

Turn Drab food into fab food with
the magic of All Things Blue



Recipe Book

BLUE YOGHURT *Cups*

Ingredients

1. 1 cup greek yogurt
2. 1/4 cup your favorite granola
3. 1/4 cup fresh blueberries
4. 2 tsp Mavella Superfoods All Things Blue

Method :

1. Prepare the muffin pan or silicone molds. Sprinkle granola to the bottom of each cup.
2. In a bowl, stir together the yogurt and Mavella Superfoods All Things Blue.
3. Spoon into each cup, top with blueberries and more granola.
4. Freeze for at least 3 hs or overnight.

BLUE GLAZED VANILLA

Donuts

Ingredients

Baked Donuts:

1. 2 cups all-purpose flour
2. 1/2 cup organic white sugar
3. 1 tsp Baking powder
- 1 cup almond milk
- 1/2 cup greek yogurt
- 1 tsp vanilla extract

Blue Glaze:

1. 100g white chocolate candy melts
2. 2 tsp Mavella Superfoods All Things Blue
3. 1 tsp Honey (optional)

Method :

1. Preheat the oven to 180c. Grease and flour the donut pan and set aside.
2. In the bowl of a stand mixer, mix together the white sugar, milk, yogurt and vanilla. Add the flour and B. Powder and continue mixing until combined.
3. Add the batter to a piping bag so its easier to fill the donut wholes.
4. Bake donuts for 10-15 min or until golden. Let them cool slightly before removing them from the pan.
5. To prepare the glaze, simply melt the white chocolate candy melts, add All Things Blue powder and honey and mix until combined.
6. Dip the cooled donuts into the glaze. You can add toppings before it sets.

BLUE BREAKFAST

Granola

Ingredients

1. 2 cups granola
2. 2 cups greek yogurt
3. 1 cup berries of your choice
4. 1 tbsp honey / maple
5. 1 tbsp chopped almonds
6. Handfull mint leaves
7. 1 tsp Mavella Superfoods All Things Blue

Method :

1. In a small bowl, mix Mavella Superfoods All Things Blue into the yogurt.
2. Divide the granola into two jars, top with the prepared blue yogurt.
3. Add the berries, almonds, mint and honey on top.

ALL THINGS BLUE

Latte

Ingredients

1. 500ml almond milk (or milk of choice)
2. 2 tsp honey
3. 2 tsp Mavella Superfoods All Things Blue
4. Optional: Pinch of vanilla or cinnamon

Method :

1. Warm the almond milk in a pot (don't boil).
2. Stir in the honey and vanilla or cinnamon (if using).
3. Turn off the heat and transfer 1/2 to an electric milk frother to make the milk frothy.
4. Add Mavella Superfoods All Things Blue to the rest of the prepared milk and whisk until completely dissolved.
5. Serve with the frothy milk on top. You can also add toppings as cinnamon, pollen, edible flowers, sprinkles, etc.

BLUEBERRY-BANANA OMBRÉ

Smoothie

Ingredients

1. 1/2 cup rolled oats
2. 2 cup almond milk
3. 1/2 cup chopped ice
4. 1 tbsp honey
5. 1/2 cup blueberry juice
6. 1 Frozen banana
7. 1/4 cup blueberries
8. 2 tsp Mavella Superfoods All Things Blue

Method :

1. Blend the oats till powdery. Add the almond milk, ice, banana and honey.
2. Scoop a 1/4 of the smoothie into a bowl and add the blueberry juice + 1 tsp Mavella Superfoods all Things Blue to the blender. Blend until smooth.
3. Scoop 1/2 of the smoothie left into another bowl, then add the second tsp Mavella Superfoods all Things Blue into the blender. Blend until smooth.
4. When ready to serve, create the blue ombré with the different shades.
5. Top with blueberries, oatmeal, banana slices, or your favorite!

BLUEBERRY

Gummies

Ingredients

1. 1/2 cup water
2. 1/2 cup blueberries (or organic blueberry
3. juice)
4. 1/4 cup lemon juice
5. 2 tbsp honey
6. 1/4 cup natural gelatine
7. 1 tsp Mavella Superfoods All Things Blue

Method :

1. Blend the blueberries and strain the pulp until you have a clear juice.
2. Boil the water and dissolve the gelatine with a whisk.
3. Add the lemon juice, blueberry juice and honey and stir constantly.
4. Mix in Mavella Superfoods All Things Blue until dissolved
5. Pour into moulds and place in the fridge until set, about two hours, or overnight.

GF RICE CAKE *Cereal*

Ingredients

1. 6 plain rice cakes
2. 2 tbsp honey
3. 2 tbsp flake almonds
4. 2 tbsp shredded coconut
5. 1/4 cup blackberries
6. 1 cup greek yogurt
7. 1 tsp Mavella Superfoods All Things Blue

Method :

1. Line a baking sheet with parchment paper.
2. Crush the rice crackers into tiny pieces and place them on the baking sheet. Sprinkle the flaked almonds and shredded coconut on top.
3. Drizzle the honey on top, then bake for about 20 minutes until crisp.
4. Remove from the oven and let cool while preparing the yogurt.
5. In a small bowl, mix the greek yogurt and Mavella Superfoods All Things Blue until completely combined.
6. Serve the granola over the yogurt and add fresh blackberries on top.

