir, plain
- Handful raspberries
- Handful blueberries or strawberries
- Handful spinach
- 2 Tbsp. ground flaxseed
- 1 serving vanilla Complete

MANGO-SPINACH

- 1 cup almond milk
- Handful spinach
- 1 cup mango
- 1 serving vanilla Complete

CHAI FIRE

- 1 cup herbal chai tea (or green tea)
- ¼ tsp. cinnamon (or more to taste)
- ¼ tsp. ginger
- ⅛ tsp. ground clove
- ⅛ tsp. coriander
- ⅛ tsp. allspice
- ¼ tsp. turmeric
- ¼ tsp. anise (optional)
- ¼ tsp. cardamom (optional)
- Dash black pepper
- Dash cayenne
- 1 small lemon, juiced
- 1 serving vanilla Complete



SNACKS

HEALTHIER, GUILT-FREE VERSIONS OF TRADITIONAL DESSERTS

We wanted to include some fantastic recipes for snacks and desserts that you can make using the Juice Plus+ Complete! They're a fun way to maintain your healthy lifestyle and treat yourself and your family. Plus, what a great way to sneak 15 plants into your kids while they think it's just a treat! However, we want you to be very honest with yourself...they are still indulgences! For best results with cleansing your body and healing your gut, you'll want to avoid these during the Shred10. Some of these recipes have coconut oil (which is an isolated fat), dairy-free chocolate chips (which have added sugars), and sweeteners such as maple syrup, honey, or coconut sugar. While they're healthier versions, we recommend that you enjoy these recipes in moderation!





BLUE WAVES SMOOTHIE BOWL

- 1 cup unsweetened almond milk
- 2 bananas
- Handful blackberries
- Handful blueberries
- ¼ cup pineapple
- 2 tsp. blue spirulina
- Handful spinach
- 1 serving vanilla Complete

1. Blend together all ingredients until smooth and thick like pudding. Add more almond milk as desired.
2. Pour into a bowl and top with your favorite toppings (shredded coconut, sliced bananas, chopped apples, dairy-free chocolate chips, fresh berries, nuts, hemp seeds, chia seeds, gluten-free granola, etc.)

AÇAÍ SMOOTHIE BOWL

SMOOTHIE BOWL

- 1 banana
- 1 Açai "frozen fruit smoothie packet"
- 1 serving vanilla Complete
- ¼-½ cup plant milk or water

OPTIONAL TOPPINGS

- Granola
- Fresh fruit and berries
- Coconut
- Chia seeds
- Goji berries
- Nuts
- Drizzle of honey
- Sprinkle of cinnamon

1. Let Açai packet thaw for about 5 minutes or run under warm water for 30 seconds.
2. Blend all ingredients together in a high powered blender until thick. Scoop into bowl and add desired toppings.





BANANA BROWNIES

2 cups bananas (about 6 medium, over ripe bananas), mashed

1 cup smooth cashew butter (or sunflower, almond, or peanut butter)

½ cup chocolate Complete

¼ cup cocoa powder

1. Preheat oven to 350° F.
2. Spray a 8x8 baking dish and set aside.
3. Using a hand mixer (or by hand), mash the bananas with the peanut butter until fully combined. Stir in Complete and cocoa powder with a spatula.
4. Pour into a greased pan and bake for about 20-25 minutes. Brownies will be very moist.
5. Cool to room temperature, cut and enjoy!

Makes approximately 12-16 servings.

RICE CRISPY TREATS

2 servings vanilla Complete

6 cups rice cereal (gluten-free with no added sugar)

1 cup raw honey

1 cup creamy peanut butter

1 tsp. vanilla extract

1 bag dairy-free dark chocolate chips

1. If using chocolate, preheat oven to 350° F.
2. Mix cereal and Complete in a large bowl and set aside.
3. In a pot, heat honey until boiling. Add peanut butter and stir until combined. Add vanilla and mix.
4. Pour mixture over cereal and stir until well incorporated. Spread mixture evenly into a 9x13 inch pan.
5. If not using chocolate, place in the refrigerator and cut when ready to eat.
6. If using chocolate, sprinkle chocolate chips evenly on top. Put the pan back in the oven for about 3 minutes until chocolate is melted. Take out and spread the chocolate evenly over the top with a spatula. Place in the refrigerator to cool and let the chocolate harden. Cut and enjoy!
5. Store in the refrigerator in a sealed container.

