



GETTING STARTED

— on your —

Super GREEN SMOOTHIE

A QUICK START GUIDE FOR A ***SUPER*** YOU

by The **SuperfoodGrocer** 



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We advise to consult with a physician or healthcare professional before starting any diet, exercise or before taking any medication or nutritional supplement.

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Are you ready to go *Super*?



Congratulations!

Get ready to welcome your *strongest, healthiest, most vibrant self*.

Whether you're young or old, in the best of health or the worst of it, physically active or a couch potato – we're here to wake you up, shake you up, and empower you through knowledge to **take charge of your health** and **live your best life** – for yourself and your loved ones.

Whether you're >>

- constantly stressed, overworked, lacking in sleep and **seeking to boost your energy**
- **struggling to lose excess fat** without feeling deprived and frustrated
- in your middle to late years seeking to live a fulfilling vibrant life with your loved ones with a strong body **free from disease**
- seeking to **improve your athletic performance** through superior nutrition
- seeking to find **the best nutrition for your family**
- seeking to **look younger and feel younger** from the inside out



We're here to tell you that it can be done. And it *should* be done. There's no better way to live than to have a strong, vibrant, healthy body in fighting form — regardless of age, weight, or any other starting point.

Thank you for letting us walk with you in your exciting journey to become a healthier you. In this Starter Guide, we will show you how to jumpstart your health, beginning with easy, delicious two-minute **Super Green Smoothies**.

Get excited to **experience** more energy, less cravings, deeper sleep, faster recovery, glowing skin, super immunity, and a healthier, more vibrant you.

Power up! It's time to go **Super**.

With our full plant powered support,

Ralph & Carmela
The **Superfood** Grocer 



Why We Do What We do



We started The **SuperfoodGrocer** because we realized that there is important knowledge – knowledge that can save our loved ones – that **needs to be shared**.

We dedicate this to our parents, grandparents, *titos, titas*, co-workers, and all fellow **Filipinos** (and whoever else may find themselves reading this) who are increasingly being diagnosed with cancer, heart disease, diabetes, and other lifestyle diseases as they get older — oftentimes accepted to be a “part of old age”.

We also dedicate this to the **younger generations**, those who struggle with constant low energy, difficulty sleeping, difficulty getting up in the morning, unmanageable weight gain, cravings, dull and aging skin, depression, and frequent sickness (believe it or not, twice a year is considered frequent!)– and who have also come to accept this as “normal” simply because everyone else is experiencing it too.



Ralph

We are >>

Ralph Go, international BJJ fighter, **Filipino plant-based athlete**.

Ralph is the first Filipino to ever place 1st or 2nd in the world's most prestigious Brazilian Jiu Jitsu competitions, including the World Championship, the European Championship, the Asian Championship and the Brazilian Nationals – a first for the Philippines and Southeast Asia.

He thrives on a 100% plant-based lifestyle and is passionate about sharing knowledge and reaching out to help fellow Filipinos protect their loved ones from disease.

You can also check out Ralph's interview (by Lakapati Basa) at learn.thesuperfoodgrocer.com

Carmela

Carmela is the one that brought **The Superfood Grocer brand to life**, the pioneer company in bringing superfoods alongside plant-based nutrition and green smoothies to the Philippine mainstream, using an old laptop in her living room (without any marketing budget or graphic design training) to take the form of the now accessible **Superfood StarterPacks** that you now hopefully incorporate in your daily life – its concept, the packaging design, the website, even the very pages of this eBook, carried by a passion to reach out to fellow Filipinos and build a **strong, principled, and authentic brand that stands for genuine goodness**.

Carmela is also happy to share that **her mom has reversed her diabetes**, having already let go of a number of medications through excellent plant-based nutrition. Her mom lost 20 lbs within the first month of adopting a healthier lifestyle and has also naturally gained energy from her nutrient-rich food. She ran her first 3k race at age 58. Carmela wishes the same hope for your loved ones.





Together, we are committed to waking
you up and empowering you to
become your best selves.

Let's go >>

Are you >>

- lacking in energy?
- constantly craving?
- out of shape?
- always tired?
- looking old?
- frequently sick?
- always stressed?

This one's for ***you*** >>

Wake up.

Unfortunately, the standard Filipino diet is *insufficient* in meeting the body's needed nutrients.

Think about it. Everyday, our meals consist mainly of white rice + viand (*ulam*, usually animal protein cooked in oil) + sweetened beverage (such as iced tea or soda) + sweet dairy desserts.

In our culture, a meal is never complete without rice.

But fruits and vegetables? Completely optional.

So what?

As it turns out, **plants are our best defense against disease.**

Plants are so powerful that studies on both humans and animals have shown that plant-derived nutrients are able to prevent and reverse chronic disease.

And the earlier in life we start eating large amounts of fruits and vegetables, the more protection we get.

Look around us.

We have come to a generation where it has become “normal” for our parents to eventually be diagnosed with diabetes, heart disease, and cancer, among others. For the younger ones, we’re also no strangers to cravings, low energy, unmanageable weight gain, dull and aging skin, difficulty sleeping, and frequent sickness.

We have become so used to these experiences, having taken them for granted, and just making do with their consequences.

When we feel sleepy by mid-day, we reach for a cup of coffee. When we start craving even after just having a heavy meal a few hours earlier, we make a joke out of it. When we find ourselves overweight, we plunge head first into drastic short-term programs and quick fixes. When we get sick, our first response is to reach for fast relief pills.

But here's an eye-opener: **There is cause and there is effect.** These realities do not happen out of chance.

There is a *why*, and it has much to do with what we choose to put into our bodies. Low energy, cravings, unmanageable weight gain, high cholesterol, diabetes, cancer – **they have much to do with how we have chosen to nourish ourselves and give our body what it needs to thrive and protect itself.** And these small everyday choices add up over time. For lifestyle diseases like cancer, it is the result of 20 to 40 years of our accumulated daily choices.

The bottomline: **At the rate most of us are going with little or almost no fruits and vegetables as a part of our daily diet, our body is not getting enough nutrients to thrive.**

And everyday, we have that **power to choose** to live and protect those we love.


Power up! Choose to **LIVE SUPER.**

A *Super Green Smoothie* is the easiest way for your body to take in all the **living nutrients** it needs in **one delicious glass.**

Comprised of fresh leafy greens, fresh fruits, and Superfoods (natural foods with exemplary nutritional levels), it is **bursting with life, powerful phytonutrients, and fiber.** Low in calories but superior in nutrition, a *Super Green Smoothie* allows you to conveniently take in a higher volume of fruits and veggies in delicious gulps – and the more you take, the better.



What is a *Super Green Smoothie*?



A *Super Green Smoothie* is your first step towards super immunity against fatigue, cravings and unmanageable weight gain, frequent sickness, dull and aging skin, and eventual life-threatening diseases that have begun to plague our generation such as cancer, diabetes, and heart disease.

It's nature's perfect fast food. Plus, it only takes two minutes to make and it's so good, even kids love it.

Adding a *Super Green Smoothie* to your daily habits is **the one simple thing** you can do **now** that can make a **big impact** on your super health.

"I love what you guys are doing, it's about time people are more informed and enlightened about what they put into their bodies. All the best and continued success to you!"

Monica Luna

"Just started my green smoothie starter pack and it's simply awesome! Thanks for doing this and making it easy for us all."

Danielle Faber

"Hi guys! Feedback on my Super green smoothie journey: I recover easily from my workout, and even if I sleep late, I wake up refreshed!!! Slept for only three hours last night, and woke up feeling not sluggish at all! Digestion has also been great. Yay for Super green smoothies!"

Jessica Pelagio

"Green smoothies work! Totally swear by your Maca Power! I feel stress and anxiety-free and waking up feels great in the morning. I also feel more energized and less sluggish, now able to train 4 to 5 times a week. Thank you The Superfood Grocer!"

Gerald Martin Go

"We love your Superfoods! I discovered that kale works for us, the taste is not too strong but still very healthy. My 7 year old son always gets my smoothies!"

[This is after she first messaged us with "I'm still a bit hesitant to put in some raw green leaves there, too scared it may taste yucky. But I sure will try it out!"]

Grace Lopez



"I never thought I'd be the type to like vegetable smoothies, but I found myself looking forward to my daily fix with simple and delicious do-it-yourself recipes. **Try it out, but be warned: You might get as addicted as I am!**"

Michelle Katigbak-Alejandro



"My kids love your Super Green Smoothie!!! They even made *kuwento* to their lola [They even told their grandmother about it] over lunch!"

Ivy Mendoza, Triathlete Supermom



"I'm really enjoying [your products] and they helped me recover much quickly from a major operation a month and a half ago. Plus I find it fun experimenting with the various fruit & green leafy veggie combinations for my daily Green Smoothie. :-) Keep up the great work!"

Robie Ferrer

"That's what I like about you guys. You're not just selling products, you're [promoting] and sharing a great (and super!) lifestyle. Glad I discovered you when I did!"

Jaclyn Abergas

"You two have really inspired me! I've been a health and wellness enthusiast for years but I've only started making green smoothies almost year after [I encountered you guys]. Now, my baby also takes green smoothies. We've also inspired my mom, relatives, and friends to drink green smoothies! I learned that despite my green and healthy ways, I can go greener and healthier! Hope to get the chance to join your workshops!"

Jeanne Marfal



"I'm very thankful and I'd love to share my story [Mai is on remission from Lupus after switching to a plant-based lifestyle]. I want to inspire others as you have inspired and helped me. And I'm happy to say that I just had my regular check-up and was able to let go of one of my meds na. Cheers!"

Mai Gabarda

"Thank you for introducing Superfoods and green smoothies to me and the studio. I thought you'd be happy to know I lost 2% body fat since I started. I have also detoxed and I love more that it keeps me full until lunch time with loads of energy. Thank you."

Roland Dela Cruz
Bliss Yoga Manila

"Hey guys, been [powered by plants] vegan for a month now, I love it! Lost 10 lbs in 2 weeks even though I eat so much food. I've been waking up feeling refreshed, and after my meals I don't get that "food coma" I used to get when I was eating animal-based foods. My recovery from my workouts is amazing. And food prep for 4 meals takes me 1-1.5 hours only. I'm spending less money on food per week and it's good for me. Thank a lot guys. Also, that Maca Power is awesome!"

Jay Juanatas

"I used to have 2 cups of coffee per day - first thing in the morning and another in the afternoon. I felt I needed the caffeine to wake me up and give me energy.

Since I started juicing and making green smoothies, I've been able to easily give up coffee and the need for caffeine as I got the energy boost I needed from my veggies, fruits, and Superfoods.

I don't feel sluggish and drowsy anymore also after eating a meal. This has helped significantly with my acid reflux since caffeine triggers this. So happy to be able to replace coffee, soda, and my regular daily dose of desserts with a Super green smoothie!

Sabs Soriano



"I am a big fan of yours and I really am grateful for your heart to help others live a superlife through the Superfoods that you sell."

Mia Huang

"Thank you for always being an inspiration and a guide to me."

Camila Labog

"I started taking your Superfoods because I wanted to take control of my life and start living healthy. Not just for me, but for my son and my husband. I'm not particularly healthy in terms of food intake, nor do I have an active lifestyle! I'm always sleepy and tired. I have trouble sleeping also. But once I started taking your Maca Power, I've been having better sleep and I'm definitely more energetic. No more cranky mommy in the morning. I even started doing yoga at home! I'm determined to continue this journey because I can really see the changes it does to my body and perspective in life."

