



Mavella[®]
Superfoods
Nourishing the next generation



SUPERFOODS RECIPES

Perfect for fussy eaters!



Our story

In a world saturated with so many processed foods we found that our children were lacking in nutrition.

Like most parents getting some decent nutrition into them is a difficult task especially for fussy eaters.


When we did our research prior to product development we discovered that

- Almost 3 children in every 5 don't eat enough fruit
- Less than 1 child in 5 eats enough vegetables
- More than half of children aged between 9 and 13 fall short on their dietary calcium intake
- 4 in every 5 children eat too much saturated fat
- Approximately 33% of children don't eat breakfast on a daily basis

So we set out to develop an easy to use and great tasting Superfood product for kids. It is our passion for our products to have a much higher nutrient intake with a wide range of essentials vitamins and minerals to help supplement their diets. We ourselves have experienced the fussy eater syndrome so they also had to taste good, smell good and look good without adding sugar and artificial nasties. We wanted our products to be loved by kids and trusted by parents. So, it was important to us to only manufacture products that we would feed our own personal kids. Hence the brand is inspired by our children's names, Maverick and Ella, hence Mavella.



Ella



The Mavella Superfood range was intended initially as a smoothie-boosting blend to add to milk or water but very quickly became a very versatile baking ingredient because it tasted so yummy and was an easy way to sneak in that extra nutrition. We began receiving numerous recipes from other like-minded parents so we created this book, as many amazing mums have shown us inspiration on how they used Mavella Superfoods and we wanted to be able to share this with other parents. We truly appreciate the overwhelming support from the community.

Thanks Jaime and Cheryl



Maverick

What is the Boost Range?

It is 4 products each with a different flavour and function on the body and they are made in Australia under the highest accredited quality system HACCP and ISO9001. We have proudly sourced Australian grown fruit and vegetables.

We use a special technique where we take the fresh fruit and vegetables and we then dry these at low temperatures to preserve the natural vitamins, enzymes and nutrients. It also helps to maintain the aroma, colour and flavour. Once the water is removed our fruits and vegetables become the most powerful and concentrated goodness per teaspoon on the market.

For Example: 10 kg of fresh beetroot condenses down to 1 kg of powder.

Here is an example of what just one ingredient nutritionally contains:

Organic Beetroot Powder

Magnesium 295 mg/100g

Vitamin B6 Pyridoxine Hydrochloride 0.42 mg/100g

Thiamine (B1) 0.06 mg/100g

Vitamin A <50 IU/100g

Vitamin K <5 mcg/100g

Choline 31.2 mg/100g

Selenium 0.014 mg/100g

Calcium 272 mg/100g

Iron 72 mg/100g

Niacin (B3) 1.60 mg/100g

Vitamin B12 0.600 mcg/100g

Vitamin E <0.5 IU/100g

Riboflavin (B2) 0.565 mcg/100g



We have also added into each Mavella Superfood product a special combination of Organic Pea Protein and Organic Brown Rice Protein. Together they provide a natural all round combination of essential amino acids. Plus there's Prebiotics, Probiotics, Omegas and much more.

Mavella's Superfood Product Attributes

- Made from real fruits and vegetables which are locally processed in Australia
- 100% All Natural
- Free from artificial colours & flavours
- Free from preservatives and artificial sweeteners
- No hidden nasties
- Contains certified organic ingredients
- Egg free
- Formulated in conjunction with naturopaths
- Versatility in cooking
- Australian Made

**If you love our products please continue to share.
We truly value your help in creating product awareness
and appreciate all feedback and reviews.**







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A vibrant red smoothie in a glass jar with blackberries, overlaid with a teal circle containing the word 'SMOOTHIES'. The background is a dark wooden surface with fresh green herbs and blackberries.

SMOOTHIES

Chocolate Smoothie

- 1 banana
- 1 tablespoon of honey
- 1 cup milk
- 1 tablespoon Mavella BRAIN BOOST

METHOD

1. Combine all ingredients in blender and enjoy.



Recipe and image by @howwemontessori



Did you know

ONE OF THE INGREDIENTS IN MAVELLA BRAIN BOOST IS THE POPULAR ALL NATURAL AND ORGANIC PERUVIAN SUPERFOOD CACAO WHICH GIVES A CHOCOLATE TASTE. FINALLY A HEALTHY AND NATURAL CHOCOLATE DRINK!



