

Recipes For Kid-Friendly Nutrition

SO VERSATILE!
See How



Mixed Berry Flavour



Vanilla Flavour



Chocolate Flavour



Savoury Flavour

Formulated with key nutrients that kids need to boost their immune system and help battle nasty germs. Super Berries bursting with antioxidants. Prebiotics, Probiotics, Vitamins, and organic natural Plant Proteins + BEETROOT and more!

Developed with soothing gut goodness to help little kids with regular bowel movements and ensure happy tummies. Includes key actives fibres: Inulin, Fructooligosaccharides, Apple Pectin, Chia and Psyllium as well as Pre and Probiotics + CAULIFLOWER, PEAR + BANANA and more!

Created with clever ingredients and wholefoods to nourish your little smarty pants growing body. Packed with quality sources of Omega-3, such as Flaxseed and Chia + BLUEBERRY, KALE and more! Also contains a powerhouse combination of two organic Plant Proteins that together create an all-round amino acid profile important for growing kids.

Designed for the fussy eater where mums struggle to get their kids to eat vegetables. Jam packed with 10 Vegetables – Sweet Potato, Beetroot, Spinach, Broccoli, Kale, Carrot, Cauliflower and Pumpkin. It is also contains 5 Superfoods - Spirulina, Alfalfa, Chia, Lucuma, Broccoli & Sprouts. Perfect for savoury baking, adding into homemade chicken nuggets or juice. Some people add to gravy.



contents

Mavella Superfoods Veggie Boost	03
Mavella Superfoods Gut Boost	28
Mavella Superfoods Brain Boost	45
Mavella Superfoods Immune Boost	52
Yellow-Kombucha+Gut	56
Mavella Superfoods body Boost	72
Australian Grown-Mango	74
Australian Grown-Spinach	81
Pink-Kombucha+Beauty	87
Australian Grown Beetroot	91
All Things Blue	95

Mushroom Omelette

Mavella
Superfoods
Veggie Boost

Method

Heat the olive oil in a non-stick skillet over medium heat. Add the mushrooms and minced garlic and cook until tender. Add the spinach and cook for 1 more minute.

Set aside in a small bowl.

In another bowl, whisk the eggs and Mavella Superfoods Veggie Boost.

Reheat the skillet with olive oil and cook the egg. When starting to brown on one side, flip the omelette and immediately add the cooked veggies, plus the shredded cheese.

Close the omelet in half. Cook until the cheese melts.

Serve with veggies + sliced cheese to create the mushroom shape.



1 cups chopped button mushrooms

Handfull spinach

1 garlic clove

1 tbsp olive oil

1/4 cup shredded cheese

3 eggs

1 tbsp Mavella Superfoods Veggie Boost

Toppings: sliced cheese, veggies of choice





Tofu Mini Burgers

Mavella
Superfoods
Veggie Boost

1 block firm tofu

200g button mushrooms

1 garlic clove

1 tbsp olive oil

1/4 cup shredded carrots

1 spring green onion

1 egg

1 cup ground oats

1 tbsp Mavella Superfoods Veggie Boost

Toppings: lettuce, tomato, red onion,
avocado, or your favorite!



Method

Press the tofu block in paper towels or tea towels, between two plates. Set a heavy object on top and set aside.

Place the mushrooms and garlic in a food processor and pulse until the mushrooms are in very small chunks.

Cook the mushrooms and garlic on a skillet over medium heat, cook until all the liquid is absorbed.

Add the cooked mushrooms, shredded carrots, chopped spring onion, egg, ground oats and Mavella Superfoods Veggie Boost to a mixing bowl.

Mix until well combined. Then make patties with about 1/4 cup of the mixture.

Place the patties on a parchment paper lined baking sheet and bake 20 min, flip and cook 10 more minutes.

Serve with toasted buns and your favorite toppings!



Cream Cheese Cookies

Mavella Superfoods Veggie Boost

250g cream cheese

250g all-purpose flour

1 tbsp Mavella Superfoods Veggie Boost

Pinch of pink salt (optional)



Method

Mix all the ingredients together in a bowl, knead until you make a soft dough.

Roll the dough out with a rolling pin and cut with your favorite cookie cutters.

Place on a baking sheet lined with parchment paper.

Bake for 20-25 minutes or until starting to brown.



Thing Mac&Cheese

Mavella Superfoods Veggie Boost

2 tbsp butter

1 tbsp flour

1 1/2 cups milk

300g grated cheese (cheddar or
gruyere work great)

400g macaroni pasta

1 tbsp Mavella Superfoods Veggie Boost

Sausages, english muffins or
buns and spring onion as toppings.



Method

Cook the pasta according to package directions.

Meanwhile, make the cheese sauce. Melt the butter in a skillet or saucepan, blend in the flour with a whisk continuously. Pour in the milk and stir well.

Cook for about 5 minutes, continue stirring as the sauce thickens. Mix in Mavella Superfoods Veggie Boost until dissolved, then add the cheese gradually, stirring non-stop.

Add the cooked pasta to the skillet and mix until well distributed.

You can decorate your plate with a bun and a couple of sausages. Sprinkle with spring onion and serve.

Savory Zucchini Cheesecake

Mavella Superfoods
Veggie Boost

- 2 cups grated zucchini
- 400g ricotta or goat cheese
- 100g grated parmesan cheese
- 1 spring onion
- 1 garlic clove
- 1 tbsp fresh dill (optional)
- 2 eggs
- 1 tbsp Mavella Superfoods Veggie Boost

Method

Preheat the oven to 180c.

Lightly spray a round baking pan with oil and line the bottom with parchment paper.

Combine the eggs, Mavella Superfoods Veggie Boost, chopped spring onion and garlic, mix well. Add the ricotta or goat cheese and parmesan and mix until combined.

Fold in the grated zucchini.

Pour in the baking pan and bake for 1hs, until the top is slightly golden or brown.

Remove from the oven and cool in the pan for 10min. You can serve warm or cold, it works either way!



Homemade Ketchup

Mavella Superfoods Veggie Boost



800g canned tomatoes

1/4 cup water

1/4 cup brown sugar

1/4 cup apple cider vinegar

1 tbsp Mavella Superfoods Veggie Boost

1 garlic clove,
finely ground (or powdered)

Pinch of salt and pepper (optional, adjust to taste)

Method

Gather all the ingredients, wash and chop the tomatoes.

Add the tomatoes, garlic and water to a pot and cook until soft.

Using a handheld blender, blend to a smooth puree.

Return to the pot and mix in the brown sugar and apple cider vinegar.

Cook for about 35 minutes, or until desired consistency. Stir occasionally.

Turn off the heat and mix in Mavella Superfoods Veggie Boost, and salt and pepper to taste.

Let the ketchup cool completely and transfer to a clean bottle. Refrigerate before serving with your favorite meals!





Gnocchi Hats

Mavella
Superfoods
Veggie Boost

400g potatoes

100-150g cornstarch

1 tbsp Mavella Superfoods Veggie Boost

Water

For serving: olive oil, herbs, cherry tomatoes, garlic.

Method

Peel, dice and cook the potatoes in boiling water as you would for mashed potatoes.

Mash the potatoes in a bowl with Mavella Superfoods Veggie Boost.

Add the cornstarch gradually and knead until a soft dough forms.

Make little balls and press a clean water bottle into the center of each ball to create the hats.

Place each gnocchi on a floured surface (you can use more cornstarch) and let dry for about 30min, or until dry to the touch.

When ready, boil water and cook the gnocchi until they float to the surface.

You can serve with butter, herbs, garlic and cherry tomatoes.



Sweetcorn Savoury Pancakes

Mavella
Superfoods
Veggie Boost



strips cooked bacon

1/3 cup sliced green onion

1 1/4 cup fresh or frozen sweet corn

1 1/2 cup all-purpose flour

1/2 cup corn starch

1 tsp baking powder

1 1/2 cups milk

2 tbsp melted butter

1 egg

1 tbsp Mavella Superfoods Veggie Boost

Cucumber, cherry tomatoes, carrots,
maple syrup, etc (as toppings)

Method

Using a liquid measuring cup, whisk together the milk, butter, and dissolve Mavella Superfoods Veggie Boost in it.

In a larger bowl, whisk together the flour, cornstarch and baking powder. Whisk in the wet ingredients, stirring until combined.

Mix in the egg, then fold in the sliced green onion, bacon and corn.

Heat a skillet, grease it with butter and start cooking the pancakes, pouring a couple tbsp of pancake batter and cooking on both sides until golden.

Serve the pancakes with the veggies, bacon and maple syrup.



Spinach Oat Cheesy Balls

Mavella Superfoods
Veggie Boost

1 cup oats

1 cup spinach

2 large eggs

1/2 cup shredded cheese

1 tbsp chopped spring onion

1 tbsp Mavella Superfoods
Veggie Boost

Method

Preheat the oven to 180c. Line a baking sheet with parchment paper or a silicone mat.

In a bowl, place the spinach and cover with hot water. Cover the bowl and wait for the spinach to thaw. Strain it.

Add the rest of the ingredients to the bowl and mix thoroughly.

Divide the mixture into 15 balls and place on the prepared baking sheet.

Bake for 30 minutes or until cooked through and golden.