Roxi Santiago



Start your engines.

Let's get ***Supercharged*** >>

10 Steps to *Super* >>

- 1 Tools & Ingredients
- 2 Your First Grocery List
- 3 How to make a ***Super*** Green Smoothie
- 4 Take Action Now
- 5 Common Newbie Mistakes
- 6 ***Super*** Tips
- 7 Superfoods 101
- 8 Free ***Super*** Recipes
- 9 FAQs
- 10 Taking it Further



3 Easy Steps to Get Started



1 Shop for your fruits + leafy greens
+ rockin' **Superfood StarterPack**



2 Blend everything together



3 Gulp down that healthy goodness and
get **supercharged!**



What You'll Need



Tools & Equipment
Ingredients

Your First Grocery List

Your awesome **Superfood** StarterPack¹



¹Currently only available in the Philippines

Tools & Equipment

1 Blender

Any blender will do. It doesn't have to be pricey or fancy, it just has to work. Our first blender was an inexpensive Php800 one from the department store. Now, we use a Vitamix power blender, but there are also a number of very good brands available in the market. If you are looking for the functionality of a high speed blender but at a budget, there are also generic power blenders at the Php3,000 to Php7,000 price range (also check our [online store](#), we aim to make this more accessible by delivering straight to your doorstep). We recommend to get one with a tamper (stick to push down the ingredients) so that you can be more versatile to make 5-minute raw ice cream using your power blender.



2 Measuring spoons (Optional)

Completely optional, but recommended for first-timers. This allows you to get a more accurate idea of the amount per ingredient as you start. Spicy green smoothies of first-timers tend to be the offshoot of putting too much maca (we reco ¼ tsp for the first time) vs. fruits and veggies. Try using measuring spoons for the first few tries until you get a hang of it. Over time, you will also gain experience and just play with it as you wish, knowing how much of each ingredient your body will be needing for that day.



3 A big glass or a mason jar (Optional)

It's good to have an idea of the amount of smoothies you are taking, so you can keep track. When you start, perhaps you'll find that you can only drink a big glass (about 16 oz or 2 cups) per serving. Keep this as your peg. As you go further, you may find that you can start leveling up and drinking 2 big glasses (about 32 oz or 4 cups or 946 mL). Some of the advanced ones go up to 4 big glasses (about 64 oz or 8 cups).



Ingredients

1 Fresh leafy greens

Any leafy greens will do: *talbos ng kamote, kangkong, pechay, saluyot, alugbati, spinach, kale, Chinese pechay, Chinese kangkong, etc.* Use the leaves only. Dark leafy greens are best. If it's your first time, it may be best to start with leafy greens that are milder in taste, such as *talbos ng kamote* or *kangkong*. Some leafy greens, like spinach, thicken up fast and must be taken right after blending. It's also interesting to note that most of our local Philippine leafy greens, such as *talbos ng kamote*, grow abundantly without the need for pesticide. Local greens are also very affordable, at about Php5 per bundle (*tali*) of *kangkong* or *talbos ng kamote*, which can produce about 2-3 servings of green smoothies for beginners.



2 Fruits (Banana as Base + Fruit Add-Ons of Choice)

Usually bananas (or saba) as base + add-on fruits of choice (e.g. mango, pineapple, soursop or *guyabano*, papaya, strawberries, etc.). For a creamier texture, use peeled and frozen ripe *Lacatan* bananas (This is also a *Super* tip for storage in order to avoid spoilage). The more dark spots on the skin of bananas, the more cancer-fighting properties it has. That is to say, the riper, the better. As it turns out, our natural sweet tooth was given to us for a reason.



3 Our rockin' **Superfood** StarterPack **GET IT!**

Going healthy has never been this easy. Our **Superfood StarterPacks** contain the essentials you need for your Super Green Smoothie – Maca Power, Moringa (*Malunggay*) Leaves, Raw Cacao Nibs, Coconut Sugar (low glycemic sweetener; optional to use, especially when fruits are sour, e.g. strawberries), and either Camu Camu Berry or Spirulina. Our other *Super* ingredients, such as Chia Seeds, Hemp Rice Protein, Dates, and Flax Seeds are also great to have in your roster. All available at thesuperfoodgrocer.com and conveniently delivered straight to your doorstep (Philippines).





Shop 

Your First Grocery List

Your First Grocery List

While waiting for your **Superfood StarterPack** to arrive, stop by the nearest grocery or market (*palengke*) and pick up the following in advance:

☑ 3-5 bunches of leafy greens

You can start with **green camote tops** or **kangkong** first, which are milder in taste. One bunch usually makes 2 to 3 batches (about 32oz or 2 tall glasses each), so this should last you about a week, as you start. Increase this as your taste buds adjust and as you increase your serving size.

☑ 2-3 bunches of ripe
lacatan bananas

The riper or the more black spots on the skin, the more antioxidants. Don't worry about spoilage, we can peel and freeze these for a smooth creamy consistency reminiscent of vanilla ice cream. Ripe bananas are usually sold at sale prices. If none are available, buy early and wait to ripen.

☑ add on fruits of choice

Your call on this one. Get fruits in season. The Philippines is abundant in delicious tropical fruits: mango, pineapple, papaya, avocado, durian, strawberry – go for it! As a starting rule of thumb, just think 1 cup for every batch. For example, 4 mangoes = 4 batches. Try to get some that are already ripe so you can start blending your first Super Green Smoothie right away.

☑ optional: herbs

Give your smoothies a power punch both in flavor and in detox powers by adding optional herbs of choice: cilantro, mint, parsley, basil, pandan, lemongrass, among others. If you're new to the taste of herbs and leafy greens, stick to the basic combinations of fruits and leafy greens for now.

☑ optional: liquid base

You can also use fresh coconut water (*buko* juice) instead of plain water as a liquid base. We recommend this over non-dairy milk (soy, nut, hemp, rice) to minimize the processed ingredients for first-timers and also for you to be able to have a taste of your first Super Green Smoothie in its freshest, purest form. Bottoms up!



Shop 

Get your rockin'
*Superfood StarterPack*¹



Currently only available in the Philippines


Get your *Superfood* StarterPack



Healthy made *easy*.
thesuperfoodgrocer.com

Get me started!

Skip traffic. Conveniently delivered straight to your doorstep.

Nationwide delivery in the Philippines. 

Unsure of online payments? We've got you. Over-the-counter bank deposits also accepted.



Blend

How to Make a *Super* Green Smoothie
Easy Beginner Recipe

How to make a *Super* Green Smoothie >>

In a blender (with 1.5 cups water + 3 to 4 ice cubes)

+ Handful of fresh leafy greens

Loosely 1.5 cups. Leaves only. Can use mix of any greens: *talbos ng kamote*, *saluyot*, *kangkong*, *pechay*, kale, spinach, etc.

+ Fresh fruits

Base (1-2 ripe bananas) + Fruit Add-Ons of Choice (e.g. 1 mango, or 1 apple, or 1 cup of pineapple, strawberries, soursop (*guyabano*), papaya, etc.)



+ *Superfoods* GET INGREDIENTS

Aim for 1/4 to 1 tsp a day per person

1/4 tsp



Maca Root

- Stress adaptogen
- Deeper sleep
- Balances hormones
- Faster recovery
- Curbs cravings

1-2 tsp



Malunggay

- All-around superfood
- Vitamins & minerals
- Amino acids
- Antioxidants

1 to 2 tsp when sick

1/16 - 1/8 tsp



Camu Camu

- Vitamin C powerhouse
- Peak mental function
- Immunity booster
- Anti-inflammatory

1/16 - 1/8 tsp



Spirulina

- Protein powerhouse
- Powerful antioxidants
- Vitamins & minerals
- Cleansing & detox

Sprinkle after blending

1-3 tsp



Chia Seeds

- Long-lasting energy
- Omega 3
- Protein powerhouse
- Slower sugar absorption

Optional, when fruits are sour



Coconut Sugar

- Low GI sweetener
- Pure & natural
- Nutrient-rich
- Low calorie

Substitute for chocolate in smoothies, sprinkle on treats, or munch as is



Cacao Nibs

- Powerful antioxidants
- Happy hormones
- Magnesium
- Iron

Energizing

BANANA MANGO

SUPER GREEN SMOOTHIE RECIPE

1-2

SERVINGS



32 OZ
940 ML

IN A BLENDER

- 2 ripe Lacatan bananas
The more black spots on the skin, the more antioxidants. Also better consistency if peeled and frozen.
- 1 ripe mango
(or 2 small apples or 1 cup pineapple if you prefer)
- handful of green *talbos ng kamote* or *kangkong*
Start with about 1.5 cup loose leaves. As your taste buds adjust, you can increase the amount of greens.
- 1/4 tsp SFG Maca Power
Start slow with Maca. 1/4 tsp is a good amount to start, but if you feel dizzy, just lessen and split into several servings in a day. After the first 2 days, aim for 1/4 to 1 tsp Maca day with multiple smoothies.
- 1 tsp SFG Malunggay
- a pinch (about 1/16 to 1/8 tsp) of SFG Camu Camu Berry or SFG Spirulina, or both
- 1.5 cups water + 4 to 5 ice cubes

Optional

- SFG Coconut Sugar if fruits are sour
Our Premium Coconut Sugar is nutrient-rich, low glycemic, low calorie, and proudly Filipino

Easy Beginner Recipe



Our **Superfood StarterPacks**.
Healthy made *easy*. 🇵🇭



Get yours now.



Blend away!

You're now armed enough to try your first *Super* Green Smoothie. If you haven't tried making one yet, **now is the best time to start** (and the recipe in the previous page is an awesome one).

In the next chapter, we take your newfound learning to the next level and build your foundation to long-term Super success >>



Take Action Now

#10daystoSUPER
#thesuperfoodgrocer



Success never happens overnight

and no single serving of a Super Green Smoothie will transform you overnight either. Let's bring it up a notch and build small, powerful, bite-sized (more like gulp) habits to a stronger, healthier, **more empowered you** >>

Your **Super** CHALLENGE >>

A Super Smoothie a day for **10 Supercharged Days**

at least –

1 BIG SERVING

= 32 oz



=



ONE 32 oz
MASON JAR

FOUR
CUPS

OR

2 SMALL SERVINGS

= 16 oz x 2 split throughout the day



=



TWO 16 oz
GLASSES

TWO + TWO
CUPS

Super Tip: Best to have this on its own (breakfast or snack time) or at least 20 minutes before a meal.

#10daysto**SUPER**

Keep Track & Be Accountable.



Day 1

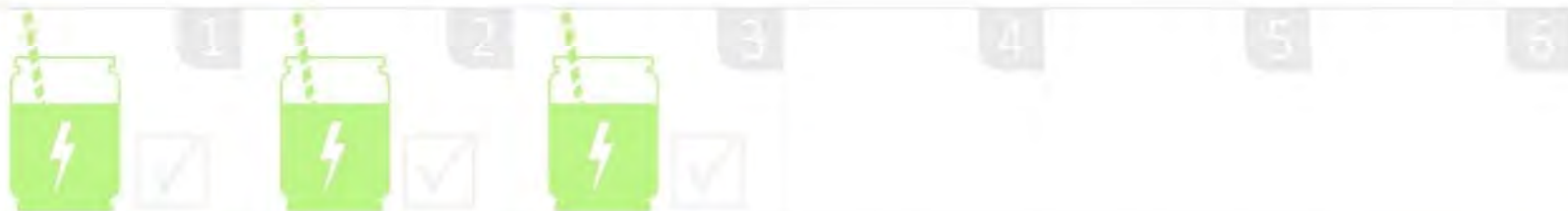


Day 2

According to studies, the number one reason why people don't follow through with their goals is the lack of **accountability**.