Blueberry Blast Smoothie

- 1/2 cup vanilla yogurt
- 1/2 cup milk
- 1 cup frozen berries
- 2 teaspoons honey
- 1 teaspoon Mavella IMMUNE BOOST

METHOD

1. Combine all ingredients in a blender and blend until combined and frothy. Serve immediately.

Did you know

MAVELLA IMMUNE BOOST INCLUDES DRIED BLUEBERRIES POWDER. IT PROVIDES A SOURCE OF ANTIOXIDANTS, AND IS ONE OF THE MOST POPULAR FRUITS IN THE BERRY FAMILY THAT HAS AMAZING TASTE AND ARE PACKED WITH WHOLESOME GOODNESS.



Tropical Smoothie

- 1 banana
- 1/4 cup milk
- 1/2 cup vanilla yogurt
- 1/2 tablespoon honey
- Ice (if needed)
- 1 teaspoon Mavella BODY BOOST

METHOD

1. Combine all ingredients in a blender and blend until combined and frothy. Add ice if desired. Serve immediately.



Did you know

PEA PROTEIN IS IN ALL MAVELLA SMOOTHIES AND IS AN EXCELLENT PROTEIN SOURCE FOR THOSE WHO ARE VEGAN OR VEGETARIAN. PEA PROTEIN IS 80% PROTEIN AND IS ALSO GLUTEN FREE. WITH A NEUTRAL TASTE, IT'S IDEAL TO ADD TO SMOOTHIES, PORRIDGE OR USED IN BAKING SUCH AS CAKES, BISCUITS OR MUFFINS TO INCREASE PROTEIN INTAKE.



Chocolate Peanut Butter Smoothie

- 1 banana
- 1 tablespoon of peanut butter
- 1 cup milk
- 1 tablespoon Mavella BRAIN BOOST

METHOD

1. Combine all ingredients in blender and enjoy.

Did you know

WE LOVE SEEING ALL YOUR CREATIONS AND LITTLE ONES! PLEASE CONTINUE TO SHARE ON OUR INSTAGRAM AND FACEBOOK.

Oaty Superfood Smoothie

- 1/4 cup oats
- 1 banana
- Drizzle of honey
- 1/2 teaspoon chia seeds
- 1 cup milk
- 1 teaspoon Mavella VEGGIE BOOST

METHOD

1. Combine all the ingredients in your blender.
2. Let the chia seeds soak for a few minutes so that they don't cause tummy upsets once they are swallowed.
3. Blend until combined.



Recipe and images by The Lunchbox Mum



Did you know

BROWN RICE PROTEIN, WHICH IS IN ALL MAVELLA SMOOTHIES - IS A VERY MILD, SWEET FLAVOUR AND MIXES WELL INTO SMOOTHIES. ONE INTERESTING THING IS WHEN COMBINED WITH PEA PROTEIN TOGETHER THEY HAVE A ALL ROUND COMBINATION OF AMINO ACIDS. THEY ARE AN EXCELLENT NATURAL PLANT PROTEIN SOURCE. PROTEIN IS THE MAIN BUILDING BLOCKS FOR THE HUMAN BODY.





BREAKFAST

Berry Smoothie Bowl

- 1/2 cup yoghurt
- 1/2 cup unsweetened almond milk
- 1 banana
- 1 tablespoon Mavella IMMUNE BOOST

METHOD

1. Put in a blender yoghurt, unsweetened almond milk, a banana and some Mavella IMMUNE BOOST.
2. Top smoothie bowl with lots of fruit (which includes activated buckwheat, chia and flax).



Recipe and image by @howwemontessori



Did you know

MAVELLA IMMUNE BOOST IS PACKED FULL OF 9 SUPERBERRIES, ALL KNOWN TO BE HIGH IN ANTIOXIDANTS AND ALL INTO 1 TEASPOON (WHICH INCLUDES STRAWBERRIES, POMEGRANATES, BLUEBERRY, ELDERBERRIES, CRANBERRY, BLACKCURRANT, GOJI AND ACAI AND RASPBERRIES.