Potato Cheese Balls

Mavella Superfoods Veggie Boost

- 400g potatoes
- 1/4 cup melted butter
- 1 tbsp heavy whipping cream
- 150g mozzarella or emmental cheese
- 1 tbsp Mavella Superfoods Veggie Boost
- 1/4 cup flour
- 1 cup breadcrumbs
- 2 eggs



Method

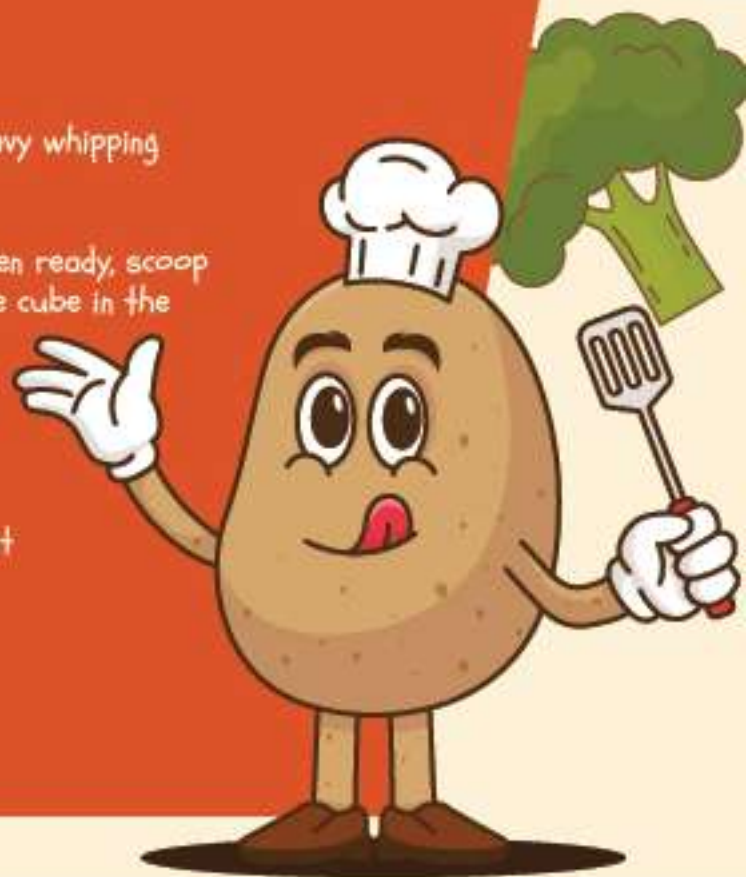
Peel and dice the potatoes. Cook until fork tender.

In a bowl, mash the potatoes and add the butter, heavy whipping cream and Mavella Superfoods Veggie Boost.

Transfer the mixture to the refrigerator for 1 hr. When ready, scoop tablespoons of the mixture into balls, placing a cheese cube in the middle of each one. Set aside on a baking tray.

Dip each potato ball in flour, then whisked eggs, then breadcrumbs until completely coated.

Cook the potato balls in the air fryer or bake them at 200c. Until golden.



Kid Friendly Chicken Curry

Mavella Superfoods
Veggie Boost

- 1 tbsp olive oil
- 1/2 onion
- 1 garlic clove
- 1 tsp mild curry powder
- 1 tsp Mavella Superfoods Veggie Boost
- 1 tbsp all purpose flour
- 500ml water
- 250g diced chicken breast
- 1 medium potato
- 1 carrot
- 1/2 cup frozen peas



Method

Heat the oil in a frying pan or sauce pan and sauté the chopped onion for 2 min. Add the garlic.

When the onion is translucent, add the flour and curry powder and stir in quickly.

Add the diced chicken and sauté for a couple of minutes. Add the potato, carrot and the water and bring to a boil.

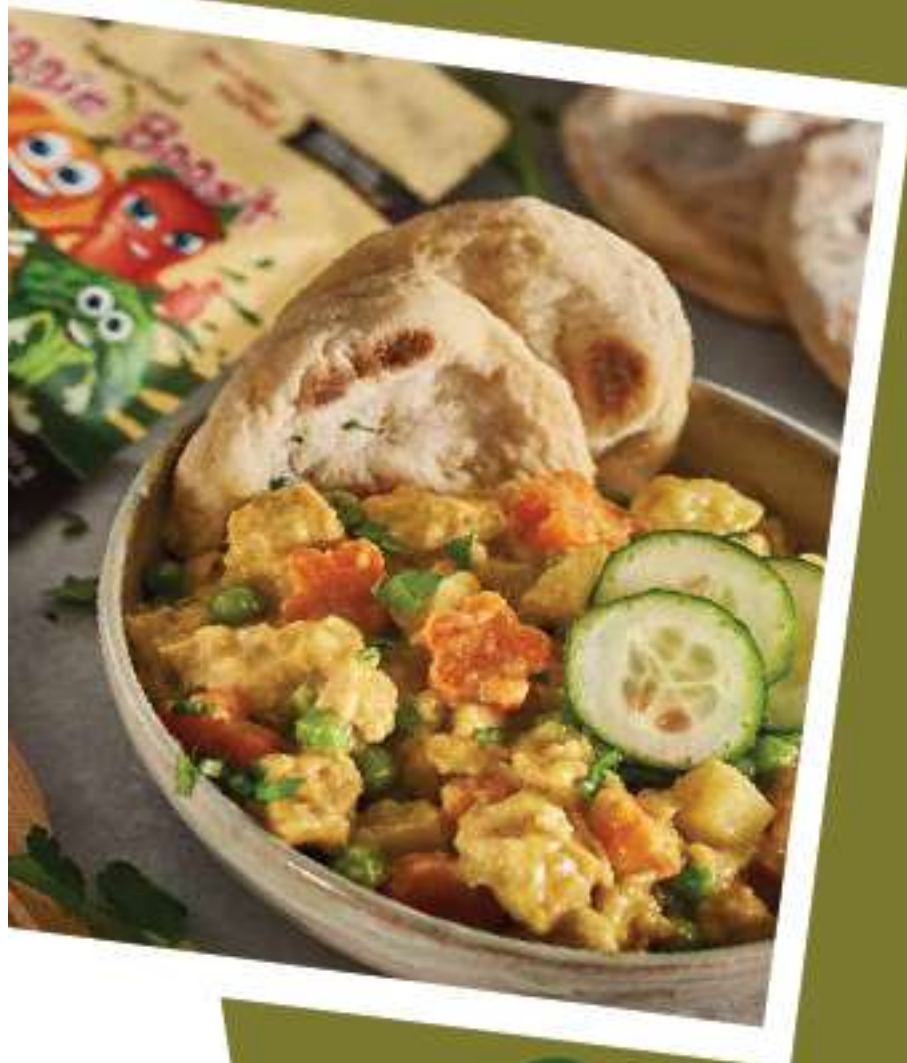
When the mixture gets creamy, mix in Mavella Superfoods Veggie Boost and mix thoroughly.

Add the frozen peas and cook for 2-5 min. Serve with white rice or naan bread.



3 ingredient Naan Bread

Mavella Superfoods
Veggie Boost



1 cup self-raising flour

1 cup yogurt

1 tsp Mavella Superfoods
Veggie Boost

Method

Mix the ingredients together in a bowl until it forms a dough.

Knead the dough by making balls with your hands. Flatten the dough into circles and place them onto a dry skillet over high heat.

Cook until the bread starts to brown underneath and flip to cook the other side.

You can serve with butter, garlic and parsley or add it to your favorite meals



Mini Beef Handpies

Mavella Superfoods Veggie Boost



For the roast:

80g (Aprox) roast beef.
Pinch of sea salt and pepper
3 tbsp olive oil
1 spring onion
2 garlic cloves
Handfull chopped parsley
2-3 cups water
1 tsp Mavella Superfoods Veggie Boost

For the dough:
130ml boiling water
40g butter
Pinch of sea salt
250g all-purpose flour

Method

Season the roast with salt and pepper (optional). Heat olive oil in a large pot and cook the roast beef on all sides until browned.

Take the pot off the heat and add the chopped spring onion, garlic and parsley. Add enough water to cover the pot roast by half.

Cook the pot roast for approximately 3 hrs or until it falls apart easily with a fork. (You can also use a slow cooker for this step).

When ready, set aside in a bowl, pulling all the meat with a fork. Add Mavella Superfoods Veggie Boost to the bowl and mix well, adding as much of the broth as you need to avoid the filling getting dry.

Set aside to cool while preparing the dough.

Add all the ingredients for the dough to a stand mixer and mix for 7min. Finish kneading the dough for a couple more minutes by hand until a soft dough is formed. Rest the dough for 15 min.

Roll the dough with a rolling pin and cut circles with a large cookie cutter.

Add a couple tbsps of filling to each circle, moist the edges and close, either by folding the dough on itself or with a fork.

Bake for about 15-20 min at 180c or until golden brown.





Tomato Soup + Grilled Cheese

Mavella
Superfoods
Veggie Boost

Method

In a large pan, heat the oil and sauté the chopped onion and carrot. Cook until softened.

Add the chopped garlic and cook for 1 min. Chop the tomatoes and add them to the pan, along with the water and simmer for about 35 min on low heat, stirring occasionally.

Remove the pan from the heat. Add Mavella Superfoods Veggie Boost to the sauce and blitz the soup with an immersion blender (or transfer to a blender). Pulse until smooth.

For the grilled cheese: toast the bread with butter and make a sandwich with sliced mozzarella. You can use cookie cutters to make flowers or hearts!

1 tbsp olive oil

1/2 an onion

1 carrot

1 garlic clove

800g tomatoes

1 1/2 cups water

1 tsp Mavella Superfoods Veggie Boost

Bread, sliced mozzarella, fresh basil



Bear Mini Pizzas

Mavella Superfoods Veggie Boost

2 tsp instant yeast
1/2 tsp sugar
1/2 tsp sea salt
1 tbsp olive oil
3 cups flour
2 cups mozzarella
200g marinara sauce
1 tsp Mavella Superfoods Veggie Boost
Toppings: olives, basil, cherry tomatoes



Method

Mix the yeast, sugar and water in a large bowl and let sit 10 min.

Add the salt, olive oil and flour and make a soft dough. Knead a few minutes until smooth.

3.

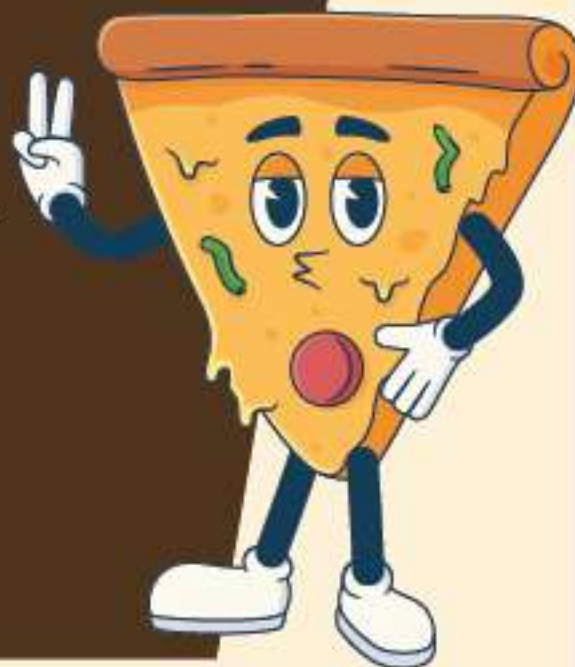
Divide the dough into 10 big balls of dough, + 20 smaller balls for the ears.