Keep track of your daily progress by taking a photo as proof that the day's goal has been achieved (*Woot!*).

This also serves as a shout out to your *Super Teammates* who are also on the same journey as you.





Alright, Team Super.
Let's do this together.

Hashtag the following on Instagram,
so we can all find each other and
cheer each other on:

#SuperDay_1 #small (or #large) #10daystoSUPER

#thesuperfoodgrocer
#TeamSuperPH

#superfoods #superfoodsphilippines
#greensmoothie



10 days is all you need. 20 glasses.

Not only will you build habits that bring you closer to a healthier you, you will also set a **powerful foundation** for a more **empowered you** that spreads to other areas of your life (work, family life, personal goals).

Commitment and consistency -- which move you from mere wishful thinking to actually **taking action** -- are two winning ingredients to long-term success.

If you find that you want to continue beyond the 10 days, go for it!

There is no limit. A *Super Green Smoothie* (taking your fruits and vegetables) habit is for life. We're only getting started.

After graduating from the first 10 days, you can challenge yourself and advance to **#100daystoSUPER** and join the **Super Elite** (Same mechanics, just start on #SuperDay11 and hashtag #100daystoSUPER instead of #10daystoSUPER).

It may sound overwhelming, but if you take it one day at a time -- just as you did on your first 10 days -- you'll find that this is more doable than you think. Once you've built the habit in the first 10 days, you will become unstoppable.

If you find that you slip and miss a day, no worries, get back on track and just keep going. **Remember -- it's you against who you want to be.**





Welcome to **Team Super.**

Choose to live a *super* life!

#thesuperfoodgrocer
#TeamSuperPH



Whew.

We know. That was a lot of new learning in one go. Take your time. Go get your feet wet first. Have fun making your first Super Green Smoothie and start tracking your progress and build those Super habits.

*When you feel that you can proceed and soak up some more
Super learning, we can jump right to the next chapter >>*



Am I doing it right?

Common Newbie Mistakes



Why does my smoothie taste awful? Is it really supposed to taste spicy? Why am I feeling dizzy? Oh no, why is it that while everybody else is loving their smoothies, I'm chugging it down like shots?

Relax. Here are a few tips to get you on the right track:

1 If your smoothie tastes a bit spicy, it could be your choice of greens.

The Solution: You can start with leafy greens that are milder in flavor, such as green camote (sweet potato) tops, kangkong, or kale. Pechay (although very nutritious – the darker the leafy greens, the better) tends to have a strong flavor for first-timers.

2 Your smoothie should taste just like a delicious, refreshing fruit shake. Ideally, you won't even notice the taste of the Superfoods.

The Solution: If this isn't the case, the easiest solution would be to decrease the Maca or Spirulina and add more fruit (high in nutrients but low in calories), like ripe bananas. As you progress, your taste buds will adjust and you'll be adding more greens

3 If you're feeling dizzy or experiencing mild palpitations, you may have taken too much Maca Power too soon.

The Solution: Ease your way in, especially with Maca and Spirulina. Spirulina has detoxing effects, so too much too soon will send you to the bathroom to cleanse. Start with 1/4 tsp per serving for Maca and 1/16 to 1/8 tsp per serving for Spirulina for the first 2 days. The good news is, these are all natural. Just ease your way in. The benefits are amazing as you progress!

Am I doing it right?

4 Why do I feel hungry a few hours after having a *Super Green Smoothie*? Most likely, you didn't consume enough calories in your green smoothie.

The Solution: Up your volume of *Super Green Smoothies*. Fruits and veggies are lower in calories but higher in fiber. This makes you feel full faster, especially if you are not used to having as much fruits and veggies in the past (the conventional diet of white rice and meat are predominantly low in fiber), but your calorie intake may still be low, especially if you used this to replace a meal. We recommend increasing your volume (We take about 32 oz or close to 1 liter or the equivalent of about 2 tall glasses per serving as a minimum, but work your way up gradually), adding more fruit (which are more calories dense than leafy greens) or adding some healthy fats such as nuts, Flax Seeds, Chia Seeds, or avocado.

5 I'm feeling bloated. Why is this? Bad food combining, detoxing, or your body still adjusting to an increase in fiber.

The Solution: *Super Green Smoothies* are **best taken on their own or at least 20 minutes before a meal**, so as not to be slowed down by other foods that are more challenging to digest (rice, meat, oily foods). Temporary bloating is also normal in the beginning as your stomach is still adapting to taking in a higher volume of (high nutrient, low calorie) fruits and veggies packed with fiber, especially when coming from a previous lifestyle that was low in fiber (which is only found in plants). Also, when consuming raw fruits and greens in liquid form, we are able to consume much more than what we could have if we would eat or chew the vegetables. Fruits also contain water in them, but they are the best kind of water as they are stored in the fruit so it is fresh from nature and bursting with life. Your body is basically adjusting – for the better. This bloated feeling is only temporary and should go away in a few weeks to make way for a flatter, healthier tummy.

For those who are very particular, food combining charts also abound online on strict guidelines (e.g. melons should be taken on their own), although a sound rule of thumb is how well your taste buds naturally accept how they would mix. Sometimes, the simpler our green smoothies (the less combination of fruits – just one or two), the better. Be patient. There's no way but up!



You got this.

Rockin' *Super* Tips

to Turn You from Newbie to Pro

Super Tips for Rockin' Green Smoothies

Here are Ralph & Carmela's **TRIED & TESTED TIPS** for preparing your *Super Green Smoothies*:

Take your green smoothie first.

It's best to have your smoothie on its own or at least 20 minutes before a meal. This is to easily absorb nutrients and speed up digestion, versus digesting with other foods that are more challenging to process (e.g. cooked starches like rice, animal foods, oily foods, etc.). This shouldn't stop you though from substituting your typical drinks in a meal with green smoothies, if you find that this works for you. Super Green Smoothies are also best taken for breakfast, to jumpstart your day. We average about 1 liter (close to 32 oz or 2 tall glasses) in the morning.

1



2

You can take as many green smoothies as you want in a day!

It's basically just gulping down your fruits and veggies (Fruits and veggies are high in nutrients and fiber, but low in calories). There's no limit to this, and taking as many fruits and veggies as you can (in a delicious, refreshing glass) is good for your body. Start with what you can. Just limit Maca Power to a total of 1 tsp a day on regular days. Over time, you'll also get to gauge what your body needs more of for the day (if, for example, you need more chia for energy, more maca for faster recovery from a workout or menstrual cramps on the way, more camu camu for an immunity boost if you're sick, more leafy greens, etc.).



Super Tips for Rockin' Green Smoothies



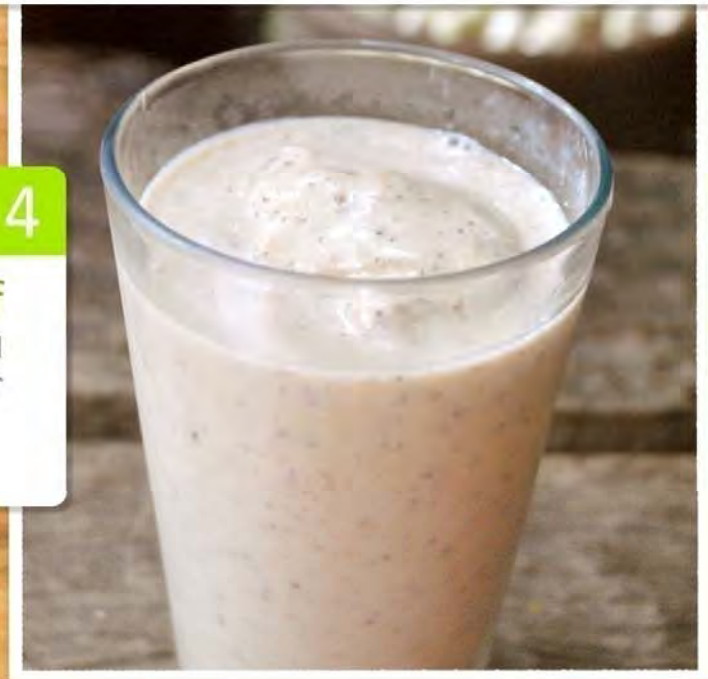
3 Ripe is good.

The riper the fruits, the better. We have a natural sweet tooth for a reason – not for cake or candy (as these don't exist in nature) – but for fruits. For bananas, the more black spots on the skin (the riper), the more antioxidants it has. These ripe bananas help fight abnormal tumor cells in the body by stimulating the production of white blood cells in the human cell line. Healthy people can process the simple sugars of ripe bananas very quickly, especially when taken with proper food combining (not together with foods that are more difficult to digest, such as rice, meat, oily foods, etc.). If you prefer a less sweet alternative to ripe bananas, you can also opt for *saba* (plantain).

Creamy without the dairy.

For a creamier texture reminiscent of vanilla ice cream, have a stock of peeled and frozen ripe Lacatan bananas ready for use in the freezer. You can use this as your Super Green Smoothie base, or if you have a power blender, as an ice cream base (with very minimal or no liquids added).

4



Super Tips for Rockin' Green Smoothies

Add some electrolytes.

5

Substitute plain water with fresh coconut water (*buko* juice), fully or partially. It may end up tasting sweeter with coconut water, so you can also just use this half-half. Worried about spoilage? Freeze your coconut water in ice cube trays to replace plain ice cubes. Just pop into the blender when ready!



Image Source: npr.org

6

Ease your way into Maca.

Start slow. Some people are more sensitive so ease your way in. You'll know you've had too much too soon if you experience allergic reactions such as dizziness, tightening of throat, and mild palpitations. Maca is a powerful natural source of nutrients, so it is best to ease your way in with 1/4 to 1/2 teaspoon of Maca a day for the first 2 days. Aside from that, the benefits are awesome (as shared in the numerous testimonials of you Super users)!



Blend it smooth.

7

When using a power or high speed blender, there should be no problem with getting a smooth texture for your smoothie. **When using a low speed conventional blender, you can blend the leafy greens and the liquid base first until smooth,** then add in the fruits and ice after. Just remember not to blend too long, too much heat can destroy the raw nutrients from the fresh fruits and veggies!



Super Tips for Rockin' Green Smoothies



8 Want it naturally sweeter?

You can add naturally sweet fruits such as ripe bananas and mangoes, dates, or substitute the liquid base with coconut water instead of plain water. You can also add coconut sugar which is a low glycemic, low calorie, nutrient-rich natural sweetener made from coconut blossom sap and proudly from the Philippines.

Mix it up.

Regularly rotate your greens to ensure that you are getting the best of everything and that you don't build up natural defense mechanisms in your system. Vegetables have alkaloids that prevent them from being completely eradicated in the wild by animals. Consuming only one type of greens regularly (about 2 lbs. daily for 6 months, for example) could lead to alkaloid build up, although very rare. By consuming a variety of leafy greens, we also make sure to get nutrition from a variety of green sources, as each leafy green have specific qualities, rather than limiting it to just one. We recommend rotating with 1 or 2 greens per week; for example, this week would be saluyot and spinach and next week would be talbos ng kamote and pechay. You can also mix several types of leafy greens together in one smoothie.



9

Add in a kick with herbs.