Porridge Smoothie Bowl

- 1/4 - 1/2 porridge
- 2/3 milk
- Fruit of your choice
- 1 tablespoon Mavella IMMUNE BOOST

METHOD

1. Combine porridge and milk in bowl.
2. Place in microwave on high for 2 minutes.
3. Stir in Mavella IMMUNE BOOST.
4. Add fruit to top.



Recipe and image by @wholesome.cook

Did you know

POMEGRANATES ARE AN EXCELLENT SOURCE OF VITAMIN C, KNOWN FOR KEEPING GUMS, TEETH AND BONES HEALTHY. POMEGRANATE POWDER IS FOUND IN THE MAVELLA IMMUNE BOOST.

Healthy Coco Puffs

- Puffs
- Rice Malt Syrup
- Coconut Oil
- Mavella BRAIN BOOST

METHOD

1. Add ingredients and mix in a bowl by hand.



Recipe and image by @lovmecarlo

Did you know

MAVELLA BRAIN BOOST CONTAINS AUSTRALIAN MADE BLUEBERRY AND KALE PLUS THERE'S PROBIOTICS AND PREBIOTICS AND VITAMIN C, WHICH IS BENEFICIAL FOR NORMAL BRAIN FUNCTION.



Buckwheat Pancakes

- 1 ripe banana
- 2/3 cup almond milk
- 1 teaspoon vanilla extract
- 1 cup buckwheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 tablespoon coconut oil
- 1 heaped teaspoon of ANY Mavella SUPERFOOD POWDER

METHOD

1. In a mixing bowl, puree the banana, almond milk and vanilla extract with a stick blender.
2. In a separate large mixing bowl, mix the dry ingredients together. Add the banana/milk mixture into the dry ingredients and stir until combined.
3. Heat the coconut oil in a pan over medium heat. Using a ladle, gently scoop approximately 1/3 of a cup of batter into the pan.
4. Flip after bubbles have formed.
5. Serve with berries and yoghurt.



Did you know

EVERY MAVELLA SMOOTHIE PRODUCT HAS ITS OWN UNIQUE FUNCTIONAL BENEFIT, SUCH AS MAVELLA IMMUNE BOOST CONTAINS VITAMIN C, ZINC, PRE AND PROBIOTICS AND COLOSTRUM, WHICH IS GREAT FOR HELPING TO FIGHT OFF NASTY GERMS.

Blueberry Buckwheat Pancake Recipe

- 1/2 cup Buckwheat Flour
- 1/2 cup Almond Flour
- 1 cup Rice Milk (If you can enjoy oat milk this makes a great alternative)
- 2 tsp Flax Meal
- 1 tsp G/F Baking Powder
- 1/2 cup Frozen Organic Blueberries or fresh if in season
- 1 teaspoon Mavella IMMUNE BOOST

METHOD

1. Add all ingredients except blueberries into a blender and blitz until smooth.
2. Heat a non stick fry pan with a little oil or desired spread (we use Nuttelex Vegan Spread) and pour mini pancakes.
3. Add the blueberries to the top of the pancakes while cooking.
4. Once surface looks like it is less "wet" or somewhat cooked, it is time to flip.
5. Allow to cool on a paper towel so that blueberries no longer hold steamy heat.
6. Serve with a little Natural Yoghurt and additional sliced fruit if preferred and watch the family gobble up these delicious pancakes before you have time to tidy the kitchen.



Recipe and image by @Gingernotes Nutritionist

Did you know

ALL MAVELLA SUPERFOODS HAVE A LONG SHELF LIFE. BUT THEY ARE SO GOOD, THEY WON'T LAST ANYWAY. PERFECT FOR THE WHOLE FAMILY.





LUNCH

Pizza

- Pizza base
- Tomato Passata
- Ham
- Cheese
- Mavella VEGGIE BOOST

METHOD

1. Preheat oven 200°C.
2. Spread tomato passata on base.
3. Add ham and cheese.
4. Sprinkle Mavella VEGGIE BOOST.
5. Bake for 20 minutes.