Press into a greased baking pan, add the ears by pressing them on the face with a little bit of water.

Poke holes with a fork and bake for about 5 minutes.

Remove from oven and spread the sauce, add the mozzarella and bake until melted.

You can add the rest of the toppings to make the bear face!



Mashed Potatoes Bunny

Mavella Superfoods Veggie Boost



1kg russet potatoes
(about 4 medium potatoes)

4 tbsp butter, room temperature.

Sea salt + pepper to taste

1/2 cup whole milk, warmed

1 tsp Mavella Superfoods Veggie
Boost

Spring onion, Cucumber, carrots,
olives, ham, parsley, as toppings

Method

Scrub the potatoes well and peel.

Cut the potatoes and place them in a pot of cold water.

Place a large pot with water on the stove and bring to a boil over high heat.

Boil the potatoes for 15 minutes, until very tender. Drain them and place them in a large bowl.

Add butter, warmed milk and Mavella Superfoods Veggie Boost. Mash with a fork or potato masher until creamy. Add sea salt + pepper if desired.

You can create a bunny shape with a spoon and add veggies for the details.





Crab Sticks Wonton Boats

Mavella Superfoods
Veggie Boost

10 wonton wrappers

150g cream cheese

1/4 cup mayonnaise

200g crab sticks

1 tsp Mavella Superfoods Veggie Boost

Spring onion, Cucumber, carrots as toppings.

Method

Preheat the oven to 180c.

Prepare a muffin pan and spray with non-stick spray.

Place the wonton wrappers in each cup and press down.

Bake for 10 minutes and cool slightly.

In a food processor, combine crab sticks, cream cheese, mayonnaise, spring onion and Mavella Superfoods Veggie Boost and mix well.

Spoonfilling into the baked wonton shells and top with your favorite veggies!

Homemade Mayonnaise

Mavella Superfoods Veggie Boost

8 eggs

1 tbsp olive oil

1 tbsp lemon juice

1 tbsp mustard

2 garlic cloves

1 tsp Mavella Superfoods Veggie Boost

Sea salt & black pepper (to taste)



Method

Crack the eggs on a baking sheet (covered with greased aluminium foil).

Cook the eggs in the oven for 10 min or until cooked through.

Add the eggs and the rest of the ingredients into a food processor and process until creamy and smooth.

Save in a jar in the refrigerator and enjoy with all your meals!

Carrot Toddler Friendly Pickles

Mavella Superfoods Veggie Boost

- 400g baby carrots
- 1 cup white vinegar
- 2 cups water
- 1 tsp pink Himalayan salt
- 1 tbsp sugar
- 3-4 springs fresh dill
- 1 tsp Mavella Superfoods Veggie Boost



Method

In a small saucepan, combine water, vinegar, salt, sugar and Mavella Superfoods Veggie Boost. Stir until dissolved.

Bring to a boil and turn off the heat.

Pack baby carrots and dill into heat-safe glass containers. Pour brine over carrots until completely covered.

Allow to cool to room temperature, then place in refrigerator. Ready to eat in about 24hrs.



Yogurt Veggie Dips

Mavella Superfoods Veggie Boost



Garbanzo Hummus:

- 1/2 cup garbanzo beans
- 1/2 cup plain greek yogurt
- 1 tbsp lemon juice
- 1/2 tsp parsley
- 1/4 tsp tahini (optional)
- 1 tbsp Mavella Superfoods Veggie Boost

Pesto Spinach:

- 1 cup plain greek yogurt
- 1/2 cup spinach
- 1/4 cup pesto
- 1/4 cup parmesan
- 1 tbsp lemon juice
- 1 tbsp Mavella Superfoods Veggie Boost

Method

In a blender or food processor add all the ingredients, one dip at a time, and pulse until incorporated.

Serve the 3 dips with veggies, crackers or breadsticks



Thai Peanut:

- 1/2 cup peanut butter
- 1/2 cup yogurt
- 1 tbsp low-sodium soy sauce
- 1 tbsp lemon juice
- 1/4 tsp ginger (optional)
- 1 tbsp Mavella Superfoods Veggie Boost



Savory Zucchini Cheesecake

Mavella Superfoods
Veggie Boost

2 cups grated zucchini
400g ricotta or goat cheese
100g grated parmesan cheese
1 spring onion
1 garlic clove
1 tbsp fresh dill (optional)
2 eggs
1 tbsp Mavella Superfoods
Veggie Boost

Method

Preheat the oven to 180c.

Lightly spray a round baking pan with oil and line the bottom with parchment paper.

Combine the eggs, Mavella Superfoods Veggie Boost, chopped spring onion and garlic, mix well. Add the ricotta or goat cheese and parmesan and mix until combined.

Fold in the grated zucchini.

Pour in the baking pan and bake for 1hs, until the top is slightly golden or brown.

Remove from the oven and cool in the pan for 10min. You can serve warm or cold, it works either way!



Mini Ham & Cheese Scones

Mavella Superfoods
Veggie Boost

Method

Preheat the oven to 200c

In a bowl, mix together the flour, sugar, b.powder and Mavella Superfoods Veggie Boost.

Dice the butter and add it to the bowl, crumbling it with your hands until the mixture looks like fine crumbs.

Whisk together the egg yolk and milk, then add it to the mixture.

Fold in the ham and cheese and knead lightly to form two balls.

Cut each circle into 4 triangles and place them on a baking sheet with parchment paper.

Lightly Brush the tops with the egg white.

Bake for 12-15 min.

- 1 cup all-purpose flour
- 1 tbsp organic sugar
- 1 tsp B. Powder
- 60g butter
- 1/4 cup milk
- 85g diced ham
- 85g diced Emmental cheese
- 1 egg
- 1 tbsp Mavella Superfoods Veggie Boost
- Scallions for topping



Spinach Balls

Mavella
Superfoods
Veggie Boost



Method

Preheat the oven to 200c.

Trim and wash the spinach and place in a large mixing bowl. Cover with boiling water and a lid for 3 min.

Rinse with cold water. Squeeze the water out and chop.

In a large bowl, mix the spinach, eggs, grated cheese, fresh parsley, panko crumbs and Mavella Superfoods Veggie Boost.

Make the balls with your hands and place on a cookie tray lined with parchment paper.

Bake for 20-30 min or until golden.

Serve with your favorite dip.

6 cups fresh spinach

3 eggs

1 cup grated mozzarella

1/4 cup chopped fresh parsley

1 cup panko crumbs

1 tbsp Mavella Superfoods
Veggie Boost



Crispy Homemade Chicken Popcorn

Mavella Superfoods
Veggie Boost



1 1/2 cups panko breadcrumbs

Non-stick olive oil spray

2 large eggs

2 tbsp milk of choice

450g boneless chicken breast

1 tbsp Mavella Superfoods Veggie Boost

Method

Preheat the oven to 200c.

Cut the chicken into small cubes.

Place panko breadcrumbs on a plate. In a bowl, whisk together the eggs, milk and Mavella Superfoods Veggie Boost.

Prepare a baking sheet with parchment paper or non-stick spray.

Dip each chicken cube into the egg mixture, then toss into the breadcrumbs until completely coated.

Transfer the chicken to the baking sheet. Spray the top with cooking spray and bake for 25 min.

Serve with bbq sauce, honey mustard or your favorite!

Baked Sweet Potato

Mavella Superfoods Veggie Boost

Method

Preheat the oven to 200c and clean the sweet potatoes thoroughly.

Prick the sweet potatoes all over with a fork. Place on a cookie sheet and coat them with olive oil.

Bake until tender, or until a fork inserted has no resistance, about 45 minutes.

Let cool a bit, then split the tops open. Spoon out the sweet potato puree and place it in a bowl.

Mix with Mavella Superfoods Veggie Boost, butter and salt&pepper (optional).

Fill the sweet potato skins with the mixture and bake for 10 more minutes.

Top with your favorite toppings and serve.



4 medium sweet potatoes

1 tbsp olive oil

4 tbsp Butter

1 tbsp Mavella Superfoods
Veggie Boost

Toppings: mozzarella cheese, diced
tomatoes, cream cheese, green
onion, or your favorites



3 ing. Blender Ice Cream

Mavella Superfoods
Gut Boost

250g frozen berries

1 1/2 cups thickened cream

1 tbsp Mavella Superfoods
Gut Boost



Method

Place the frozen berries in a food processor or blender and pulse until roughly chopped.

Pour in the thickened cream and Mavella Superfoods Gut Boost and continue to pulse until everything is incorporated and smooth. Scrape down the sides as needed.

Serve immediately or freeze for later





Breakfast Oat Cups

Mavella Superfoods Gut Boost

1 1/2 cups oats

1/4 cup applesauce

2 tbsp honey

1 tbsp Mavella Superfoods Gut Boost

Toppings: Mavella Superfoods Body or Immune Boost + yogurt, fruits, shredded coconut, mint, edible flowers, etc.

Method

Preheat the oven to 180c. Spray a muffin pan with cooking spray and set aside.

In a bowl, mix the oats, applesauce, honey, and Mavella Superfoods Gut Boost until well combined.

Divide the mixture and press it into each muffin tin (sides and bottom).

Bake 15 min. When ready, set aside to cool.

Meanwhile prepare the yogurt and slice the fruits. You can add any Mavella Superfoods flavor to the yogurt to make it extra tasty!