Makes approximately 12-16 servings.

CHOCOLATE COMPLETE PUDDING

2 servings chocolate Complete

½ cup almond milk

1 avocado

Splash vanilla extract

1. Mix all ingredients together in a blender until smooth.
2. Chill for 30 minutes.



PEOPLE "PUPPY CHOW"

4½ cups rice Chex® cereal (gluten-free,
no sugar added)

3 oz. dairy-free dark chocolate

¼ cup creamy almond butter

¼ cup honey

1½ Tbsp. coconut oil

1 tsp. vanilla extract

⅔ cup vanilla Complete

1. Place the cereal in a large bowl and set aside.
2. In a microwave-safe bowl, melt chocolate, peanut butter, honey, and coconut oil until completely melted. Start with 20 seconds. Mix, then try 20 more seconds etc. It should take less than 1 minute. Go slowly to not burn the chocolate.
3. Stir the vanilla extract into the melted chocolate mixture. Pour on top of the cereal and distribute throughout until each piece is well coated in chocolate.
4. Pour Complete powder into a large freezer bag. Scoop cereal into the bag. Seal the bag and shake until powder evenly coats the cereal.

Makes approximately 4-6 servings.

COMPLETE BROWNIE BATTER

¼ cup coconut oil

2 servings chocolate Complete

Splash almond milk

1 Tbsp. peanut or almond butter

¼ cup dairy-free chocolate chips

1. Melt coconut oil.
2. Mix in the vanilla Complete and a dash of almond milk.
3. Mix in nut butter.
4. Stir in the chocolate chips.
5. Eat with a spoon.



CHOCOLATE PEANUT BUTTER FUDGE

10-12 pitted dates

1 cup peanut butter

1 serving chocolate Complete

Splash almond milk

1. Combine dates and peanut butter in a food processor.
2. Add Complete and a small splash of almond milk to the mixture and blend.
3. Add another splash of almond milk if the Complete is not blending well with the date/peanut butter mixture. It will depend on how much oil is in the peanut butter, so each batch will be different. Blend until combined and forms a big dough ball.
4. Line a 9x9 pan with wax paper and press the dough mixture into the pan. Freeze for up to one hour and cut into squares.



COOKIE DOUGH

¼ cup coconut oil

2 servings vanilla Complete

Splash almond milk

¼ cup dairy-free chocolate chips

1. Melt the coconut oil.
2. Mix in the Vanilla Complete and a dash of almond milk.
3. Stir in the chocolate chips.
4. Eat with a spoon or roll into balls and store in the freezer.

CHOCOLATE FUDGE

⅓ cup peanut butter

⅓ cup honey

1 serving chocolate Complete

¼ cup coconut oil

Sea salt to sprinkle

1. Combine first 4 ingredients in a food processor until combined and forms a big dough ball.
4. Line a 9x9 pan with wax paper and press the dough mixture into the pan. Sprinkle with sea salt. Freeze for up to one hour and cut into squares.

CHOCOLATE CRISPY BARS

- ½ cup honey
- ½ cup nut butter
- ½ cup chocolate Complete
- 4 cups gluten-free puffed rice cereal

1. Heat honey in a saucepan on medium heat for 1 minute.
2. Remove from heat and add peanut butter. Stir until well combined.
3. Add Complete powder and stir.
4. Add cereal and mix together with clean hands.
5. Press into a pan and cut into squares.