Herbs give an excellent kick, flavor-wise and functional-wise. Add in some basil, cilantro, parsley, mint, among others. They are excellent in helping the body detoxify as they specialize in removing heavy metals and cleansing body organs. Mixing them in, especially in their raw form, can help our body's natural filter and eliminate unwanted toxins. Each herb also has its own unique attribute so do have fun in rotating and incorporating these in your Super Green Smoothies. Some spices also can be added, such as turmeric and ginger, which give awesome anti-inflammatory benefits.

10



11

Clean as you go!

Think cleaning up is daunting that's why you're too lazy to even start? Not at all. Cleaning up is quick and easy. After using, pour water into the blender, add a few drops of soap, and blend away! Pour out liquid and wipe out minor remnants with your hand or with a sponge. Rinse again and leave to dry.

Done and done!

12

Super Green Smoothies To Go

Keep your Super smoothies ice cold all day by placing them in insulated containers or jugs. You may be surprised to find that some of its ice crystals are still intact halfway through the day.

Do what you can.

Although fresh is always best, don't let this hinder you from making your Super green smoothies in advance if you're struggling with time constraints. Don't let this reason hinder you from investing in your long-term health. You can prepare your smoothies the night before and leave in the fridge tightly sealed. Grab and go the next morning! Another tip to save time is to pre-chop your fruits and freeze. Simply pop into the blender when needed and blend away! Easy. Nutrients are lessened from the moment the plants are harvested, and throughout the journey from the farm to our homes, but this does not mean that we should feel disheartened and skip them altogether. The benefits of having your fruits and veggies, even if not as perfect as possible, far outweighs not having them at all. Do what you can. A little goes a long way and your efforts DO pay off. ;)

13



Don't forget —

The real power of *Super Smoothies* is how they integrate whole fruits and vegetables. Nature is bursting with tens of thousands of nutrients that all work together and nothing can come close. Except for special cases (like needing an extra boost knowing that you won't be able to get enough sleep for the next busy day), try not to down Superfoods with just water as a habit. Although powerful and with specific functional benefits, these are not quick fixes or magic pills. The key is still to go for excellent nutrition, and a Super Smoothie, which incorporates raw fruits and vegetables straight from nature, allows us to make it easier by taking it all in delicious gulps.

14



11

Share the *Super* experience with others!

There's nothing more rewarding than sharing the gift of *Super Green Smoothies* with your loved ones to achieve excellent health and to live the best versions of ourselves — stronger, healthier, happier, and more vibrant from the inside out — *together*.

Power up! Get that blender roaring.

#thesuperfoodgrocer

Choose to **LIVE SUPER.** 



The *Superfood* Grocer



Which is which?

Superfoods 101





Maca Power

- Energy Booster
- Deeper Sleep
- Faster Recovery
- Balances Hormones
- Curbs Cravings
- Stress Adaptogen

Maca is a root that grows in the mineral rich volcanic soil of Bolivia and Peru. It **grows in intense climates where no other plant survives, absorbing the nutrients of the rich volcanic soil all to itself.** Known as a natural **stress adaptogen**, Maca curtails the effects of stress, whether physical or mental, by regenerating the adrenal glands and lowering cortisol (stress hormone) levels. As a result, people are able to hit the deep phase of sleep more easily, **waking up feeling refreshed and energized.**

Benefits of Maca include more energy, less cravings from superior nourishment, deeper sleep, faster recovery from exercise, balanced hormones in men and in women, and appeased menstrual cramps and menopausal symptoms in women.



Camu Camu Berry

- Vitamin C Powerhouse
- Immunity Booster
- Mental Clarity
- Anti-Inflammatory

Camu Camu is a berry native to the Amazon rainforests of Brazil. It is an **immunity booster** as the **highest natural Vitamin C source on the planet**, with up to 30 to 60 times more Vitamin C than oranges.

It is also highly effective in the improvement and protection of the **nervous system**, relieving and preventing headaches, migraines, Alzheimer's disease, Parkinson's disease, ADHD, depression, and dementia by providing nutritional support to balance the brain's chemistry. Camu Camu also **improves eyesight** by providing nutrition to reverse vision problems, preventing vision-related degenerative diseases such as glaucoma. Camu Camu is also an anti-inflammatory, anti-arthritis, and anti-atherosclerotic.



Moringa (*Malunggay*)

- All-Around Superfood
- Vitamins & Minerals
- Amino Acids
- Antioxidants



Moringa (*Malunggay*) is known as the 'Miracle Tree' as all of its parts – leaves, fruits, and roots – have something extraordinary to offer. It can grow almost anywhere and it has the ability to extract nutrients from the air and soil wherever it grows.

Moringa is an **all-purpose nutritional powerhouse** having gram for gram 7x the vitamin C of oranges, 4x the calcium in milk, 4x the Vitamin A of carrots, 2x the protein in milk and 3x the potassium in a banana. Moringa also contains more than 90 nutrients and 46 types of antioxidants. It has 18 amino acids, including eight essential ones. It also has 4x the beta carotene of carrots in addition to omega-3 and chlorophyll.

Indeed, Moringa is a well-rounded Superfood player you'd definitely want on your team.



Cacao Nibs

- Powerful Antioxidants
- Happy Hormones
- Highest Source of Magnesium
- Excellent Source of Iron



Cacao is one of the most nutrient-rich foods on the planet, used as early as the Mayan and Aztec civilizations. Cacao is rich with **antioxidants**, having more than any other whole food including blueberries, green tea, and red wine. Cacao is also the **highest source of Magnesium**, which can't be produced by the human body, and helps regulate metabolism, increase brainpower, energize muscles and builds strong bones. It is also extremely **high in Iron**, having 314% of the recommended daily value.

Cacao is also high in compounds that increase neurotransmitters in our brain and stimulate **endorphins**, promoting a **feel-good feeling** similar to a "runner's high" and promoting a relaxed, happy state. It is also known for **increasing focus and alertness**.

Plus, it's delicious. Our signature Raw Cacao Nibs is definitely a must-try.



Spirulina

- Protein Powerhouse
- Antioxidants
- Chlorophyll

Spirulina is an ancient class of blue green spiral algae and is known as a **protein powerhouse** as it has the highest concentration of protein per gram compared to any food on the planet and has a **complete amino acid profile** of 18. Compared to beef, it has 3 times the amount of protein per gram and 4 times the absorbability.

A teaspoon of Spirulina is equivalent to the **antioxidants** in about 5 servings of fruits and vegetables. It has 60x more cancer fighting phytonutrients than spinach and 31x more than blueberries. Next to mother's milk, Spirulina is the next highest food source of GLA (gamma-linolenic acid), which is important in growth and development. It is also known as the highest food source of beta carotene.



Chia Seeds

- Omega 3
- Energy
- Protein
- Fiber

Chia seeds were cultivated and eaten by the ancient Aztecs, Incans, and Mayans. Long distance runners such as the Tarahumara tribe of Mexico's Copper Canyon are revered to run more than 100 miles and use Chia seeds as their staple source of **energy**.

Chia is high in **Omega-3**, which is good for heart health and acts as a natural anti-inflammatory. It also helps lower blood sugar and cholesterol. Both the gelling action of the seed, and the unique combination of soluble and insoluble fiber combine to slow down the body's conversion of starches into sugars.

Chia is usually soaked in liquid to "bloom" to a tapioca-like consistency before serving.



Hemp Rice Protein

- High Quality Protein
- Dairy-Free, Soy-Free, Gluten-Free
- Non-GMO
- Delicious Vanilla Flavor

Our Vanilla Hemp protein is a combination of **organic hemp protein, brown rice protein and pea protein**, to create a balanced **non-dairy, plant-based protein** supplement. This combination gives a **complete amino acid profile** which can rival the best protein sources from the animal kingdom. It does not contain any dairy milk, whey, eggs, wheat, corn, or soy which are common allergens to people. As a plant protein blend, this is also **highly absorbable and digestible by the body**.

Our Vanilla Hemp Rice blend is mildly sweetened with stevia and is so delicious that it also serves as a milk substitute in healthy desserts.



Flax Seeds

- Omega 3
- Energy
- Protein
- Fiber

Flax Seeds are the **highest natural source of Omega-3**, which helps lower cholesterol and improves heart, skin, bone, and mental health. For athletes and active people, Omega 3 reduces inflammation and plays an important role in the metabolism of fat.

Flax is a whole food rich in **fiber** and is a **complete protein with all the essential amino acids**. Flax Seeds also are **high in potassium**, an integral electrolyte for active people. Be sure to choose whole flax seeds such as this one and just grind with a coffee grinder or a blender right before use, rather than pre-ground flax seed meal. Whole Flax Seeds contain all their health-promoting oils, nutrients and enzymes while powdered flax seed meal is what is left after the healthy oils have been extracted from the whole flax seed.



Coconut Sugar

- 100% Pure
- Low Glycemic
- Nutrient-Rich



Our Premium Coconut sugar is **uniquely creamy, fluffy, and light** in color (a darker shade may suggest fermentation or the addition of preservatives) with a **delicious light caramel flavor**. It is **natural, organic, sustainable, environment-friendly, and 100% pure**, made from freshly harvested coconut sap native to the Philippines.

Our Premium Coconut Sugar is **nutrient rich, high in potassium, energy boosting without the crash**, and is more suitable for diabetics compared to conventional sweeteners with a **low glycemic index** of 35 to 42.

Coconut Sugar can easily be substituted for conventional cane sugar at a 1:1 ratio.



Now the fun begins.

Super Green Smoothie

FREE RECIPES



Energizing APPLE CELERY GRAPE SUPER GREEN SMOOTHIE RECIPE



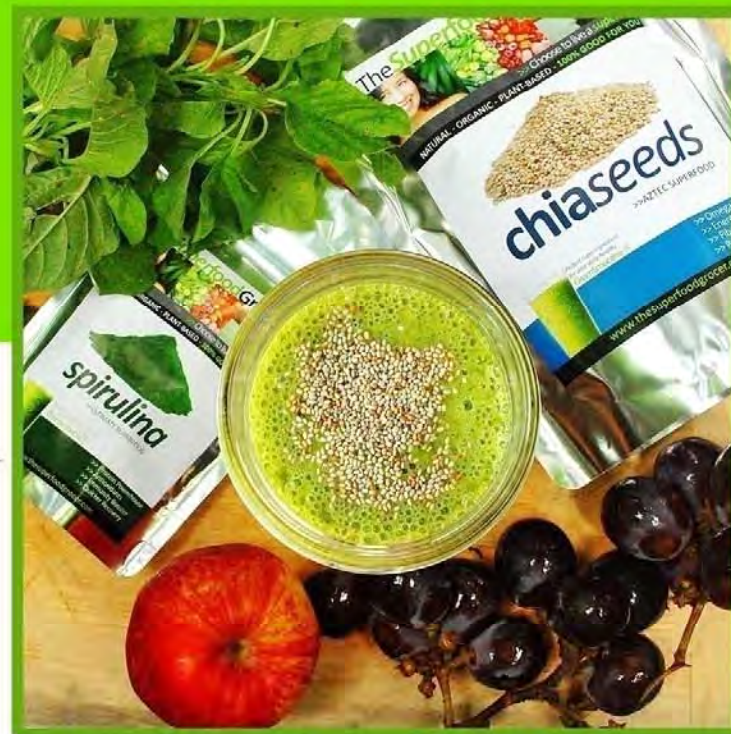
IN A BLENDER



- 2 medium-sized ripe Lacatan Bananas (about 5-inches; the more black spots on the skin, the more antioxidants; better consistency if peeled and frozen)
- 1 medium sized Apple
- 5 large Grapes (Slice in half if you don't have a power blend and would like to remove the seeds. Otherwise, grapeseed oil can be a good substitute. It's a good source of essential fatty acids and vitamin E, and very high in antioxidants)
- Handful of fresh leafy greens
- 1 stalk Celery (stalk only)
- 1/4 tsp **SFG Organic Maca Power**
- 1/16 to 1/8 tsp **SFG Organic Camu Camu Berry**
- 1 tsp **SFG Organic Moringa Leaf (Malunggay)**
- 1/16 to 1/8 tsp **SFG Organic Spirulina**
- Water and Ice

Optional

Sprinkle with a tsp of **SFG Organic Chia Seeds** after blending and mix. Pour into a big glass or mason jar and power up!