Lemon Oatmeal Cookies

Mavella Superfoods Gut Boost

- 1 cup rolled oats
- 3/4 cup whole wheat flour
- 1/4 cup desiccated coconut
- 1/2 cup organic sugar (or sweetener substitute)
- 1/2 tsp B. Powder
- 80g melted butter
- 1 egg
- 1 tbsp honey
- 1/2 cup lemon juice + lemon zest
- 1 tbsp Mavella Superfoods Gut Boost



Method

Preheat the oven to 180c and prepare baking tray.

Place the dry ingredients in a medium bowl and whisk to combine. Set Aside.

In a second bowl, whisk the wet ingredients with Mavella Superfoods Gut Boost.

Fold in the dry ingredients gradually. Refrigerate for 15 min so the liquids are absorbed.

Place large spoonfuls onto a baking tray lined with parchment paper. Shape with the back of the spoon to make them even. About 3 tbsp batter per cookie make 8 big ones.

Bake for 10-12 min or until golden on the edges. Set aside to cool.

Optional: drizzle with melted white chocolate and sprinkle with shredded coconut.



Berry-Vanilla Smoothie

Mavella Superfoods Gut Boost



- 1 frozen banana
- 1/2 cup frozen berries
- 1 tbsp almond / peanut butter
- 1 tsp Mavella Superfoods Gut Boost
- 1 cup milk of choice

Method

Place all the ingredients in a blender and blend until smooth.

You can adjust consistency by adding more milk.
Serve and top with berries or banana slices.

Pear Banana Smoothie

Mavella Superfoods
Gut Boost

- 1 banana
- 1 pear
- 1 cup coconut milk
- 1 cup ice
- 1 tbsp Mavella Superfoods Gut Boost

Method

Place the bananas, pears, milk, ice and Mavella Superfoods Gut Boost into a blender.

Blitz until smooth.

Serve and enjoy.

You can top with sliced pears and coconut flakes!





TikTok's Frozen Pancakes

Mavella Superfoods
Gut Boost



- 1 cup self-rising flour
- 2 tbsp sugar (or sweetener substitute)
- 1 cup milk of choice
- 1 egg
- 1/2 cup toppings (blueberries, chocolate chips, sprinkles, etc)
- 1 tbsp Mavella Superfoods Gut Boost

Method

In a large bowl, whisk together the egg, milk and Mavella Superfoods Gut Boost.

Sift in the flour and add the sugar.

Stir until well combined, then pour the pancake batter into ice cube trays or mini muffin molds.

Sprinkle with the toppings and place in the freezer until solid.

To cook: heat a non-stick frying pan over medium heat. Add a couple ice cube pancakes and cook until melted.

Flip to cook on both sides.

Enjoy with butter, maple syrup or your favorite toppings!



Homemade Rice Cakes

Mavella Superfoods Gut Boost

3 cups cooked leftover rice

Water

1 tbsp Mavella Superfoods Gut Boost



Method

Place the cooked rice in a large bowl. Mix in Mavella Superfoods Gut Boost and mix well. Add water as needed to make it more sticky.

Wet your hands and roll balls. Place the rice balls on a baking sheet, lined with parchment paper.

Press the balls down and bake for 45 min at 180c.

Alternatively, you can fill cookie cutters with the rice mixture and press down onto the baking sheet.

Once cool store in an airtight container.



Easiest Coconut Macaroons

Mavella Superfoods Gut Boost

1 cup condensed milk

4 cups shredded coconut

1 tbsp Mavella Superfoods Gut Boost

Method

Preheat the oven to 180c. Line a baking sheet with parchment paper or a silicone mat.

In a large bowl, combine the shredded coconut, condensed milk and Mavella Superfoods Gut Boost. Stir well until combined.

Scoop about 1 tbsp of the mixture onto the baking sheet, spacing them 3-4 cm apart, flatten with your hands.

Bake for 10 min, or until golden brown.



Pineapple Banana Smoothie

Mavella Superfoods Gut Boost

1 cup canned coconut milk

1 frozen (or fresh) banana

1 cup cubed pineapple

1 tbsp Mavella Superfoods Gut Boost

Method

Place all ingredients in a blender and blend until smooth. Serve over ice and enjoy!



Warm Cinnamon Apples

Mavella Superfoods Gut Boost

4 tbsp butter
2 cups diced apples
1/4 cup organic sugar
(or sweetener of choice)
1/4 cup water
1 tsp cinnamon
2 tbsp lemon juice
1 tbsp Mavella Superfoods
Gut Boost

Method

Melt the butter in a medium saucepan.

Add the diced apples, organic sugar, cinnamon, lemon juice and Mavella Superfoods Gut Boost.

Cook on low heat until the apples are soft and the liquid is almost evaporated.

Serve warm with whipped cream for dessert, or over granola + yogurt for breakfast



Strawberry Truffles

Mavella Superfoods Gut Boost

3/4 cup strawberries

300g chopped white chocolate (or chocolate chips)

1 tbsp whipping cream

Zest from 1 lemon

1/4 cup icing sugar for rolling

1 tbsp Mavella Superfoods Gut Boost

Method

Place the strawberries in a food processor and process until pureed. Strain through a fine mesh to remove excess liquid.

Place white chocolate chips and whipping cream in a medium bowl and microwave until melted (be careful not to overheat it).

Add the strawberry puree, lemon zest and Mavella Superfoods Gut Boost and mix until fully combined.

Cover bowl and refrigerate for 4 hrs.

Place the icing sugar in a small bowl. Roll the mixture into balls through the icing sugar and place on a baking sheet. Refrigerate until firm



Vanilla Pear Jam

Mavella Superfoods
Gut Boost

500g pears

1/2 cup organic sugar

1 tbsp lemon juice + zest

1 tbsp Mavella Superfoods Gut Boost

Cinnamon (optional)

Method

Peel and chop the pears into small bits. Place in a saucepan.

Add the organic sugar, lemon juice, zest, Mavella Superfoods Gut Boost and (if using) cinnamon. Mix well.

Cook for about 30 minutes on low heat, until the pear is soft and translucent and the liquid has almost evaporated.

Transfer the jam to clean, dry jars and let sit at room temperature before transferring to the refrigerator.





Almond-Walnut Crescent Cookies

Mavella Superfoods Gut Boost

- 1 cup ground almond flour
- 1 tbsp softened butter (or ghee)
- 5-6 tbsp icing sugar
- Pinch of sea salt
- 1 tsp Mavella Superfoods Gut Boost
- 1/3 cup finely chopped walnuts or pecans



Method

Preheat the oven to 180c. Line a baking sheet with parchment paper.


Mix the almond flour, softened butter or ghee, icing sugar, pinch of salt and Mavella Superfoods Gut Boost in a bowl until a dough forms.

Mix in the chopped pecans or walnuts.

Roll tbsps of dough into small logs, then shape them into crescent shapes. Arrange them on the cookie sheet.

Bake the cookies for about 10 min or until starting to brown.

Powder them with icing sugar and let them cool down completely before serving.



Coconut Chocolate Chip cookies

Mavella Superfoods Gut Boost

150g shredded coconut
100g oats
1 egg + 1 egg white
50g organic brown sugar
1/2 cup chocolate chips
1 tbsp Mavella Superfoods
Gut Boost



Method

Beat the egg + egg white in a bowl.

Add the shredded coconut, oats, organic brown sugar and Mavella Superfoods Gut Boost and mix until the dough forms.

By kneading with your hands, add the chocolate chips, then make balls and place them on a cookie sheet with parchment paper.

Press them down into cookie shapes, you can add a couple more chocolate chips to the tops (optional).

Bake for 15 min at 180c. Let them cool down before transferring to a serving plate.

Orange-Berries Smoothie

Mavella Superfoods Gut Boost

- 1 cup orange juice
- 1/2 cup greek yogurt
- 1 cup mixed fresh and frozen berries
- 1 tbsp Mavella Superfoods Gut Boost

Method

Combine all the ingredients in a blender and blend for 2-3 minutes until smooth.

Serve and enjoy!



Diced Apple Muffins

Mavella Superfoods Gut Boost

- 2 cups whole wheat flour
- 1 tsp baking powder
- 1 tbsp melted coconut oil
- 2 egg whites
- 1/2 cup plain greek yogurt
- 3/4 cup milk
- 1 1/2 tbsp brown sugar
- 1 1/2 cup finely diced apples
- 1 tbsp Mavella Superfoods Gut Boost

Method

Whisk together the coconut oil, egg whites, brown sugar, yogurt and milk until smooth.

Add Mavella Superfoods Gut Boost and whisk until combined.

Fold in the flour and baking powder. Finally, fold in the diced apples.

Fill muffin liners or muffin silicone molds and bake at 180c for 25-30 minutes, or until the tops feel firm to the touch.



Banana Oat Bread

Mavella
Superfoods
Gut Boost

- 3 ripe bananas
- 1/4 cup applesauce
- 1/4 cup honey
- 2 cups rolled oats
- 1/2 tsp B. Powder
- 1/4 tsp cinnamon (optional)
- 1 tbsp Mavella Superfoods Gut Boost
- 1/3 cup chocolate chips + sliced banana as topping (optional)

Method

Preheat the oven to 180c. Spray a loaf pan with nonstick cooking spray.

Add the bananas, honey, applesauce and Mavella Superfoods Gut Boost to a blender and blend until combined.

Add the oats, b. Powder and cinnamon and blend until everything comes together.

Gently fold in the chocolate chips. Pour the batter into the prepared loaf pan, spread evenly with a spatula and top with a couple more chocolate chips or a sliced banana.

Bake 30-35 min or until a toothpick comes out clean.

Cool the bread completely before slicing.



Pineapple Baked Oats

Mavella Superfoods Gut Boost

- 2 cups oats
- 1/3 cup organic brown sugar
- 1/2 tsp b.powder
- 2 eggs
- 1/3 cup melted butter
- 1/3 cup vanilla greek yogurt
- 2/3 cup milk
- 1 cup diced pineapple
- 1/2 cup coconut flakes
- 1 tbsp Mavella Superfoods Gut Boost

Method

Beat the eggs, then combine with butter, yogurt, milk and Mavella Superfoods Gut Boost. Mix until smooth.