HOT CHOCOLATE

- 1 cup plant milk or water
- 1 tsp. vanilla extract
- ⅓ cup chocolate Complete

1. Add heated milk and vanilla extract to a mug with chocolate Complete and stir.



FUDGEICICLES

- 1 cup coconut milk
- 1 banana, frozen
- 1 tsp. peanut butter
- 1 tsp. cacao (optional)
- 1 serving chocolate Complete

1. Combine all ingredients in a bowl. Pour into popsicle molds and put in the freezer. Serve frozen.

NO-BAKE CRISPY COOKIES

- ¼ cup maple syrup
- ¼ cup nut butter
- 1 serving chocolate Complete
- ¼ tsp. sea salt
- ¼ cup coconut oil
- 1 cup puffed rice cereal, gluten-free
- ¼ cup dairy-free chocolate chips
- 1 cup unsweetened coconut flakes

1. Melt maple syrup, nut butter, Complete, sea salt, and coconut oil over medium heat until smooth. (This happens quickly.)
2. Add rice cereal, chocolate chips, and coconut flakes.
3. Mix well and drop in spoonfuls on a wax-lined baking sheet.
4. Refrigerate for at least 20 minutes.

MANGO BERRY BOWL

- 1 serving vanilla Complete
- 4 oz. coconut milk or almond milk
- 1½ cups mango, pineapple,
and strawberries
- 4-6 baby carrots
- ¼ cup water

1. Blend all ingredients until thick and creamy. Put in a bowl and top with granola and fresh berries.



POWER BARS

- 1 serving chocolate Complete
- 1 cup gluten-free oatmeal
- ½ cup almond butter
- ½ cup honey (or more to make the
batter smooth)

1. Mix all ingredients together in a bowl. Transfer batter to an 8x8 or 9x9 baking pan and spread batter evenly.
2. Using a sharp knife, cut the batter into 1-inch squares. Put pan into the freezer for at least 30 minutes.
3. Store in the refrigerator or freezer.

SUPER POWER BARS

- 1½ cup nut butter
- 1½ cup honey
- 1 serving vanilla or chocolate Complete
- 1 cup gluten-free rolled oats
- 1 cup cereal, high fiber/high protein,
gluten-free
- ¼ cup chia seeds
- ¼ cup ground flax
- ¼ cup millet
- ¼ cup quinoa
- ¼ cup amaranth
- ¼ cup walnuts
- Handful chocolate or carob chips to top

1. Heat peanut butter and honey to almost boiling.
2. Mix dry ingredients together, then add to warm mixture. Press mixture firmly into a brownie pan and then push chocolate chips into top. Chill, cut & serve.

DREAMSICLES

- 1 cup coconut milk
- 1 banana
- 1 tbs. peanut butter
- 1 serving vanilla Complete

1. Mix together in blender and pour into Popsicle molds. Store in freezer.

PROTEIN BARS

- 1 cup quick cooking oats, uncooked, gluten-free
- 1 cup chocolate Complete
- 1½ cup gluten-free cereal, crushed
- ¾ cup honey
- 1 cup natural peanut butter
- ⅓ cup applesauce
- 2½ tsp. vanilla extract
- ½ cup dairy-free chocolate chips

1. Combine oats, Complete and cereal in a large bowl and set aside.
2. Bring honey to a boil on stove top. Remove from heat and stir in peanut butter, applesauce and vanilla until smooth. Immediately add honey mixture to the dry ingredients and mix until well incorporated. Press into 9x13 pan.
3. Sprinkle chocolate chips on top and press into bars. Refrigerate 20-25 minutes or until firm and cut into bars. Store in an airtight container.

BANANA CHIPS

- 4-5 bananas, thinly sliced
- 1 serving vanilla Complete

1. Cover both sides of banana with Complete.
2. Bake at 250° F for 1 hour. Turn bananas over and continue to cook another hour. Leave in oven until cooled.