Did You Know?

Celery makes a great post workout recovery ingredient. It's high in potassium and organic sodium (the good kind of salt that our body needs). Together with other minerals, these help hydrate the body, replace lost electrolytes, and replenishes the body with much needed minerals.

32 OZ
4 CUPS



1-2
SERVINGS

Energizing APPLE BANANA

SUPER GREEN SMOOTHIE RECIPE



IN A BLENDER

- Handful of leafy greens or about 1.5 cups of loose fresh greens, leaves only (Try not to use spinach for this, as this thickens up fast. When mixed with apples, you may end up with a very thick smoothie that is best taken immediately)
- 1-2 medium-sized ripe Lacatan bananas (better consistency if peeled & frozen)
- 1/2 to 1 apple (Drink immediately as apples can give a thick consistency)
- 1.5 cups water (can also use fresh coconut water for added super electrolytes)
- 3-4 large ice cubes (can also use frozen coconut water placed in an ice cube tray for added super electrolytes)
- 1/4 tsp **SFG Organic Maca Power**
- 1/16 to 1/8 tsp **SFG Organic Camu Camu Berry**
- 1 tsp **SFG Organic Moringa Leaf (Malunggay)**

Optional

Sprinkle with a tsp of **SFG Organic Chia Seeds*** after blending. Pour into a big glass or mason jar and power up!



Did You Know?

There is such a thing as **nutritional stress**, which is stress caused by not taking in enough nutrients or taking in foods that are harmful for the body. This kind of stress can account for about 40% of the total stress we experience in our daily lives (others being work stress, physical stress from exercise, emotional stress, etc.) and telltale signs include cravings, unmanageable weight gain, difficulty sleeping, and low energy. By eating more nutrient-rich, plant-based whole foods (and Super Green Smoothies is one of the easiest ways to do this), we can easily help address nutritional stress and lower overall stress to get supercharged to live the best version of ourselves.

32 OZ
4 CUPS



1-2
SERVINGS

Ralph's SUPER BREAKFAST

SMOOTHIE RECIPE



IN A BLENDER

- 2 ripe Lacatan Bananas (better consistency if peeled and frozen)
- 1 Mango
- 1 Apple
- 2 cups Coconut water or water
- 4-5 large ice cubes
- 1.5 cup loose Pechay leaves
- 1/4 tsp **SFG Raw Organic Maca Power**
- 1/16 to 1/8 tsp **SFG Organic Camu Camu Berry**
- 1/2 tsp **SFG Organic Moringa Leaf (Malunggay)**
- 1/16 to 1/8 tsp **SFG Organic Spirulina**
- 3 tbsp **SFG Organic Flax Seeds**

*This smoothie is very filling and may take more than one sitting to finish. Ralph particularly likes to add flax seeds to all his Super Smoothies to get that extra boost of **Omega-3, Protein and Fiber**.*

Optional

Optional to sprinkle with a tsp of **SFG Organic Chia Seeds** after blending.



Did You Know?

A daily tablespoon of **freshly ground** (via blender or coffee grinder) flax seeds helps the body metabolize fat as fuel more efficiently.

The fiber in flax seeds also helps slow the release of carbohydrates, helping control insulin levels and providing longer lasting energy.

64 OZ
8 CUPS



2-4
SERVINGS

Super Charging Pre-Workout

BANANA DATE FLAX

SUPER SMOOTHIE



IN A BLENDER

- 2.5 ripe Lacatan Bananas (peeled and frozen, can increase amount of bananas and dates proportionally as your capacity to digest higher volume of fruits increases)
- 5-6 **SFG Pitted Dates**
- 2.5 cups water
- 1.5 tbsp **SFG Organic Flax Seeds**
- 3-4 large ice cubes

Optional Additions as a Post-Workout Shake:

- 1/4 tsp **SFG Organic Maca Power** (for faster recovery)
- ½ to 2 tbsp (depending on how much protein you need, 2 tbsp = 30g protein with a complete amino acid profile) **SFG Vanilla Hemp Brown Rice Protein**
- 1/16 to 1/8 tsp **SFG Organic Camu Camu Berry**

This is our favorite pre-workout shake as it is easy to digest and gives us instant energy with a delicious milky-banana flavor. We take about 32oz each about an hour before exercise.



Did You Know?

Dates are a great fuel source for exercise and can serve as a great addition to pre and post workout smoothies. We love consuming this Super Shake as it gives us instant energy with a milky banana flavor.

Dates are high in glucose and is immediately used as glycogen (or energy) by the body once consumed. When exercising, dates are great to use before, during or after exercise for instant energy and replenishment.

32 OZ
4 CUPS



1-2
SERVINGS

Tropical Twist

MANGO AVOCADO CILANTRO LIME

SUPER SMOOTHIE RECIPE



IN A BLENDER

- 1/8 cup Avocado
 - 1/2 Mango
 - 1 cup water
 - 2 large ice cubes
 - 1 tsp juice of Baguio Lemon (or Lime)
 - 1/8 cup loose Cilantro (can add as desired)
- 1/8 tsp **SFG Organic Maca Power**
1/16 tsp **SFG Organic Spirulina**
1/16 to 1/8 tsp **SFG Organic Camu Camu Berry**

This smoothie has a very refreshing tangy flavor, great for summer and hot days.

Optional

Optional to sprinkle with a tsp of **SFG Organic Chia Seeds** after blending.



Did You Know?

When our stress hormone (cortisol) level is high, we experience difficulty sleeping well as we struggle to reach the deep phase of sleep (also known as the Delta Phase). The delta phase is where our muscles and cells restore and regenerate. Maca Root is a natural stress adaptogen that regulates our stress hormone, helping us to hit the deeper phase of sleep more easily. We have numerous Super users that ecstatically share that after incorporating our Maca Power in their Super Green Smoothies, they feel refreshed when they wake up and energized to seize the day.

32 OZ
4 CUPS



1-2
SERVINGS

Power-Packed BANANA PAPAYA

SUPER GREEN SMOOTHIE RECIPE



IN A BLENDER

- 1/2 cup Papaya
- 1 Banana
- Handful of leafy greens (at least 1.5 cups loose)
- 2-3 large ice cubes
- 1 cup water
- 1/2 tsp **SFG Organic Coconut Sugar**
- 1/4 tsp **SFG Organic Maca Power**
- 1/16 to 1/8 tsp **SFG Organic Camu Camu Berry**
- 1 tsp **SFG Organic Moringa Leaf (Malunggay)**
- 1/16 to 1/8 tsp **SFG Organic Spirulina**



Did You Know?

Fruits and vegetables are bursting with tens of thousands of nutrients straight from nature. These all work together, that isolating one type of vitamin and placing it in an artificial pill or multivitamin would never be able to compare to the real thing. Instead of relying primarily on pills or tablets for your vitamins, it is best to take your nourishment primarily from nutrient-rich whole foods.

32 OZ
4 CUPS



1-2
SERVINGS

Energy Boosting

STRAWBERRY DREAM DATE

SUPER SMOOTHIE RECIPE



IN A BLENDER

- 6-7 **SFG Pitted Dates**
- 2 ripe Bananas (better consistency if peeled and frozen)
- 5 Strawberries
- 2.5 cups water
- 4-5 large ice cubes
- 1.5 tbsp **SFG Flax Seeds**
- 1/4 tsp **SFG Organic Maca Power**
- 1/16 to 1/8 tsp **SFG Organic Camu Camu Berry**
- ½ tsp **SFG Vanilla Hemp Rice Protein**



We love adding Camu Camu to our Super Smoothies for a **Vitamin C** punch. Camu Camu Berry is the highest natural source of **Vitamin C** in the world, up to 30-60x more than oranges.

We like taking Camu Camu especially when we are feeling run down with low immunity while battling a virus, recovering from injury, or having an allergy attack. For cases when you need an emergency super boost, take a megadose of 1 teaspoon with your favorite **Super Green Smoothie**.



Super Tip

If you want to give your smoothie a creamy milky texture without the dairy, you can add either: our delicious and nutrient rich Vanilla Hemp Brown Rice Pea Protein; a few tablespoons of our Raw Pili Nuts; soy, nut, hemp, or rice milk (to replace half of the water); or a few tablespoons of coconut milk (gata).

48 OZ
6 CUPS



2-3
SERVINGS

Anti-inflammatory PINEAPPLE GINGER

GREEN SMOOTHIE RECIPE

BY ASHA PERI



IN A BLENDER

- 5 Pechay Leaves and Talbos ng Kamote (half, half)
- ½ cup Coconut Meat (optional)
- 1 cup Pineapple, chopped into chunks
- 1 Lacatan Banana or Saba
- 1 inch whole Ginger
- 1 Cucumber, chopped into medium cubes
- 1/2 to 1 cup Coconut water or plain water to thin it out
- 2-3 large ice cubes

Optional Additions

- 1/4 tsp **SFG Organic Maca Power**
- 1/16 to 1/8 tsp **SFG Organic Camu Camu Berry**
- 1 tsp **SFG Organic Moringa Leaf (Malunggay)**
- 1/16 to 1/8 tsp **SFG Organic Spirulina**



Did You Know?

Ginger works great as an anti-inflammatory Superfood. It aids in recovery from injuries and strains by minimizing inflammation. It also helps in the digestion process and helps in easing stomach pains.

32 OZ
4 CUPS



1-2
SERVINGS

More *Super* Recipes at thesuperfoodgrocer.com



>> *Revitalizing*
Strawberry Delight Smoothie



>> *Supercharging*
Pineapple Malunggay Green Smoothie



>> *Supercharging*
Watermelon Mint Cooler



Kick-Butt Cancer Fighting
Super Green Smoothie



>> *Rejuvenating*
Lemongrass Green Smoothie



>> *Refreshing*
Sweet Spirulina Papaya Smoothie

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Super Recipes online

Hold your breath—
You're going to *love*
the next pages.



Super BONUS (Awesome!)

Quick & Easy Plant-Based Recipes

*3 Easy Dairy Substitutes
6 Easy Plant-Based Meals
3 Easy Healthy Desserts*



Easy Dairy-Free *Super* Substitutes

Basic Nut Milk
Basic Nut Butter
5-Minute Vegan Cottage Cheese

Basic **NUTMILK** Recipe

RAW



THE AMMUNITION

- 1/2 cup **SFG Raw Pili Nuts** (can also use any raw nuts of choice, though pili appears to be the least allergenic to most; it is also a great source of Vitamin E), soaked in water overnight or in hot water for 2 hours to soften and get rid of its natural protective toxins (Our Raw Pili Nuts are already pre-soaked)
- 2 cups cold water or fresh coconut water (a basic rule of thumb for nut milk is 1:4 for nuts:water)
- 2 tbsp **SFG Organic Coconut Sugar** (lessen according to taste if using fresh coconut water)
- Optional: 1 tsp **SFG Organic Vanilla Hemp Rice Protein** for an added nutritional power punch

THE STRATEGY



1. Soak nuts in a bowl of water and leave in the fridge overnight. If pressed for time, soak for 1-2 hours in hot water. If no time to soak, use nuts as is (preferable to use soft nuts, such as pili or cashew).
2. Strain old water out. Place nuts, new 2 cups of cold water (or fresh coconut water), **SFG Organic Coconut Sugar**, and **SFG Organic Vanilla Hemp Rice Protein** in a blender. Blend. Can also process in a juicer.
3. Optional to strain to get a smooth texture. If you don't mind the nutty bits, it's perfect as it is. Enjoy!