Fold in the oats, brown sugar and baking powder.

Finally, fold in the diced pineapple and coconut flakes.

Pour into a greased baking pan and bake for 180c for 35 minutes or until the top is golden.

Remove from the oven and let cool for 5-10 min before serving.

You can add whipped cream or ice cream on top, or cut into bars as snacks.





Banana Chips

Mavella Superfoods
Gut Boost

2 Bananas

1/2 cup lemon juice

1 tsp Mavella Superfoods Gut Boost

Method

Prepare the lemon juice in a large bowl.

Slice the bananas evenly and add to the bowl, soak for 5 minutes.

Heat the oven to 100c. Prepare a baking sheet with parchment paper or a silicone mat.

Discard the lemon juice from the bowl and add 1 tsp Mavella Superfoods Gut Boost to the bananas, tossing until distributed evenly.

Arrange the banana slices on the baking sheet and bake for 1 hr. Flip them and bake for 1 more hr until dry.

You can also use a food dehydrator instead of your oven.



Healthy Banana Muffins

Mavella Superfoods Gut Boost



1/2 cup milk

1/3 cup coconut oil

1/4 cup greek yoghurt

2 eggs

1 cup mashed ripe bananas

1 3/4 cups whole-wheat flour

1 tsp B. Powder.

1 tbsp Mavella Superfoods Gut Boost

Method

Preheat the oven 180c. Grease a muffin tray with coconut oil or butter (or line with paper cups)

Mix the milk, coconut oil, yoghurt, Mavella Superfoods Gut Boost and the eggs.

Add the mashed bananas and mix thoroughly.

Stir in the flour and B. Powder.

Divide the batter evenly between the muffin cups and bake for 15 min, or until a toothpick inserted into the muffins comes out clean.



Banana Bread Mini Muffins

Mavella Superfoods Brain Boost

- 
- 1 ripe banana
 - 1/2 cup milk of choice
 - 1 tsp apple cider vinegar
 - 3 tbsp melted coconut oil
 - 1/4 cup organic sugar
(or substitute sweetener)
 - 1 tsp baking powder
 - 3/4 cup whole wheat flour (or oat flour)
 - 1 tbsp Mavella Superfoods Brain Boost



Method

In a mixing bowl, mash the banana, add milk, vinegar, oil, sweetener of choice and Mavella Superfoods Brain Boost. Mix well.

Fold in the flour and baking powder.

Pour into mini muffin liners, tins or silicone molds and bake at 180c for 10-15 min.





Brain Boost Banana Smoothie

Mavella Superfoods Brain Boost



1 banana

1 cup milk of choice

3 tbsp oats

1 tbsp Mavella Superfoods
Brain Boost

Method

Add all the ingredients to your
blender and blend until smooth



Carrot Cake Brownies

Mavella Superfoods Brain Boost

5 cups flour
2 tsp. B.powder
1 cups light brown sugar
150g melted butter
1/3 cup applesauce
3 eggs
2 cups finely shredded carrots
1 tsp orange food coloring
1 tbsp Mavella Superfoods Brain
Boost Green frosting



Method

Preheat the oven to 180c. Prepare a baking pan with parchment paper.

In a large bowl, mix together melted butter, applesauce and sugar until combined.

Add Mavella Superfoods Brain Boost and mix in the eggs.

Fold in the shredded carrots, flour and b. Powder. Add orange food coloring to the mixture.

Pour onto prepared baking pan and spread into an even layer.

Bake for 25 minutes, or until a toothpick inserted into center comes out clean.

Let cool completely, cut into triangles and decorate with green frosting.



Breakfast Yogurt Bark

Mavella Superfoods Brain Boost



2 cups greek yogurt

2 Bananas

About 2 tbsp peanut butter

1/2 cup your favorite cereal
or corn flakes

2 tbsp chocolate chips or chunks

1 to 2 tbsp Mavella Superfoods
Brain Boost

Method

Line a baking sheet with parchment paper.

Mash 1 banana and mix it in a medium bowl with the yogurt. Mix In Mavella Superfoods Brain Boost until well combined.

Pour the mixture onto the baking sheet and spread evenly.

Slice the remaining Banana and distribute over the yogurt mixture.

Sprinkle the cereal and chocolate chips on top.

Swirl on the peanut butter and place in the freezer for at least 4 hs or until hardened.

Break into chunks when solid and place in a freezer-safe container.



Chocolate Porridge

Mavella Superfoods Brain Boost

- 1 1/4 cup milk of choice
- 1 tbsp Mavella Superfoods Brain Boost
- 2/3 cup oats
- 1 tsp honey
- Toppings: banana, honey, coconut flakes, mini chocolate chips



Method

Add 1 cup milk to a small saucepan and bring to a simmer.

Add the oats and cook for 5 minutes, stirring occasionally to avoid the porridge sticking to the pan.

Turn off the heat. Add the remaining 1/4 cup milk to soften the porridge and mix in Mavella Superfoods Brain boost and honey. Stir until combined.

Transfer to a bowl and decorate with your favorite toppings!

Mini Cinnamon French Toast

Mavella Superfoods Brain Boost



3 hot dog buns

1 large egg

1/2 cup milk

1/4 tsp cinnamon

1 tsp Mavella Superfoods Brain Boost

Method

Slice the buns into small toasts.

Mix all the ingredients in a bowl, then dip the mini toasts in the mixture until completely coated.

On a skillet, melt a tbsp of butter (or coconut oil) and cook the mini french toasts until cooked through and golden on each side.

Serve with greek yogurt and sliced fruits.

Banana & Quinoa Baked Donuts

Mavella Superfoods Brain Boost



3 ripe bananas
1/2 cup dry quinoa
1 cup whole wheat flour
1/2 cup organic or brown sugar
1 tsp B. Powder
1/2 cup rolled oats
1/4 cup coconut oil
2 eggs
1 tbsp Mavella Superfoods Brain Boost
1/2 cup walnuts, raisins, chocolate chips, or your favorite mix

Method

Rinse the quinoa in water thoroughly. In a pan (or rice cooker) add the quinoa and 1 cup of water. Bring to a boil, then cover with a lid and cook until the water is completely absorbed.

Preheat the oven to 180c and grease a donut mould.

In a food processor, blend the oats until powdered.

Mash the bananas with a fork until smooth. Add the eggs, oil and organic/brown sugar. Mix well.

Add the oat flour, whole wheat flour, b. Powder and Mavella Superfoods Brain Boost.

Fold in the cooked quinoa, chopped walnuts, pecan, raisins, or your favorite mix.


Fill the donut mould and bake for 20-25 min.

Allow to cool 5 minutes before taking them out to a wire rack, then cool completely.



Whipped Berry Gummies

Mavella Superfoods Immune Boost



500ml water

1 tbsp Mavella Superfoods Immune Boost

5 tbsp gelatin powder

Method




In a small saucepan, add the water and sprinkle the gelatin powder on top. Set aside for a couple of minutes to set.


Place the saucepan on low heat and stir until the gelatin is dissolved. Let cool to room temperature.

Place in the bowl of a stand mixer along with Mavella Superfoods Immune Boost and whisk for for about 7-10 minutes until fluffy.

Line a baking dish with parchment paper and spread the mixture evenly.



Place in the refrigerator for 5 hrs, or overnight. When set, cut into your favorite shapes



Blueberry Breakfast Baked Oats

Mavella Superfoods Immune Boost



1 cup rolled oats
1 cup whole wheat flour
1 tsp Baking powder
3/4 cup greek yogurt
1/4 cup milk of choice
2 eggs
3 tbsp honey
3 tbsp coconut oil
1 cup blueberries

Glaze: 1 tbsp Mavella Superfoods Immune Boost, 2 tbsp milk, 1/4 cup icing sugar (or sweetener substitute)

Method

Whisk together the dry ingredients: rolled oats, whole wheat flour and baking powder.

Using another bowl, whisk together the yogurt, milk, eggs, honey and coconut oil.

Mix everything together until combined.

Fold in the blueberries and pour the batter into a greased cake pan (or line with parchment paper). Bake 45 min or until starting to brown.

Cool 20 min in the pan before transferring to a rack to cool completely.

Meanwhile, prepare the glaze by mixing Mavella superfoods Immune Boost, icing sugar and milk. You can adjust thickness adding more milk as necessary



Valentine's Jam Filled Pancakes



Mavella Superfoods Immune Boost

- 1/4 cup all-purpose flour
- 1/4 tsp baking powder
- 1 tsp organic sugar or sweetener substitute
- 1 egg
- 1/2 cup whole milk
- 1 cup diced strawberries
- 1 tbsp coconut sugar
- 1 tsp lemon juice
- 1 tbsp Mavella Superfoods Immune Boost



Method

In a small saucepan, cook the strawberries with 1 tbsp lemon juice and 1 tbsp sweetener of choice.

When the strawberries are cooked through, turn off the heat and set aside to cool. Add Mavella Superfoods Immune Boost to it right before filling the pancakes.

Whisk the egg and milk together in a measuring jug. In a bowl, mix together the dry ingredients, then pour in the wet mixture. Whisk until smooth.

Heat a non-stick skillet with a little bit of oil or butter. Pour small drops of batter on the skillet, making heart shaped pancakes (you can also use a heart shaped mold).

Quickly add 1/2 tsp of the jam in the middle of each pancake. Add about 1 tbsp of batter to cover the jam.


When bubbles appear on top, flip the pancakes and cook until golden on both sides





Frozen Yogurt Covered Blueberries

Mavella Superfoods Immune Boost



Blueberries

Greek yogurt

Mavella Superfoods
Immune Boost

Honey (optional)


Toothpicks



Method

Wash the blueberries and strain, set aside.



Scoop the yogurt into a bowl and mix in Mavella Superfoods Immune Boost. 1 cup - 1 tbsp ratio. You can also adjust the flavor with a little honey (optional).



Line a cookie sheet with parchment paper and set aside.

Using a toothpick or skewer, dip each berry in the yogurt mix, swirling around until completely covered.