NO-BAKE COOKIES

- ⅛ cup coconut oil
- ¼ cup honey
- 1 serving chocolate Complete
- ¼ cup peanut butter
- ¼ tsp. vanilla extract
- 1 cup gluten-free old fashioned oats

1. Combine coconut oil, honey, and Complete powder in a small saucepan over medium-high heat. Bring to a boil and stir to combine ingredients for roughly 1 minute before removing from heat.
2. Stir in peanut butter and vanilla extract and mix until combined.
3. Mix in oats and stir until completely coated with chocolate mixture.
4. Cool slightly and drop by spoonfuls onto a wax-lined baking sheet.
5. Cool in the freezer for at least 40 minutes or until firm

PANCAKES

1 serving vanilla or chocolate Complete
½ cup gluten-free oatmeal (optional)
3 egg whites or egg substitute
2 tsp. baking powder
⅓ cup almond milk
Berries (optional)

1. Combine all ingredients and whisk or blend together. (Add berries if desired.)
2. Pour ¼ cup at a time onto warm griddle or skillet on medium to high heat. Flip occasionally until the edges brown.
3. Top with bananas, nuts, unsweetened coconut, berries, or your favorite toppings.



MUG CAKE

1 serving vanilla or chocolate Complete
¼ tsp. baking powder
2 egg whites or egg substitute
Splash almond milk
1 tsp. cocoa powder (optional)
Spoonful nut butter (optional)

1. Mix all ingredients together in a mug and microwave for about 1 minute. The texture should be wet on top as it will continue to cook after removed. (Optional: Drop a spoonful of nut butter into the mug halfway through cooking.)
2. Tip onto a plate or eat out of the mug.

CHOCOLATE NICE-CREAM

½ cup pecans
½ avocado
1 banana, frozen
2 servings chocolate Complete
Ice cubes as needed for consistency

1. Blend together in food processor and freeze.

OVERNIGHT OATS

- ¼ cup gluten-free old fashioned rolled oats
- ¾ cup almond milk
- 1 tsp. chia seed
- 1 tsp. honey
- ¼ cup dried fruit of choice
- ¼ cup nuts of choice (optional)
- 2 tsp. vanilla or chocolate Complete (more to taste)

1. Mix all ingredients together in a small mason jar and refrigerate overnight to thicken.

Serves 1.

VARIATIONS:

Mango Almond

(½ cup mango cubes + ¼ cup almond slivers)

Blueberry Maple

(½ cup blueberries + 1 tsp. maple syrup instead of honey)

Apple Cinnamon

(½ apple + 1 tsp. cinnamon)

Banana Cocoa

(½ sliced banana + 1 Tbsp. cocoa)

Banana Peanut Butter

(½ sliced banana + 1 Tbsp. nut butter)

Raspberry Vanilla

(½ cup raspberries + 2 tsp. vanilla Complete)



NO-BAKE PEANUT BUTTER BANANA COOKIES

- ¼ cup gluten-free oats
- 1 spoonful nut butter
- 1 serving vanilla Complete
- 1 banana, mashed
- 1 sprinkle almonds, sliced
- Splash almond milk (as needed for consistency)
- 1 tsp. chia seed (optional)
- ¼ cup nuts of choice (optional)

1. Mix ingredients together in a bowl.

CHOCOLATE RAISIN COOKIES

- 1 serving vanilla or chocolate Complete
- 1 cup gluten-free quick oats
- 2 ripe bananas, mashed
- Handful raisins or other dried fruit
- Handful dairy-free dark chocolate chips
- Nuts (optional)

1. Mix ingredients together in a bowl. Drop by spoonful onto wax paper lined baking sheet. Bake at 350° F for 15 minutes.

“RAW” WHEATGERM BARS

1½ cups wheat germ
½ cup vanilla Complete
½ cup peanut butter or almond butter (no sugar/salt added; no hydrogenated oils)
½ cup raw, unfiltered honey
½ cup raisins
½ cup unsweetened coconut
½ cup carob chips or dairy-free chocolate chips
Dash pure maple syrup
2 Tbsp. grape seed oil (or oil of your choosing)

1. Combine all ingredients in a medium sized bowl and mix well until combined.
2. Press into an oiled 8 x 8 glass dish. Refrigerate. Cut into small squares. Store covered in refrigerator.

FROZEN CHOCOLATE MONKEY

2 scoops vanilla dairy-free ice cream
1 serving chocolate Complete
1 spoonful peanut butter (to taste)
1 banana, sliced (optional topping)

1. Combine all ingredients in a medium sized bowl and mix well until combined.



Thank you to all of our contributors!

For more resources, please visit www.HealthyLivingRevolution.com.