Did You Know?

Nut milk is a plant-based alternative to conventional dairy milk, without the casein (which is strongly linked to cancer), without being acidic, and without hurting any animals. The good news is, making homemade nut milk is easy! You'll be surprised. All you need is a blender (can also use a juicer). You can also make low fat homemade dairy-free milk out of cooked brown rice using the same process. Sound interesting? Try it out!

Superfood **NUT BUTTER** Recipe

BY MARGO LAO

RAW



THE AMMUNITION

- 1 cup **SFG Raw Pili Nuts** or raw cashew nuts, or any nuts of choice (soaked for 2 hours to hours then toasted 3 minutes in the oven)
- 1 tsp **SFG Organic Maca Power**
- 3 tsp **SFG Raw Cacao Nibs** (optional)
- 1 vanilla bean (seeds only)
- 2 tsp **SFG Organic Coconut Sugar**
- ½ tsp Himalayan salt

PREPARATION



In a food processor blend the cashews for 6 minutes until it turns into the consistency of a smooth "peanut butter." Then add the rest of the ingredients. Adjust to taste.

Preparation Time is 6 minutes (excluding soaking)



Super Tip

Breaking down nuts into a perfect creamy texture is a challenging task for regular blenders. Best to use a food processor or a high speed blender.

5 Minute **VEGAN COTTAGE CHEESE** *Recipe*

BY MARIE GONZALEZ

----- **THE AMMUNITION**

- 1 pack (300 grams) firm tofu, rinsed, drained and patted dry
- 1 tbsp lemon or calamansi juice
- 2 cloves garlic, finely minced or grated
- 1 tbsp Japanese or Korean miso paste
- 1 to 2 tspn extra virgin olive oil
- handful basil leaves, finely chopped
- salt and pepper to taste

----- **THE STRATEGY**

1. Mash up the tofu with your hands until crumbly and place in a large bowl. Add the lemon juice, garlic, miso paste, salt and pepper. Use your hands to mash everything together.
2. Add the oil and mix well with fork. Mix the basil last. Adjust for salt and pepper accordingly. Enjoy!






Easy Plant-Based *Super Meals*

Cholesterol-Free Tofu Scramble


Chickpea Cilantro Medley

Mushroom Salpicao

Spicy Onion Stew

 *Lentil-Mushroom Burger*

 *Rainbow Noodle Salad with Peanut Sauce*

 Online



CHOLESTEROL FREE TOFU SCRAMBLE

Recipe

BY MARIE GONZALEZ

COOKED



THE STRATEGY

1. Break up the tofu with your hands until chunks are formed. Place in a kitchen towel and press out as much moisture as you can.
2. Heat oil in a skillet over medium heat. Saute onions with a pinch of salt and pepper until translucent, about 5 minutes. Add garlic and saute for 2 more minutes until golden. Mix in tomatoes and cook until softened.
3. Add tofu chunks, turmeric, and a few pinches of black salt. Saute until heated through and the tofu is tinged with yellow, about 7 to 10 minutes. If the pan looks dry, add a splash of water.
4. Stir in basil or cilantro and remove from heat. Season with salt and pepper to taste.
5. Transfer to a dish and enjoy!

Preparation Time: 10 minutes

Cooking Time: 15 minutes



THE AMMUNITION

- 2 (300g) blocks of firm tofu, rinsed and drained
- 2 tbsp vegetable oil
- 2 small onions, thinly sliced
- salt and black pepper, to taste
- 4 cloves of garlic, minced
- 4 tomatoes, chopped
- 1/4 to 1/2 tsp turmeric
- black salt, to taste
- 1 handful of Basil or Cilantro leaves, minced



SERVES 4-6

COOKED



CHICKPEA CILANTRO

Medley

BY MARIE GONZALEZ

This is Ralph's personal favorite, a recipe of our friend Marie Gonzalez of Kitchen Revolution. Chickpeas are high in protein and contrary to popular belief, legumes and other plant-based purine sources do not increase the incidence of gout and arthritis as compared to animal-based high purine sources.

THE AMMUNITION

- 2 cups cooked chickpeas
- 1 onion
- 4 garlic cloves
- 5 small tomatoes
- 1/2 cup wansoy or more to taste
- salt and pepper to taste



THE STRATEGY

1. Warm oil in skillet over medium heat. Sauté onions with salt and pepper until soft and translucent, 2-3 minutes. Add the garlic and cook for another minute.
2. Stir in the tomatoes and another pinch of salt. Cook until softened, 5-7 minutes. If the pan dries up add a few splashes of water.
3. Add the chickpeas and cook for another 5 minutes. Stir in the wansoy and remove from heat. Adjust for salt and pepper accordingly.

***To cook chickpeas from scratch:** Soak 1 cup dry chickpeas in water overnight (8-12 hours). Rinse and drain. Place in a pot and add enough water to cover beans by 3 inches. Bring to a boil, then immediately lower the heat to a simmer. Simmer for 45 minutes or until cooked through.

Preparation time: 10min

Cooking time: 15 to 20 minutes
(excluding simmering the beans in water)



MUSHROOM SALPICAO *Recipe*

COOKED



THE AMMUNITION

- 1/4 kg mushroom, sliced (any kind, but works great with shiitake)
- 1 garlic, finely chopped
- 1 onion, finely chopped
- pinch of chili flakes
- 1 tbsp barbecue sauce
- 2 tbsp sweet coconut aminos or vegetarian oyster sauce
- 2 tbsp coconut oil
- 1/2 cup water

THE STRATEGY

Heat oil. Saute onion and garlic. Add mushroom slices. Add water to keep from drying up. Add in barbecue sauce, oyster sauce, and chili flakes. Saute. Remove from heat and serve. Enjoy!



Super Tip

For those transitioning or seeking to increase their plant-based meals, mushroom is one of the best viand alternatives with a texture and flavor that is closest to meat, without having to resort to veggie meat made from gluten.



SPICY ONION STEW (KANDE KI SABZI)

Recipe

BY LAKAPATI BASA

COOKED



THE AMMUNITION

- 1 kilo white onions, sliced to ½-inch chunks (make sure each piece is separated)
- 1 tbsp coconut oil
- 1 tsp cumin seeds
- 1 tsp garlic paste
- 1 tsp ginger paste
- 1 tsp turmeric powder
- 1 green chili (or *siling pangsigan*)
- ½ -¾ cup coconut cream (*gata*)
- ½ + ½ cup water
- 1 tsp calamansi juice or white vinegar
- 2 tsp **SFG Organic Coconut Sugar**
- ½ tsp kasubha or mild paprika
- salt to taste
- cayenne powder to taste

THE STRATEGY

1. In a non-stick pot, heat coconut oil on a medium flame and add cumin seeds until they pop.
2. Add garlic, ginger, green chili until the garlic and ginger is light brown in color
3. In a small bowl, add coconut milk, the first ½ cup of water, kalamansi juice, coconut sugar and all the spices (except kasubha). Stir until lump-free.
4. Turn down the heat and add the spice mixture, continuously stir until the oil floats on top.
5. Add the other ½ cup of water to the pan.
6. Turn up the heat to medium and add all the onions. Cover and let cook for 15 minutes. Checking the pot every five minutes.
7. Add in kasubha or paprika for color. Check for seasoning. Add more salt if needed.
8. Serve hot.

Lakapati modified this Rajasthani recipe to help her husband—who is deeply in love with onions—as he transitions to a vegan lifestyle. This is a rich and savory dish that is best served with rice, roti or naan. It's also great served with simple sautéed greens in garlic and roasted eggplants. Best of all, it's easy to make and adapt to the spice preference of your guests.



Preparation Time: 15 minutes
Cooking Time: 40 minutes
Serves 5-6

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Lentil-Mushroom Burgers



Gluten-Free Rainbow Noodle Salad
with Peanut Sauce

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Easy Healthy *Super* Desserts

Fresh Mango Vanilla Chia Hemp Pudding
Raw Avocado Ice Cream

 *Super Cookies & Cream Nut Milkshake*

 Online

Fresh Mango **VANILLA CHIA HEMP PUDDING** *Recipe*



THE AMMUNITION

- ¼ cup **SFG Raw Pili Nuts**
- 1 cup water or nut milk if you don't have nuts (above)
- ¼ tsp vanilla extract or ½ vanilla bean
- 1 tsp **SFG Organic Vanilla Hemp Rice Protein**
- 1 tbsp **SFG Organic Premium Creamy Coconut Sugar**
- 3 tbsp **SFG Organic Chia Seeds**

Sprinkle with toppings of choice:

- Fresh mangoes or bananas with cinnamon
- **SFG Organic Raw Cacao Nibs**
- Nuts of choice

THE STRATEGY

1. Blend all ingredients except the chia seeds. Can also blend in mangoes or ripe frozen Lacatan bananas, depending on the flavor you prefer for your base.
2. Transfer the liquid to a bowl. Add in the chia seeds and stir.
3. Leave in the refrigerator for at least 2 hours for the chia to bloom and create a tapioca-like consistency. Can also be left overnight. If in a rush, leave to bloom for at least 20-30 minutes.
4. Mix well. Top with toppings of choice and enjoy!

Did You Know?

Chia is one of the staples of the Tarahumara Indians, an elite tribe of ultra runners in Mexico, known to run for 24 hours straight and for extreme distances amounting to 135 miles upward. It is a great source of long-lasting energy, Omega 3, protein, and fiber.

The combination of organic hemp protein, brown rice protein, and pea protein forms a complete amino acid profile that can rival protein sources in the animal kingdom. It is organic, soy-free, gluten-free, dairy-free, refined sugar-free, and is mildly sweetened with stevia. It is less allergenic than dairy and is alkaline forming as it is derived from plant based whole foods, resulting in lower inflammation of muscles.

RAW AVOCADO

Ice Cream

BY MONA LISA RAW

RAW



THE AMMUNITION

- 4 large ripe avocados
- 1 lemon, juiced and zested
- 1/2 cup of raw coconut nectar or **SFG Organic Coconut Sugar**
- 1/2 cup of virgin coconut oil
- 1 cup of **SFG Raw Pili Nuts**
- 1 tbsp non-GMO soy lecithin (optional only to thicken)
- 1/2 cup of water or fresh coconut water

THE STRATEGY

1. Blend all ingredients in a powerful blender until smooth. Add a bit more water if necessary to aid in blending.
2. Pour into an ice cream maker and follow the manufacture's instructions
3. If you don't have an ice cream maker (the inset photo was made by Mona of Mona Lisa Raw without using an ice cream maker), pour into a large tupperware and freeze overnight.
4. Before serving, let the ice cream sit in room temperature to soften for 10- 15 minutes. Scrape with an ice cream scooper. Enjoy!



Did You Know?