Place all the dipped berries on the cookie sheet, then pop in the freezer for about an hour or until frozen





Pineapple & Berries Smoothie

Mavella Superfoods Immune Boost

1 cup cubed pineapple

1 cup canned coconut milk

1 tbsp coconut sugar
(or other sweetener)

1 tbsp Mavella Superfoods
Immune Boost

Toppings: whipped cream, coconut
flakes, strawberries, mint



Method

Add all ingredients to a blender and blend until smooth. Pour over ice and top with sliced strawberries, whipped cream, mint leaves and coconut flakes.



Banana & Berries Smoothie Bowl

Mavella Superfoods Immune Boost

- 1/2 cup plain greek yogurt
- 1 cup frozen berries
- 2 frozen bananas
- 3/4 cup milk of choice
- 1 tbsp Mavella Superfoods Immune Boost
- Toppings: granola, nuts, seeds, sliced fruits, flowers, etc.



Method

Combine yogurt, frozen berries, frozen banana, milk and Mavella Superfoods Immune Boost in a blender and puree until smooth, adding more milk as needed.

Serve the smoothie and add the toppings.



Valentine's Yogurt Cups



Mavella Superfoods
Immune Boost



1 cup greek yogurt

1/2 cup frozen or fresh berries

Honey (optional)

1 tbsp Mavella Superfoods Immune Boost

Valentine's Sprinkles



Method

Lay out 12/15 silicone mini muffin cups on a tray.

Mush the berries in a bowl then add the yogurt and Mavella Superfoods Immune Boost and whisk together.

Check for sweetness and add honey (optional).

Fill the muffin cups and top with the sprinkles.

Place the tray in the freezer for a couple of hours until solid.

Once ready, remove the silicone cups and keep stored in the freezer.





Lemon Mousse

Yellow - Kombucha + gut

2 tbsp lemon juice

220g cream cheese

2/3 cup greek yogurt

1/3 cup powdered erythritol

Zest of 1 lemon

2 tsp Mavella Superfoods Kombucha + Gut

Toppings: whipped cream, butter cookies, lemon slices.



Method

Combine all ingredients in a bowl and whisk until smooth.

Serve in glasses or jars and refrigerate for 2 hrs until set.

Top with whipped cream, crushed butter cookies, lemon slices, or your favorite!



Creamy Lemon Smoothie

Yellow - Kombucha + gut



1 cup low fat greek yogurt

2 tbsp fresh lemon juice

2 tbsp honey

1 tbsp lemon zest

1/8 tsp ground turmeric

2 tsp Mavella Superfoods Kombucha + Gut

1 cup ice cubes

Toppings: whipped cream, shredded coconut,lemon slices,mint.

Method

Combine greek yogurt, lemon juice, honey, lemon zest, turmeric and Mavella Superfoods Kombucha + Gut in a bowl and mix well.

Add the mix to an ice cube tray and freeze.

When ready, place the ice cubes and smoothie cubes in a blender and blend until smooth. Enjoy!

Kombucha Cucumber Flowers

Yellow - Kombucha + gut

1 thinly sliced cucumber

250ml water

1 tsp Mavella Superfoods
Kombucha + Gut



Method

In a measuring jug, prepare the kombucha in water and set aside.

Place the thinly sliced cucumber in an ice cube tray, making flowers.


Fill the ice cube tray with the prepared kombucha and place in the freezer until solid.

When ready, add to your favorite drinks and enjoy!



Lime Margarita Mocktail

Yellow - Kombucha + gut



A couple limes cut in wedges

Ice

45ml lime juice

1 tbsp honey

90ml sparkling water.

1 tsp Mavella Superfoods
Kombucha + Gut

Sea salt (optional)




Method

If using sea salt for the glass rims, place it on a plate and set aside.

Swipe a lime wedge around the rims and press it upside down on the sea salt plate.

In a cocktail shaker or jug, mix the lime juice, honey, sparkling water, Mavella Superfoods Kombucha + Gut and ice.

Serve and top with lime wedges.



Green Grape Juice

Yellow - Kombucha + gut



500g green grapes

1 tbsp stevia / xylitol

2 cups ice

1 tsp Mavella Superfoods Kombucha + Gut

Mint leaves and lemon slices

Method

Blend the grapes until smooth. Strain the juice through a sieve and transfer to a pitcher.

Add stevia / xylitol, ice, mint leaves, lemon slices and Mavella Superfoods Kombucha + Gut.

Stir well until the sweetener dissolves and serve.



Mini Fruit Tarts

Yellow - Kombucha + gut

12 shortbread tart shells
300ml coconut milk
1 cup water
3/4 cup granulated sweetener
of choice
1 tsp agar agar powder
2 tsp Mavella Superfoods
Kombucha + Gut
Toppings: sliced mango +
mint leaves.



Method

Make the custard by placing coconut milk, water, sweetener and agar agar in a saucepan. Cook on low heat for 10 minutes and bring to a simmer.

Turn off the heat and let it cool. Mix in Mavella Superfoods Kombucha + Gut before pouring to tart shells.

Place a dollop of custard into each shell. Arrange the sliced mango and mint on top. You can sprinkle with shredded coconut (optional).

Kiwi Mint Limade

Yellow - Kombucha + gut

- About 3 tbsp lemon/lime juice
- 3 tbsp sweetener of choice (coconut sugar, erythritol, xylitol, monk fruit, etc)
- 3 diced kiwis + 1 for garnish
- 1.5L fresh water
- 3 springs fresh mint
- 2 tsp Mavella Superfoods Kombucha + Gut



Method

Pop the lemons/limes in hot water for 10 min. Take them out and roll them on the counter with your hands to soften the juice.

Slice the limes/lemons in half and squeeze the juice.

Peel the kiwi and place in a food processor or blender. Press until mashed. Add the mashed kiwi + lemon/lime juice into a pitcher.

Add water, sweetener and Mavella Superfoods Kombucha + Gut and mix well.

Slice one more kiwi and drop into the pitcher along with the mint springs. You can add ice or pop in the refrigerator for a couple minutes until ready to serve.

Ready-made Warm Lemon Shots

Yellow - Kombucha + gut



About 6 lemons, juiced

1 ginger root

1 tbsp honey

2 tsp Mavella Superfoods
Kombucha + Gut

Method

Grate the ginger root finely, or juice. Mix in a jug along with the lemon juice, honey and Mavella Superfoods Kombucha + Gut.

Pour into ice cube trays.

When ready to drink, pop a lemon shot ice cube into a cup and cover with hot water. You can also season with pepper, turmeric or mint leaves!

Peppermint Iced-Tea

Yellow - Kombucha + gut

- 2 peppermint teabags
- 1 cup boiling water
- 1 lemon, zested and juiced
- 1 tsp honey
- Ice cubes, soda water
(or regular fresh water)
- 2 tsp Mavella Superfoods
Kombucha + Gut



Method

Place the teabags, boiling water and honey in a jug or tea pot. Brew the tea, remove the tea bags and chill in the refrigerator.

When the tea is chilled, stir in the lemon zest, lemon juice and Mavella Superfoods Kombucha + Gut.

Serve over ice and garnish with mint leaves and lemon slices.



Pear Spinach Smoothie

Australian Grown - Spinach
Yellow - Kombucha + gut



- 
- 1 pear
 - 1 1/2 cups coconut water
 - 1 tbsp honey
 - 1 tsp Mavella Superfoods
Australian Grown - Spinach
 - 1 tsp Mavella Superfoods
Kombucha + Gut
 - Mint leaves, shredded coconut



Method

Combine all the ingredients in a high powered blender and blend until smooth. Add more coconut water to adjust to the consistency you like.

Pour over ice and add mint leaves.






Pear Banana Smoothie

Yellow - Kombucha + gut



- 
- 1 banana
 - 1 pear
 - 1 cup coconut milk
 - 1 cup ice
 - 1 tbsp Mavella Superfoods Gut Boost



Method

Place the bananas, pears, milk, ice and Mavella Superfoods Gut Boost into a blender.

Blitz until smooth.

Serve and enjoy.

You can top with sliced pears and coconut flakes!





Strawberry -Lime Water

Yellow - Kombucha + gut



- 1 cup sliced strawberries
- 1 sliced lemon
- 1 sliced lime
- 1 sliced ginger knob
- Handfull fresh mint
- Ice cubes
- 3 cups water
- 3 tsp Mavella Superfoods Kombucha + Gut



Method

In a jug or pitcher, layer the strawberries, lime and lemon slices. Add the mint leaves and the ice cubes.

In a smaller jar, dissolve Mavella Superfoods Kombucha + Gut in water. Pour the prepared kombucha into the first pitcher.

Let chill in the fridge for a couple hours so the kombucha gets infused by the fruit.



French Lime Soda

Yellow - Kombucha + gut

60g coconut cream (or canned
coconut milk)
30ml lime juice
250ml carbonated water /
soda water
1 tsp Mavella Superfoods
Kombucha + Gut



Method

Mix the coconut cream and lime juice in a glass.

Add Mavella Superfoods Kombucha + Gut.

Pour cold soda water and fill to the top.

Top with coconut flakes.

Stir well right before drinking. Enjoy!

Coconut Loaf Bread

Mavella Superfoods Body Boost



7 tbsp melted butter (or coconut oil)

1 tbsp organic brown sugar

6 eggs

1/3 cup coconut flour

1 tsp b.powder

Pinch of salt

1 tbsp Mavella Superfoods Body Boost

Method

Preheat the oven to 180c.

Beat the eggs and butter together until fluffy. Add the brown sugar and combine. Whisk together the coconut flour, b.powder and Mavella Superfoods Body Boost together.

Beat the dry ingredients into the wet ingredients until completely smooth.

Transfer to a greased loaf pan and bake for 35-40 minutes.

Allow to cool before storing in an airtight container.