Recipe and image by @rileycrumpet



Did you know

MAVELLA VEGGIE BOOST IS THE HASSLE FREE WAY TO SNEAK IN THE VEGETABLES WITHOUT NAGGING AND BRIBERY. IT HAS A SAVOURY TASTE SO PERFECT FOR MEALS. CONTAINS: SWEET POTATO, BEETROOT, SPINACH, BROCCOLI, KALE, CARROT, CAULIFLOWER AND PUMPKIN



Chicken Nuggets

- 100g chicken mince
- 1/2 zucchini chopped
- 1/3 cup broccoli
- 1/3 cup cauliflower
- 1 clove garlic
- 1 egg
- 1/2 cup bread crumbs
- 1/4 cup grated cheese
- 2 teaspoon cornflower
- 1 teaspoon Mavella VEGGIE BOOST

METHOD

1. Preheat the oven to 180 degrees.
2. Add chicken and veggies to food processor and blend until smooth.
3. Add remaining ingredients.
4. And blend until mixed.
5. Dollop teaspoons in "nugget shapes" onto grease proof lined baking tray.
6. Bake in the oven at 180 degrees for 10-15 minutes.



Recipe and image by @along.came.archer

Did you know

ALL MAVELLA SUPERFOODS BLENDS WERE NUTRITIONALLY RESEARCHED BY NATUROPATHS AND NUTRITIONISTS BUT MADE TASTY BY REAL MUMS.

Lazy Lady Quiche

- 8 free range eggs
- Salt and pepper to taste
- 150g Bacon Diced
- Chorizo Diced
- Chicken breast Diced
- Parsley, basil and chives
- Puff pastry
- Pie dish baking paper
- 2 teaspoon Mavella VEGGIE BOOST

METHOD

1. Pre heat oven to 200°C.
2. Pan fry all the meats and set aside in a bowl.
3. Place baking paper in dish and pastry evenly over base with a little hanging over the edges.
4. Whisk all the eggs and herbs in a bowl
5. Add meats to bowl.
6. Pour over pastry.
7. Place in oven for 30 min or until puffy crust and firm quiche.



Recipe and image by @mumma_gibbie



Did you know

OUR BABY PROBIOTIC FORMULA WAS CREATED AS MANY OF OUR CUSTOMERS USE OUR OTHER MAVELLA SUPERFOODS AND WE WERE WANTING SOMETHING FOR THEIR LITTLEST ONE/S (UNDER 12 MONTHS) TO ASSIST THEIR BABY'S IMMUNE SYSTEM AND GIVE A HEALTHY START TO LIFE.



Veggie Chicken Rolls

- 1 cup of breadcrumbs
- 500g chicken mince
- 1 egg
- 1 zucchini
- 1 carrot
- ½ onion
- 2 teaspoons of parsley leaves
- 4 sheets of puff pastry
- 1 egg lightly beaten
- 1 tablespoon of Mavella VEGGIE BOOST

METHOD

1. Preheat oven 200°C.
2. Line tray with baking sheets.
3. Grate carrot, zucchini, and onion.
4. Add: breadcrumbs, chicken mince and unbeaten egg to food processor.
5. Use mixture in bowl and add in grated carrot, zucchini, and onion, parsley leaves, Mavella VEGGIE BOOST and mix with hands.
6. Place 1 pastry sheet on floured bench.
7. Spoon 1/8 of mixture down pastry, leave about 2 cm from edge, then roll the pastry, so looks like thick tube. Cut in three rolls. Put some fork pricks in sausage rolls, so doesn't split.
8. Brush with 1 egg lightly beaten.
9. Then repeat with other sheets.
10. Bake for 25 to 30 minutes until lightly browned.



Did you know

MAVELLA VEGGIE BOOST WAS DESIGNED FOR THE FUSSY EATER WHERE MUMS STRUGGLE TO GET THEIR KIDS TO EAT VEGETABLES. WITH 7 SUPER CONCENTRATED VEGGIES ITS LIKE A VEGGIE PATCH ALL IN 1 TEASPOON.