Raw avocados contain a vital enzyme called 'Lipase', which is *the* fat-splitting enzyme. Lipase has vast importance for our health, not just in regard to the commonly recognized diseases of the fat metabolism such as overweight and underweight, cardiovascular disease, diabetes, strokes and degenerative muscle diseases, but also for skin problems, autoimmune diseases, cancer, degenerative diseases of the brain and nervous system, and also for rejuvenation and regeneration in general.

Avocado has sometimes received a "bad rap" as a vegetable too high in fat. While it is true that avocado is a high-fat food (about 85% of its calories come from fat), the fat contained in avocado is unique and provides research-based health benefits. The fat of avocado contains phytosterols which are the key supporters of our anti-inflammatory system and is useful for healing arthritis and lowering our risk for heart disease.

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Cookies & Cream
Dairy-Free Nut Milkshake

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Super BONUS 2 (Whaaat!)

Raw Discoveries

(INTERMEDIATE TO ADVANCED LEVELS)

*Our Super eBook brings together some of the best recipes of the Philippines' top plant-based Super chefs, generously shared with you, that you too may get started on living a **super life**. Don't feel discouraged if you don't have the equipment needed (like food processors or dehydrators) or the ingredients for some of the recipes. These are usually reserved for gourmet raw cuisine (Even we rarely ever dehydrate! And quite honestly, if you ask all of us – Team Super and the Super Chefs – we all eat simply on most days – mostly Super Green Smoothies, brown rice, simple viands, lots of fruits and salads). Nonetheless, we wanted to give you a taste of what is possible when being creative with raw food. Here are a few amazing creations made even without the stove. Enjoy!*



Raw Meals


Raw Mushroom Cannelloni

Raw Tomato Marinara

Pomelo Coconut Salad

Waldorf Salad

 *Raw Cauliflower Couscous*

 Online

RAW MUSHROOM CANNELLONI RECIPE BY MONA LISA RAW

This Raw Mushroom Cannelloni of Mona Lisa Raw has a meaty texture reminding you of that mouthwatering, savory Italian treat but this time, made completely raw with nutrient-rich plant-based ingredients.

LEVEL: INTERMEDIATE

Will need a food processor or power blender

FOR THE MUSHROOM FILLING

THE AMMUNITION

- 1 ½ cups of raw mushrooms (White Button, Oyster Mushroom, Shitake or Swiss Brown mushrooms)
- 3 cloves of garlic, minced
- 1 tsp fresh Oregano or 1/2 tsp dried Oregano
- ¼ cup Extra Virgin olive oil
- 2 Tbsp balsamic vinegar
- 1 Tbsp Liquid Aminos (healthier version of soy sauce)
- 1 tsp SFG Coconut Sugar (optional)

THE STRATEGY

1. Dice the mushrooms and toss with the remaining ingredients. Set aside for about an hour.

FOR THE CANNELLONI WRAPS

THE AMMUNITION

- 1 medium zucchini
- 2 Tbsp Extra Virgin Olive Oil
- Himalayan pink salt or sea salt

THE STRATEGY

1. Using a potato peeler or a mandolin, cut the zucchini lengthwise into thin strips.
2. Brush the slices in olive oil and sprinkle lightly with sea salt. Set aside until ready to use.



RAW MUSHROOM CANNELLONI

Recipe

BY MONA LISA RAW

FOR THE 'UN-MEATY' PASTE

THE AMMUNITION

- 2 Tbsp white onion, chopped
- 6 pieces marinated sun-dried tomato
- ¼ cup black olives, chopped
- ½ cup almonds
- ¼ cup fresh basil, stems removed
- Sea salt and freshly ground black pepper, to taste
- More fresh basil leaves, set aside for garnish

THE STRATEGY

1. In a food processor, combine the shallot, sliced sun-dried tomato, olives and chopped almonds and pulse into a thick paste.
2. Add the basil, salt (to taste) and black pepper and continue to pulse for a few more seconds.

ASSEMBLING THE CANNELLONI

THE STRATEGY

1. Overlap 2 zucchini slices on a flat work surface.
2. Place a heaped tablespoon of the 'Un-Meaty' Paste close to the end nearest you and add 1-2 Tbsp of marinated mushrooms. Roll up into a little cylinder.
3. Place on a serving platter. When all the rolls are filled, top with Raw Marinara Sauce and torn basil leaves. Serve as it is or dehydrate at 115 °F for 30 minutes or 1 hour.



TOMATO MARINARA SAUCE

Recipe

BY MONA LISA RAW

RAW



THE AMMUNITION

- 1 cup sundried tomatoes, soaked for 15 minutes, then drained
- ½ cup Extra Virgin Olive Oil
- 2 cups of ripe tomatoes, chopped
- 1 Tbsp of minced onion or onion powder
- 3-4 cloves garlic
- ¼ tsp sundried Sea Salt or Himalayan Salt (or to taste)
- 2 tsp Coco Sugar, raw honey or raw Agave
- ½ tsp Black Pepper
- 1 tsp dried Italian herbs
- ¼ cup nutritional yeast (optional- for a 'cheesy' flavor)

THE STRATEGY

1. Blend all ingredients into a puree (not too smooth).
2. If desired warmed, transfer into a nonstick pan and heat carefully below 118 degrees Fahrenheit.
3. Do the 'finger-test': The sauce should reach a temperature only slightly higher than your body temperature.
4. Serve immediately on Raw Cannelloni or as a pasta sauce with raw zucchini 'Pasta noodles'.

Preparation Time: 10 minutes



SERVES 5-6

POMELO COCONUT SALAD

Recipe

BY CELINE FERNANDO

RAW



THE AMMUNITION

- 5 cups pomelo
- 3 heads romaine lettuce
- 2 cups cilantro
- 1/4 cup young coconut meat
- 1 thin slice of red onion
- A slice of lime
- 1/4 cup lime juice
- empty coconut shell as a bowl



SERVES 2

THE STRATEGY

1. Tear up the pomelo with your hands and mix in with cilantro, young coconut meat, lime juice and thinly sliced romaine lettuce.
2. Garnish with slices of red onion. Serve on a coconut shell with a slice of lime.

Preparation time: 5 minutes



Celine follows the principles of Dr. Douglas Graham who wrote the book 80/10/10. It encourages people to eat 80% of calories from fruits, at least 10% of calories from leafy greens (this is a lot since greens are very low in calories), and no more than 10% of calories from healthy fats derived from nuts, seeds, and fruit like avocado. This recipe is an entry to a contest hosted by internationally recognized Fully Raw practitioner, Kristina Carrillo-Bucaram, where Celine bagged the grand prize.

WALDORF SALAD

Recipe

BY MONA LISA RAW

Unlike traditional bottled salad dressings which are made with eggs and dairy (which raise cholesterol levels), the mayonnaise base that we use here is 100% plant based and made from scratch.

FOR THE PILI MAYONNAISE:

THE AMMUNITION

- ½ cup **SFG Raw Pili Nuts** or Raw Cashew (soaked for 20 minutes and then drained)
- 2 tbsp extra virgin olive oil (optional- for a creamier texture)
- 1 clove garlic
- ¼ cup purified water
- 8 calamansi, juiced
- 1-2 tsp coconut nectar or **SFG Organic Coconut Sugar** (to taste)
- black pepper and sea salt to taste

THE STRATEGY

1. Drain the soaked nuts and combine all ingredients in a blender.
2. Blend until smooth.
3. Mix with the chopped salad ingredients and sprinkle with chopped chives or spring onions.
4. Serve on a bed of fresh greens.



SERVES 2

FOR THE SALAD:

THE AMMUNITION

- ¼ cup Walnuts, soaked over night, then drained and chopped
- 1 cup Celery, chopped fine
- 1 cup Grapes, halved
- 1 Apple peeled, cored and diced
- 2 Tbsp chopped Chives or Spring Onions
- 1/4 tsp Himalayan Pink Salt
- ½ Lemon, juiced
- 1 cup purified Water

THE STRATEGY

1. Mix lemon juice and water. Soak the diced apples in this mixture for at least 10 minutes while preparing the Pili Mayonnaise.
2. Drain apple and mix with celery, grapes, chopped walnuts and chives.
3. Add in Pili Mayonnaise and serve.





More Raw Desserts

Choco-Orange Tahini Energy Balls
Raw Pistachio Mint Ice Cream
Raw Pumpkin Pie

CHOCO-ORANGE TAHINI

Energy Balls Recipe

BY ASHA PERI



*This incredible creation by Asha Peri is a great snack for increased energy. The **SFG Pitted Dates** serve as quick ready to use energy source, while the coconut oil has MCTs (medium chain fatty acids) which preserves the carbohydrates for energy and acts a primary fuel source for long sustained energy release.*

THE AMMUNITION

- 1/3 cup date paste (soak 1 cup **SFG Pitted Dates** in ½ cup water for at least 10 minutes or until soft and blend into a puree; you will need a food processor or power blender for this). This will last in the ref for several days.
- 2 tbsp. Coconut Oil
- 1 tsp. Orange Zest (grate the skin of an orange) or 6 drops Orange Essence
- 2 1/2 cups Sesame Seeds
- 1/4 cup **SFG Pili Nuts** or almonds
- 1/4 cup Carob Powder (or just use cacao powder all the way)
- 1/8 cup Cacao Powder
- 1/8 cup Coconut Flour
- 1 tbsp. flax meal or grind 1.5 tbsp **SFG Organic Flax Seeds** (can grind in a coffee grinder)

Optional: additional **SFG Organic Coconut Sugar** or Stevia to taste

THE STRATEGY

1. Process the sesame seeds for a few seconds at the lowest speed in a blender or using a food processor.
2. Add the rest of the ingredients until it forms into a ball.
3. Form 1 tbsp. balls and roll on a plate of whole sesame seeds to coat.

Variation: You can also press the extra dough onto a flat and shallow container with plastic wrap underneath, score it into squares and freeze for at least 30 minutes.



LEVEL: INTERMEDIATE

Will need a food processor or power blender for this

RAW PISTACHIO MINT

Ice Cream

BY ASHA PERI



*This divine **RAW PISTACHIO MINT ICE CREAM** created by raw faery Asha Peri is raw, dairy-free, refined sugar-free, supercharged with superfoods, and made from scratch. Try it out and discover a perfect symphony of flavors that guiltlessly melts in your mouth.*

RAW PISTACHIO MINT ICE CREAM

- 1/4 cup + 1/8 cup coconut meat, soaked for 30 minutes
- 1 1/2 cups avocado
- 1 1/2 cups coconut milk
- 1 vanilla bean, inside scrapings or 1 tsp vanilla extract
- 1/4 cup coconut sugar*
- 1 tbsp. coconut nectar
- 1/4 tsp. salt
- 1 tbsp. cardamom powder (or more as desired)
- 1 cup mint leaves (or more) or 5 drops mint essence
- 2 tbsp **SFG Vanilla Hemp Rice Protein**
- 1/2 tsp **SFG Raw Organic Maca Power**
- 1/8 tsp **SFG Organic Spirulina**
- 1/2 cup tbsp. coconut oil
- **SFG Organic Coconut Sugar** to taste



PREPARATION

1. Blend all ice cream ingredients until smooth and creamy. Optional to add the baklava paste (recipe in next page) as chunks in the ice cream (mix in after blending).
 2. Freeze overnight.
 3. Garnish: Drizzle some of the baklava citrus syrup on top upon serving.
- Enjoy!