Peach Cobbler Smoothie



Mavella Superfoods Body Boost



2 cups frozen peach slices

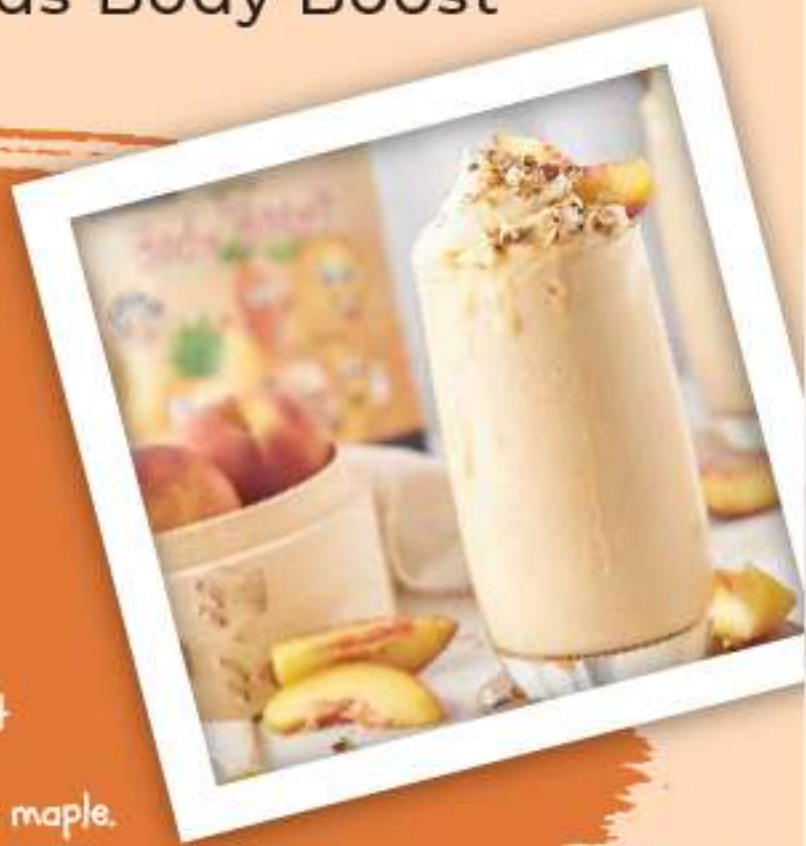
1 1/2 cups milk of choice

3 tbsp old fashioned oats

1 tbsp honey

1 tablespoon Mavella Superfoods Body Boost

Toppings: Whipped cream, chopped pecans, maple.



Method

Add all the smoothie ingredients to a blender and blend on high speed until smooth.

Pour into 2 glasses and top with whipped cream, crushed pecans and maple syrup.



Mango Popcorn

Australian Grown - Mango



1/4 cup popcorn kernels

1 tbsp coconut oil

1 tbsp maple syrup

1/4 cup melted coconut oil

1 tbsp Mavella Superfoods
Australian Grown - Mango

Method

In a large pot, melt 1 tbsp coconut oil on the bottom. Add in the popcorn kernels and put a lid on the pot.

Turn the stove on medium-high heat. Once the oil starts sizzling, shake the pot to agitate the kernels.

Keep shaking the pot until most of the popping stops.

Dump the popcorn in a big bowl. In a smaller bowl, mix together the coconut oil, maple syrup and Mavella Superfoods Australian Grown Mango.

Pour the mix over the popcorn and toss until well distributed and coated



Mango Coconut Chia Pudding

Australian Grown - Mango



2 tbsp chia seeds

125ml coconut milk

1/2 cup coconut cream
(or greek yogurt)

1 tbsp honey

1 tbsp Mavella Superfoods
Australian Grown - Mango

Coconut flakes, mint, flowers,
etc as toppings

Method

In a large bowl, mix together the seeds, honey and coconut milk. Pour into jars or cups and place in the fridge for 1 hr. Stir it once or twice so it sets evenly.

Mix Australian Grown - Mango with the coconut cream thoroughly and set aside.

Take the jars out from the fridge and top with the Mango coconut cream. Decorate with coconut flakes, edible flowers, mint, flaked almonds or your favorite!

Carrot Smoothie

Australian Grown - Mango

- 1 cup fresh carrot juice
- 1 cup pineapple
- 1 cup ice
- 1 tsp fresh ginger
- 1 tbsp Mavella Superfoods Australian Grown - Mango
- Toppings: Bunny Rabbit Flowers (snapdragons)

Method

Add all ingredients to a large blender, including the ice, and process until fully blended.

Serve immediately and top with Bunny Rabbit flowers.



Mixed Berries Sunrise Smoothie

Australian Grown - Mango

- 1 cup fresh orange juice
- 1 sliced banana
- 1 cup ice
- 3 tsp Mavella Superfoods Australian Grown - Mixed Berries

Method

Place all ingredients in a blender and blend until smooth.

Serve with a slice of orange, strawberries and mint.



Walnut Mango Baked Oats

Australian Grown - Mango

- 2 cups oats
- 1/4 cup chopped walnuts
- 1/4 cup honey
- 1 tsp cinnamon
- 1 1/2 cups almond milk
- 1/2 tsp vanilla extract
- 1 tbsp coconut oil
- 1 egg
- 1 tbsp Mavella Superfoods Australian Grown - Mango

Toppings: Coconut cream or glaze, sliced mango, crushed walnuts.



Method

Preheat the oven to 180c. Prepare your baking dish with oil spray.

In a food processor, blend the oats finer.

In a large bowl, combine the dry ingredients, mixing thoroughly.

Add all the wet ingredients and stir in Mavella Superfoods Australian Grown Mango. Mix until combined.

Pour into the prepared baking dish and bake 25 min, or until the edges are slightly browned.

Serve warm, you can add whipped coconut cream, glaze, crushed walnuts and sliced mango on top.

Mango Coconut Overnight Oats

Australian Grown - Mango



100g rolled oats

400ml coconut milk

2 tbsp chia seeds

1/2 tsp vanilla extract

1 tbsp Mavella Superfoods Australian Grown - Mango

1 tsp honey

Coconut cream, coconut flakes, or your favorite toppings

Method

Place all ingredients in a glass container and mix well.

Leave the container in the fridge overnight to thicken.

When serving, refresh the mixture by adding a little more coconut milk. Top with coconut cream and flakes.



Orange - Mango Ice Cream Floats

Australian Grown - Mango



2 cups whipping cream

1 cup condensed milk

3 tbsp coconut sugar

1 tbsp Mavella Superfoods Australian
Grown - Mango

For The floats: 1/2 cup soda water +
grated ginger (or ginger

ale) + 1/2 cup orange juice.

Method

Whip the cream until medium peaks form, about 3 minutes.

Add the condensed milk, coconut sugar and Mavella Superfoods Mango and mix in low speed until completely combined.

Place the ice cream in a freezer safe container and freeze overnight.

For the floats: mix the grated ginger with chilled soda water and orange juice and pour in a glass. Top with a couple scoops Mango Ice Cream.



Mango-Peach Popsicles

Australian Grown - Mango



3 fresh peaches, peeled and roughly chopped

1/4 cup coconut milk

1/2 tsp vanilla extract

1 tbsp Mavella Superfoods Australian Grown - Mango



Method

Place all the ingredients into a blender and puree until smooth.

Pour into popsicle molds.

Freeze for 4-6 hours.

Almond Crackers

Australian Grown - Spinach
Australian Grown - Beetroot

- 2 cups almond flour
- 6 tbsp water
- 2 tbsp ground flaxseed
- Flaked Himalayan pink salt
- 1 tsp Mavella Superfoods Australian Grown - Spinach
- 1 tsp Mavella Superfoods Australian Grown - Beetroot



Method

Preheat the oven to 180c.

Add 1 cup almond flour, 1 tbsp ground flaxseed and Mavella Superfoods Australian Grown Spinach into a medium bowl and stir together.

Add 3 tbsp water and mix until it turns into dough.

Place the dough on a piece of parchment paper and cover with a second piece of parchment paper.

Roll out the dough into a rectangular shape.

Remove the top sheet of parchment paper and sprinkle with the Himalayan pink salt.

You can cut with a pizza wheel or knife into small squares, or just bake as is and break into smaller pieces later.

Transfer to a baking sheet and bake for 20 min, or until golden brown and crispy.

Repeat the process with Mavella Superfoods Australian Grown Beetroot and the rest of the ingredients.

Let the crackers cool completely on a cooling rack and keep in an airtight container.

Serve with your favorite dips: hummus, tzatziki, avocado, etc.



Garlic Bread Croutons

Australian Grown - Spinach



50g butter

1/4 cup olive oil

1 tbsp minced garlic

1 loaf sourdough bread

1/4 cup parmesan cheese

1 tsp Mavella Superfoods

Australian Grown - Spinach

Method

Preheat the oven to 180c.

In a small saucepan, combine butter, olive oil and minced garlic. Cook until the butter has melted. Turn off the heat and mix in Mavella Superfoods Australian Grown - Spinach.

Cube the bread and add it to a large bowl, pour the mixture on top and toss thoroughly to combine.

Scatter the bread cubes on a baking sheet and bake for 10 min. Toss them around again and bake for 10 more minutes.

Remove from oven and immediately sprinkle with the parmesan cheese.

Perfect for salads, soups or snacks!



Hummus & mushrooms buckwheat crepes

Australian Grown - Spinach

- 100g buckwheat flour (or whole wheat)
- 1 tsp b.powder
- 1tbsp ground flaxseeds
- 175ml almond milk (or milk of choice)
- Pinch of sea salt
- 1/2 tbsp olive oil
- 40g button mushrooms
- 1 spring onion
- 2 tbsp chickpea hummus
- 1/2 tsp Mavella Superfoods Australian Grown - Spinach



Method

Place a skillet over low heat and drizzle with olive oil. Chop the garlic, spring onion and mushrooms and cook until soft and starting to brown. Set aside.

To make the crepes, stir flour, b.powder, flaxseeds, sea salt and milk together until a smooth batter is formed.

Warm the skillet and add spoonfuls of the batter into it, spread the batter evenly.

Cook each side of the crepes. Meanwhile, mix Mavella Superfoods Australian Grown Spinach into the hummus.

When ready, place the crepe on a plate and top with hummus and the cooked mushrooms. Enjoy!