Mac and Cheese

- 350g macaroni pasta
- 1 medium cauliflower
- 1 low sodium vegetable stock cube
- 200ml/¾ cup milk
- 100g/1 cup grated cheddar cheese
- 1 tablespoon butter
- ½ teaspoon dijon mustard
- salt and pepper to taste
- 25g/¼ cup grated cheddar cheese
- 15g/¼ cup breadcrumbs
- cherry tomatoes
- 1 tablespoon Mavella VEGGIE BOOST



METHOD

1. Preheat the oven to 200°C.
2. Cook the macaroni in a pan of boiling water according to the package instructions.
3. Cut the cauliflower into small florets. Place in a saucepan with the stock cube. Cover with boiling water and cook for 5-6 minutes until the cauliflower has softened.
4. Once the cauliflower has cooked, drain it and add to a blender, along with the milk, grated cheese, Mavella VEGGIE BOOST, butter and Dijon mustard. Blitz until all the ingredients have combined to a sauce consistency. If it seems too thick then add a little extra milk. Season with salt and pepper if you wish.
5. Drain the pasta and return it to the saucepan. Add in the cauliflower sauce and mix well.
6. Transfer the pasta into one large or several small baking dishes. Sprinkle the extra cheese and breadcrumbs on top and finally finish with a whole cherry tomato.
7. Bake in the oven for 10-15 minutes until the top is crispy.
8. Allow to cool a little and then serve.

Tips for fussy eaters

WITHOUT GOING TO UNNECESSARY LENGTHS, TRY TO MAKE YOUR CHILD'S FOOD NOT ONLY TASTES GOOD BUT LOOKS GOOD TOO.





**SUPERFOOD
SNACKS**



Hidden Veg Oreo Balls

- 1 packet of oreos
- 1 cup shredded coconut
- Optional teaspoon of coconut oil
- 25gm Mavella VEGGIE BOOST

METHOD

1. Blend the oreos, shredded coconut and Mavella VEGGIE BOOST together in a food processor until it forms a fine crumbly mix.
1. Form the mixture into balls, if the mix is too dry add some coconut oil.
1. Best eaten after being in the fridge for 1 - 2 hours.



Recipe and Image by Kate Shelby



Did you know

MAVELLA VEGGIE BOOST IS NOT ONLY PACKED FULL OF MANY HIDDEN VEGETABLES IT ALSO CONTAINS SOME NOURISHING GREENS SUPERFOODS: BARLEY GRASS, WHEAT GRASS AND SPIRULINA. IT IS THE PERFECT WAY TO SNEAK IN THE GREEN GOODNESS. SSH! DON'T TELL THE KIDS.

Easy No Sugar Choc Popcorn

This Choc Popcorn recipe is a great addition to movie night or school lunch boxes without compromising on sugar content.

- 125g popping corn
- 1 heaped tablespoon Mavella BRAIN BOOST

METHOD

1. Pour popping corn into a paper bag and fold over bag using tape to close.
2. Pop your corn in the microwave and cook for roughly 2-2 ½ minutes.
3. When Kernels stop popping every 3-4 seconds you know your corn is ready.
4. Take out popping corn and put in a large bowl.
5. Distribute Mavella BRAIN BOOST evenly throughout popcorn.
6. Store in a sealed container or zip lock bags.



Recipe and Image by Kate Shelby



Did you know

CONCENTRATED VEGETABLE KALE POWDER IS FOUND IN THE MAVELLA BRAIN BOOST - KALE POWDER PROVIDES THE MOST CONVENIENT SOLUTION TO ENSURE YOU GET YOUR GREENS IN. KALE IS KNOWN AS 'KING OF THE SUPERGREENS' AS IT CONTAINS AN ABUNDANCE OF NUTRITIONAL GOODNESS. KALE ALSO PROVIDES A SOURCE OF IRON FOR HEALTHY ENERGY LEVELS.

Blueberry Chocolate Chip Cookies

- 1/4 cup coconut oil
- 1/2 applesauce
- 1/4 cup of honey
- 1/4 cup maple syrup
- 1 large egg
- 2 teaspoon vanilla essence
- 1 cup wholemeal flour
- 2 cups of oats
- 1/2 cup cocoa powder
- 1/4 cup flaxseeds
- 1/4 cup chia seeds
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup blueberries
- 1/2 cup miniature chocolate chips
- 1 tablespoon Mavella IMMUNE BOOST



METHOD

1. Preheat oven to 175°C and line two baking sheets with baking paper.
2. In a large bowl combine the flour, oats, Mavella IMMUNE BOOST, cocoa powder, flaxseeds, chia seeds, cinnamon, baking soda and salt.
3. Add the dry ingredients to the wet and mix until it comes together.
4. Fold in blueberries and roll 2 tsp of mixture into balls, press 1 tsp of chocolate chips into the top of each cookie, flattening them slightly with damp fingers.
5. Bake for 15 minutes, cool slightly then transfer to a wire rack to cool completely.
6. Store in an airtight container or refrigerate.