BLUE CHEESECAKE

Bars

Ingredients

1. 2 cups graham cracker crumbs or butter
2. cookie crumbs
3. 1/4 cup butter, melted
4. 1/4 honey
5. 350g cream cheese
6. 2 cups greek yogurt
7. 3/4 cup icing sugar (or sweetener of choice)
8. 1/2 tbsp lemon juice
9. 1 cup blueberries
10. 1/4 cup shredded coconut
11. 1 tbsp Mavella Superfoods All Things Blue

Method :

1. Mix cookie crumbs with melted butter and honey. Press the mixture into the bottom of a baking pan or pyrex, lined with parchment paper.
2. Beat the softened cream cheese for two minutes. Add the powdered sugar and Mavella Superfoods All Things Blue.
3. Fold in the greek yogurt and lemon juice.
4. Spread the cheesecake mixture over the crust. Cover and refrigerate for a couple of hours.
5. Top with fresh blueberries and shredded coconut before serving.

BLUEBERRY

Mousse

Ingredients

1. 1 cup fresh blueberries
2. 2 tbsp coconut sugar
3. 1 tbsp lemon juice
4. 270ml coconut cream (canned)
5. 1/2 tbsp gelatine powder (or agar agar for vegan)
6. 1/4 cup boiling water
7. 2 tsp Mavella Superfoods All Things Blue
8. Blueberries, shredded coconut, poppy seeds for toppings

Method :

1. Add blueberries, coconut sugar and lemon juice to a saucepan and cook on low heat for about 10 min until soften.
2. While the blueberry sauce cools, mix the gelatin into boiling water.
3. In a bowl, mix together the blueberry sauce, gelatin, coconut cream and Mavella Superfoods
4. All Things Blue. Stir thoroughly until smooth.
5. Spoon mixture into bowls, cups or a pyrex dish. Place in the refrigerator for at least 1 hs before serving.
6. Add toppings and enjoy

BLACKBERRY *Cookies*

Ingredients

1. 1/2 Cup Fresh Blackberries
2. 75g Softened Butter
3. 1/2 Cup Granulated Sweetener Of Choice (Xylitol/erithritol/coconut Sugar/ Monk Fruit)
4. 1 1/4 Cup All-purpose Flour
5. 1 Tsp Baking Soda
6. 1/4 Cup White Chocolate Chips
7. Pinch Of Salt
8. 1 Tsp Mavella Superfoods All Things Blue

Method :

1. Preheat the oven to 180c. Line a cookie sheet with parchment paper.
2. Place the blackberries in a pan and cook 1 min. In a small bowl, puree with a whisk or immersion blender. Set aside.
3. In a medium bowl, cream the butter and sweetener until fluffy. Add the blackberry puree and mix well.
4. Sift in the flour and baking soda. Mix in Mavella Superfoods All Things Blue. Finally, fold in the chocolate chips.
5. Chill the dough in the refrigerator for 30 min, then roll into balls, place them on the cookie sheet and press down slightly.
6. Bake 10 min, until the edges are set.

COCONUT CREAM

Popsicles

Ingredients

1. 2 cups Coconut Cream
2. 1/2 cup coconut milk
3. 1 tbsp honey
4. 1/2 cup frozen Blackberries
5. 1 tsp Mavella Superfoods All Things Blue

Method :

1. Combine 1 cup coconut cream, coconut milk, blackberries and Mavella Superfoods All Things Blue in a blender and blend until smooth.
2. In a bowl, mix the remaining Coconut cream with the honey.
3. Pour the blended mixture into popsicle molds, adding dollops of the coconut cream + honey in between.
4. Freeze until solid.

A magical blue natural antioxidant superfood blend that's mesmerising
Colour food & drinks naturally & watch the blue hues from indigo to magenta

Mavella
Superfoods

ALL THINGS
BLUE

Blue Spirulina &
Blue Butterfly Pea
& Blueberries

OMBRE BLUEBERRY

Toast

Ingredients

1. Sliced sourdough bread
2. 1/2 cup cream cheese
3. 1/4 cup blueberries
4. Coconut flakes, poppy/chia seeds
5. 1 teaspoon Mavella Superfoods All Things Blue

Method :

1. Toast the whole wheat bread lightly and set aside.
2. Put the cream cheese in a bowl and add a tiny bit of Mavella Superfoods All Things Blue, mix well.
3. Spread a couple dollops of cream cheese on the toasts, then add more Mavella Superfoods All Things Blue to the cream cheese and mix well.
4. Repeat the process as many times as desired, or until the toasts are completely covered with the spread.
5. Top with blueberries, coconut shreds and poppy seeds / chia seeds

Coconut Smoothie

Ingredients

1. 1/2 cup frozen blackberries
2. 1/2 frozen banana
3. 1 tsp chia seeds
4. 1/2 cup coconut milk
5. 2 tbsp toasted coconut shreds
6. 1 tsp Mavella Superfoods All Things Blue
7. Toppings: Black berries, Mint leaves, Shredded Coconut, Seeds, chopped almonds, etc.

Method :

1. Combine all the ingredients in a blender (except for the toppings) and blend until smooth.
2. Serve cold and top with your favorite fruits, seeds, flaked almonds and shredded coconut.