SERVES
3 CUPS

RAW PISTACHIO MINT

Ice Cream

BY ASHA PERI

RAW



BAKLAVA PASTE

PROCESS THE FOLLOWING IN A FOOD PROCESSOR:

- 1/4 cup tahini
- 1 tbsp. coconut oil
- 1 1/2 tbsp. orange zest
- 1/8 cup citrus syrup (recipe in this page)
- 1/2 tbsp. cardamom powder
- 1/2 tsp. cinnamon powder
- 1/4 tsp. salt

PULSE THE REST OF THE INGREDIENTS:

- 9 pcs. soaked **SFG Pitted Dates**
- 1/2 cup walnuts and 1/2 cup pistachio (or **SFG Raw Pili Nuts**)

CITRUS SYRUP

IN A BLENDER:

- 1/4 cup water
- 1/4 cup orange juice
- 1 tbsp. orange zest
- 1/2 tbsp. lemon zest
- 1/4 cup coconut sugar or yacon syrup
- 1/4 tsp. cinnamon powder
- 1/8 tsp. cloves powder



LEVEL: INTERMEDIATE

Will need a food processor or power blender to process the baklava paste



SERVES
3 CUPS

RAW PUMPKIN PIE

BY MONA LISA RAW

RAW



This is a guilt-free & nut-free creation of raw kalabasa and coconut spiced with a 'thermogenic' (fat burning) blend of cayenne pepper, cinnamon, turmeric and ginger. Enjoy a healthy alternative to the usual processed, conventional sugar-laden pastries.



FOR THE PIE CRUST

THE AMMUNITION

- 1 ½ cup shredded mature coconut (nyog) or dried ('dessicated') coconut flakes
- 1 cup **SFG Pitted Dates, chopped**
- 1/8 tsp sea salt
- ½ tsp Vanilla Extract (optional)

THE STRATEGY

1. In a food processor, combine all ingredients and process until it turns sticky and clumpy (or forms a ball).
2. Fill a 9-inch nonstick spring pan pie form with the pie-crust, work your way 2 inches high up to the edge.
3. Place in the freezer to set while preparing the filling.

FOR THE PIE FILLING

THE AMMUNITION

- 3 cups of raw squash, chopped
- 2 ripe bananas
- 6 Tbsp **SFG Organic Coconut Sugar**
- 3 tsps Cinnamon powder
- 1 tsp Vanilla extract
- ¼ tsp Nutmeg
- ¼ tsp Cloves
- 1 tsp Ginger powder
- 1/8 tsp Turmeric powder
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Sea Salt or Himalayan Pink Salt
- 5 Calamansi, juiced (optional)
- 3 Tbsps soy lecithin
- ¾ cup Virgin Coconut Oil

THE STRATEGY

1. Add to the blender all ingredients. Blend well until smooth and creamy.
2. Pour the mixture into the pie dish with the prepared crust.
3. Place the pie in the freezer for 1-2 hours or until solid.
4. Slice the pie while it's frozen but serve slightly thawed (after 15-20 minutes in room temperature).



RECIPE
MAKES 1 PIE



LEVEL: INTERMEDIATE


Will need a food processor or power blender

About our *Super* Contributors

We express our heartfelt gratitude to our friends who generously shared their recipes with you all, to help you start on your *Super* life.



Mona Lisa Neuboeck, Mona Lisa Raw


 monalisaraw.org

Mona Lisa Neuboeck is a certified raw food chef and educator. The young artist, model, surfer, yogini and vegan raw food expert is constantly updating her nutritional information based on the research of raw food pioneer Gabriel Cousens M.D. who is also the founder of The Tree Of Life Rejuvenation Center in Patagonia, Arizona.

'**Mona Lisa Raw**' is available for raw public and private nutrition lectures and raw food preparation classes for beginners, intermediate and advanced raw food practitioners.



Asha Peri, Leaf Kitchen

 do.you.beleaf@gmail.com

Asha's life's work is to empower people to infuse sun energy into their food and to educate them about the power of raw food nutrition and the consciousness behind it. She is a certified raw food chef and holistic health educator, certified in Bali and Thailand. Asha holds regular monthly workshops and manages **Leaf Kitchen**, a raw food grocer.



Marie Gonzalez, Kitchen Revolution

 kitchenrevolution.ph

Marie is the mastermind behind **Kitchen Revolution**, an Alabang-based gourmet food company that specializes in holistic, plant-based cooking classes, workshops, and lectures. She is a graduate of the Natural Gourmet Institute in New York City and has completed Cornell University's Plant-Based Nutrition program. Marie is passionate about good food that tastes amazing, nourishes the body, and is gentle on the earth.



Lakapati Basa, Kusina ni Lakapati

 kusinanilakapati.com

Lakapati is the creator of **KNL (Kusina ni Lakapati)**, a pop-up kitchen based in Las Piñas specializing on simple raw vegan food and transition-to-plant-based-lifestyle workshops and lectures with great focus on sustainability and conscious living. She is a certified Gourmet Raw Food Chef and Health Educator in Pure Joy Academy based in Arizona and an experienced Human Resource professional. Lakapati enjoys sharing her passion for simple healing food especially to beginners and inspiring others to love Mother Earth more through better and compassionate choices.




Celine Fernando

Celine learned raw food recipes in December 2010 and she has been eating a high raw diet ever since. She is an advocate of low fat raw vegan food (80/10/10 diet by Dr. Douglas Graham) for optimal athletic performance. She is a professional dancer and actress and swears by the energy she gets by eating the simplest raw food meals without oil and minimal fat.



Margo Lao

 'Raw Food and Yoga'

Margo Lao has been teaching yoga for more than 6 years, being certified in Ashtanga, Yin Yoga, and Anti-Gravity Yoga. Throughout her yoga journey she has discovered that life is celebrated through compassion for all living beings. Yoga asanas is but a tool in the search for peace within. She has then transitioned to a raw food diet. Join her in **Raw Food and Yoga** as she shares what to do and what to expect if you are interested in embracing a diet of living foods -- a surprisingly delightful experience for the palate of live, fresh, raw fruits and vegetables.



- Do I need to consume my green smoothie right away or can I store it in the fridge?
- How do Super Green Smoothies benefit me as an athlete? How can this give me energy?
- Can this be a meal replacement? Is this for weight loss?
- When is the best time to take my Super Green Smoothies?
- What's the difference between blending green smoothies & juicing?
- Are Super Green Smoothies okay for kids?
- Is this safe for pregnant women?
- Is this safe for diabetics?
- How should I wash my greens?
- Do my fruits and vegetables need to be organic?

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We love hearing from you! Give us a shout out here. Your words always give us the encouragement we need and we cannot tell you enough how much we appreciate them!

The 2-Minute Power Tip to **Conquer CRAVINGS** *Without* Will Power

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3

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Check out raves from past attendees too.

More and more people are *choosing* to live *Super*.



RG @melaydy: Really good stuff @thesuperfoodgrocer! Tonight's super green smoothie consists of apple, grapes, banana, celery, kangkong and @thesuperfoodgrocer's maca powder, malunggay, camu camu and spirulina. YUM! #thesuperfoodgrocer #superfoodsphilippines #greensmoothie #liveSUPER

4

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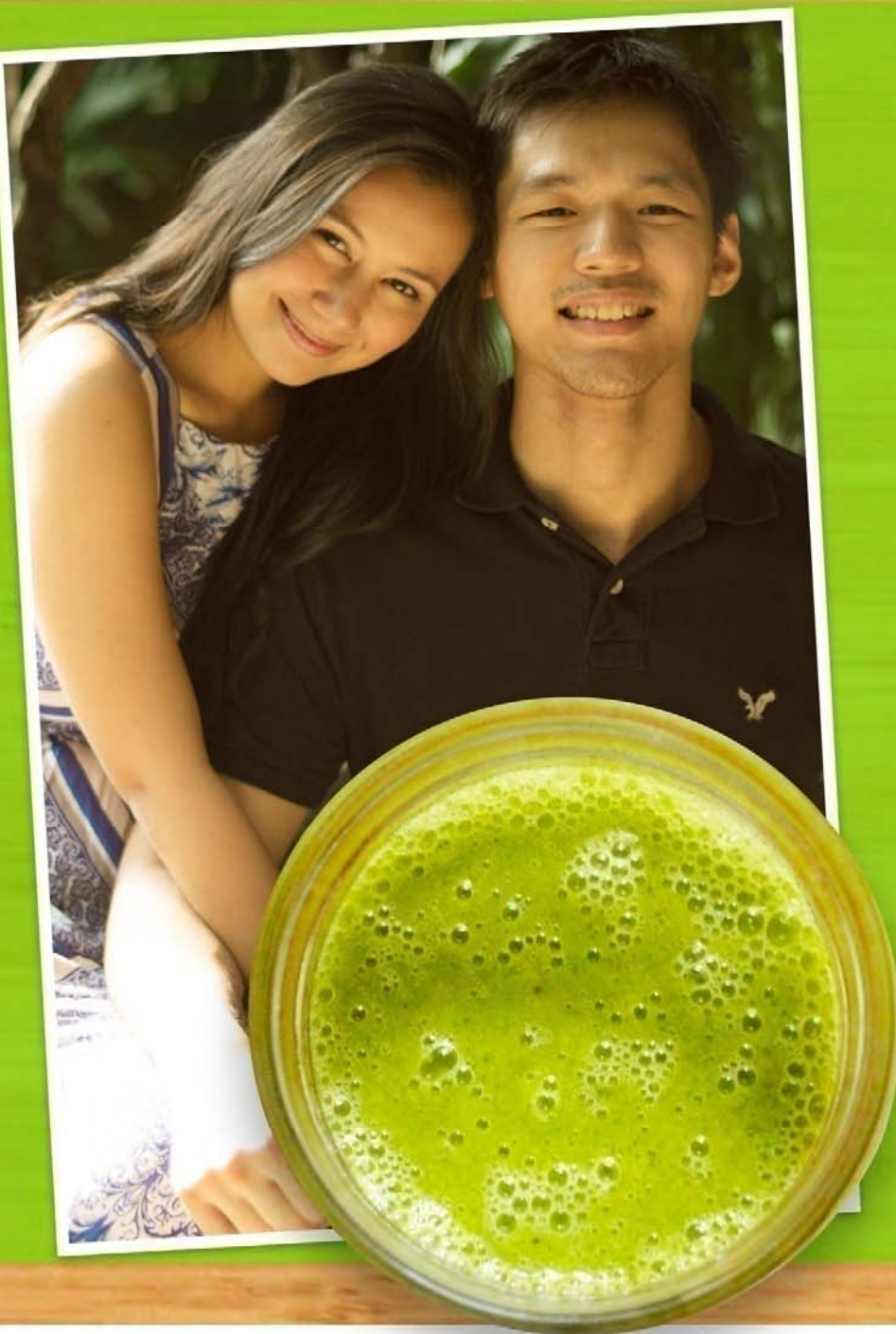
Hashtag #thesuperfoodgrocer in your Instagram posts. You'll be amazed to discover that you're not on your own in your journey. In our #thesuperfoodgrocer album, you'll see others on the same path to a *Super* life as you. We're right behind you and we'll cheer you on! Your victories are our victories!



5 Great things to come!

We are excited for the Super plans we have for you.

Stay tuned!



Lastly —

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power to choose to **live Super**.

It all starts with the little things. They do add up.

Eat right. Live right. Be compassionate.
Let it reflect in other areas of your life.

Strive to live the best version of yourself,
for yourself and for others.

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With our full heartfelt support,

Ralph and Carmela
The Superfood Grocer 

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