Cucumber Ginger & Mint Limeade

Australian Grown - Spinach



- 1 English cucumber
- 1/4 cup freshly squeezed lime juice
- 1 tbsp sweetener of choice (erithrytol, xylitol, monk fruit, etc)
- 6-8 mint springs
- Sliced ginger knob
- 2 cups water
- 1 tsp Mavella Superfoods Australian Grown - Spinach

Method

Slice the cucumber and ginger and add to a pitcher or jug.

Squeeze the lime juice and add it to the pitcher along with the sweetener, mint, water and Mavella Superfoods Australian Grown Spinach. Mix well.

Serve the drink over ice and top with lime slices and mint leaves.



Key Lime Pie Smoothie

Australian Grown - Spinach



1 frozen banana, sliced

Zest + juice of 1 lime

1/2 cup coconut or greek yogurt

1/2 cup coconut milk

1/2 tsp vanilla extract

Honey or sweetener of choice (optional)

1 tsp Mavella Superfoods Australian
Grown - Spinach

For serving: whipped cream (or coconut
whipped cream), lime wedges, butter cookie
crumbs (or crushed walnuts)

Method

Prep your glass by pressing a lime wedge on the rim and dipping it in the cookie crumbs, rolling from side to side until well coated.

Add banana, lime zest and juice, yogurt, milk, vanilla and Mavella Superfoods Australian Grown Spinach to a high speed blender and blend until smooth.

Add sweetener (optional) and more coconut milk if you want to thin it out.

Pour in the prepared glass, top with whipped cream and enjoy!

Just Seeds Crackers

Australian Grown - Spinach



- 1 cup sun flower seeds
- 3/4 cup pumpkin seeds
- 1/2 cup chia seeds
- 1/2 cup sesame seeds (black and white mix)
- 1/4 cup flaxseeds
- 1 tsp salt (optional)
- 1 1/2 cups water
- 1 tsp Mavella Superfoods Australian Grown - Spinach

Method

Preheat the oven to 180c.

Mix all the seeds together in a large bowl. Add the water, salt and Mavella Superfoods Australian Grown Spinach and give it a good stir.

Line two baking sheets with parchment paper and spread thinly.

Bake for 1hs, rotating the cookie sheets half way through. If they don't look crisp enough, add 5-10 more minutes until browning on the edges.

Allow to cool completely, then break into smaller pieces.

Berries Cheesecake

Pink - Kombucha + Beauty



150g butter cookies

75g butter

220g cream cheese

200g greek yogurt

1/4 cup sweetener of choice
(erithritol/xilitol/sugar)

1 tbsp vanilla extract

1 egg

Toppings: Strawberries, blueberries, mint leaves & Honey.

1 tsp Mavella Superfoods Kombucha + Beauty

Method

Preheat oven to 180c. Prepare a cake pan and spray with oil/butter and parchment paper.

Melt the butter. Using a food processor, crumble the cookies and mix with the melted butter.

Add the mixture to the prepared cake pan and pat down with a spatula (or a cup).

In a large bowl, add the rest of the ingredients except for the berries and beat on high speed until light and fluffy.

Pour the mixture on top of the cookie crust.

Bake for 35 min, until it starts to brown. Cool to room temperature, then refrigerate for a couple hours.

Add the berries and rest of the toppings right before serving.



Grapefruit Jelly Wedges

Pink - Kombucha + Beauty

- 
- 2 tsp agar agar powder
 - 1 cup water
 - 3/4 cup grapefruit juice
 - 1 tbsp sweetener of choice
 - 1 tsp Mavella Superfoods Kombucha + Beauty



Method

Cut the grapefruit in half and squeeze out the juice (you should get about 3/4 cup).

Scrape the white pith with a spoon, be careful not to tear the the inside of the grapefruit.

In a small saucepan, bring the water to a boil and dissolve the powdered Agar Agar in it. Add the sweetener and simmer until dissolved and rolling.

Turn off the heat and stir in the grapefruit juice and Mavella Superfoods Kombucha + Beauty.

Pour the liquid into the grapefruit cups. Let set on the counter for a couple of minutes then transfer to the refrigerator.

Cut in half to serve as wedges, or as cups with a spoon.





Grapefruit Sage Soda

Pink - Kombucha + Beauty



1/4 cup grapefruit juice

3/4 cup carbonated water / soda

Ice cubes

1 tsp Mavella Superfoods Kombucha
+ Beauty

Handfull Sage leaves



Method

Slide a grapefruit wedge around the rim of the glass and set aside.

In a jar, mix together the grapefruit juice, soy and Mavella Superfoods Kombucha + Beauty until dissolved.

Pour in glass, over ice, and garnish with grapefruit slices and Sage.





Strawberry Cheesecake Cups

Pink – Kombucha + Beauty



- 4-5 graham crackers or wafers
- 1/3 cup pecans
- 1 tbsp coconut oil
- 1 cup cream cheese
- 1/2 cup greek yogurt
- 3/4 cup fresh strawberries
- 2 tbsp honey
- 2 tsp Mavella Superfoods Kombucha + Beauty



Method


Process the crackers with the pecans and melted coconut oil.

Fill the bottom of your glasses or jars and press the mixture down.

In a food processor, mix together cream cheese, yogurt, honey, strawberries and Mavella Superfoods Kombucha + Beauty. Puree until smooth.

Pour over the crumbs and refrigerate for 1 hr before serving.

Top with fresh strawberries and whipped coconut cream.





Beetroot-Cacao Oats

Australian Grown - Beetroot

80g porridge oats

1/2 tsp cacao powder

1/2 tsp Mavella Superfoods
Australian Grown - Beetroot

1/2 tsp honey

150ml almond milk

Toppings: Cacao nibs, coconut
flakes, berries, chocolate



Method

Place the oats, cacao powder, Mavella Superfoods Australian Grown Beetroot, honey and almond milk in a saucepan over low heat.

Cook for 5 min until it comes together.

Turn off the heat and stir through your toppings. Serve warm.



Blue Chia Pudding

Blue – Kombucha + Energy

5 tbsp chia seeds

300ml coconut milk

drop of vanilla Extract (optional)

1-2 tsp Mavella Superfoods
Kombucha + Energy

Toppings: coconut flakes,
blueberries, mint, etc.



Method

Mix all ingredients together in a medium bowl. Adjust the flavor by adding more Kombucha as desired. Cover and place in the refrigerator for about 20 minutes.

Serve with your favorite toppings and enjoy!

Double Probiotic Jelly

Blue – Kombucha + Energy

Blue jelly:

2 cups water

1-2 tsp Mavella Superfoods
Kombucha + Energy

2 tbsp powdered un flavored
gelatin

White clouds:

1 1/3 cup milk

1 cup greek yogurt

1 Tsp vanilla

1 tbsp Agar Agar



Method

Prepare two silicone molds or pyrex (glass) pans.

For the kombucha, boil 1 cup water and dissolve the gelatin. Add 1 cup room temperature water and 1-2 tsp Mavella Superfoods Kombucha + Energy.

Mix well and pour in the mold or container. Set aside.

For the yogurt clouds: mix the yogurt, 2/3 of the milk and vanilla extract and bring to a boil. Turn off the heat and dissolve the agar agar.

Mix in the remaining milk and pour in the mold or container.

When the two mixtures have cooled down, save in the fridge until solid.

You can use cookie cutters to make the clouds and serve the two together.





Blue Yogurt & Berries Bark

Blue – Kombucha + Energy



1 cup greek yogurt

1-2 tsp Mavella Superfoods
Kombucha + Energy

Handfull of blueberries

Handfull of sliced strawberries



Method

In a small bowl, combine the greek yogurt and Mavella Superfoods Kombucha + Energy and mix well.

Line a baking sheet with parchment paper and spread the yogurt mix until flattened.

Sprinkle the toppings evenly.

Set in the freezer for at least 3 hs.

Cut or break the bark and place in freezer safe container





Blackberry Cookies

All Things Blue



- 1/2 cup fresh blackberries
- 75g softened butter
- 1/2 cup granulated sweetener of choice (xylitol/erithritol/coconut sugar)
- 1 1/4 cup all-purpose flour
- 1 tsp baking soda
- 1/4 cup white chocolate chips
- Pinch of salt
- 1 tsp Mavella Superfoods All Things Blue



Method

Preheat the oven to 180c. Line a cookie sheet with parchment paper.

Place the blackberries in a pan and cook 1 min. In a small bowl, puree with a whisk or immersion blender. Set aside.

In a medium bowl, cream the butter and sweetener until fluffy. Add the blackberry puree and mix well.

Sift in the flour and baking soda. Mix in Mavella Superfoods All Things Blue. Finally, fold in the chocolate chips.

Chill the dough in the refrigerator for 30 min, then roll into balls, place them on the cookie sheet and press down slightly.

Bake 10 min, until the edges are set.



Vegan Blue Butter

All Things Blue



1 cup refined coconut oil

1/4 cup olive oil

1/2 cup almond milk

1 tbsp nutritional yeast

1 tsp apple cider vinegar (optional)

1 tsp Mavella Superfoods All Things Blue

Method

Melt coconut oil and let cool down to room temperature.

Place all ingredients in a blender and blend until well combined.

Line a ramekin or small container with parchment paper and pour in the mixture.

Place in the fridge for at least an hour until set.

Place the butter on a butter plate and store in the fridge.

Mango Popcorn

Australian Grown - Mango



1/4 cup popcorn kernels

1 tbsp coconut oil

1 tbsp maple syrup

1/4 cup melted coconut oil

1 tbsp Mavella Superfoods
Australian Grown - Mango

Method

In a large pot, melt 1 tbsp coconut oil on the bottom. Add in the popcorn kernels and put a lid on the pot.

Turn the stove on medium-high heat. Once the oil starts sizzling, shake the pot to agitate the kernels.

Keep shaking the pot until most of the popping stops.

Dump the popcorn in a big bowl. In a smaller bowl, mix together the coconut oil, maple syrup and Mavella Superfoods Australian Grown Mango.

Pour the mix over the popcorn and toss until well distributed and coated