Did you know

HIDDEN INSIDE MAVELLA IMMUNE BOOST IS BEETROOT POWDER - A VIBRANT SUPERFOOD THAT PROVIDES A SWEET AND EARTHY TASTE. BEETROOT POWDER PACKS IN A WHOLE LOT OF NUTRITIONAL GOODNESS.

Carrot and Zucchini Cake

- 1 1/2 cups wholemeal self raising flour
- 1 teaspoon all spice
- 1 teaspoon cinnamon
- 1/2 teaspoon bi-carbonate soda
- 1/2 cup coconut sugar
- 1 carrot grated
- 1 zucchini grated
- 1/2 cup sultanas
- 1/2 cup coconut oil melted
- 2 free-range eggs beaten
- 1 tablespoon Mavella VEGGIE BOOST

METHOD

1. Preheat oven to 180°C. Line a loaf tin with baking paper.
2. Combine flour, all spice, cinnamon, Mavella VEGGIE BOOST and bi-carbonate of soda in a bowl.
3. Stir in sugar, carrot, zucchini and sultanas.
4. Fold through melted coconut oil and whisked eggs.
5. Spoon mixture into the prepared loaf tin.
6. Bake for 55-60 mins, or until cooked when tested with a skewer.
7. Cool in the tin for 5 minutes before turning onto a wire rack to cool completely.
8. Store in an airtight container in the pantry for 1-2 days or pre-slice and freeze.



Recipe and images by @Ggenktim



Did you know

MAVELLA VEGGIE BOOST CONTAINS SWEET POTATOES, THESE ARE AN EXCELLENT SOURCE OF VITAMIN A. THEY ARE ALSO A VERY GOOD SOURCE OF VITAMIN C, MANGANESE, POTASSIUM, VITAMINS B5, B3, B1, B2, B6 AND A GOOD SOURCE OF FIBRE.

Strawberry Bliss Balls

- 1/2 punnet strawberries
- 6 medjool dates
- 1 cup cashews
- 1 1/2 cups quinoa puffs
- Dedicated coconut or chia seeds
- 2 tablespoons Mavella IMMUNE BOOST

METHOD

1. Place all ingredients in food processor.
2. If it's too wet add more cashews or puffs.
3. Roll in dedicated coconut or chia seeds.
4. Place in refrigerator.



Recipe and image by @lovecarlo



Did you know

MAVELLA IMMUNE BOOST IS MADE IN AUSTRALIA FROM FRESH HIGH QUALITY INGREDIENTS, WHICH ARE DRIED USING SPECIAL TECHNOLOGY TO ENSURE THAT THEY RETAIN THEIR ESSENTIAL NUTRIENTS AND ARE FULL OF THEIR ORIGINAL RAW FLAVOUR AND COLOUR. FEEL GOOD KNOWING THAT EVERY SPOON IS PACKED WITH NUTRITIONAL UMPH!

Banana Choc Chip Muffins

- 1 egg
- 2/3 cup sugar
- 1/2 cup chocolate chips
- 2/3 cup milk
- 2 bananas
- 1 1/2 cups self raising flour
- 1 tablespoon Mavella BRAIN BOOST

METHOD

1. Place all ingredients in mixing bowl and mix.
2. Place in cup cake trays.
3. Oven 180°C.
4. 20 minutes.



Did you know

CHIA IS THE WORLD'S HIGHEST PLANT SOURCE OF NATURAL OMEGA 3. RESEARCH SHOWS OMEGA-3S ARE ESSENTIAL FATTY ACIDS THAT HELP FEED THE BRAIN AND KEEP IT HEALTHY. CHIA IS INCLUDED IN MAVELLA BRAIN BOOST.

Yoghurt with Immune Boost

- 1 small tub coconut yoghurt
- 1 teaspoon Mavella IMMUNE BOOST

METHOD

1. We use coconut yoghurt which is so creamy but feels lighter in the tummy.
2. Add a teaspoon of Mavella IMMUNE BOOST into the yoghurt.



Did you know



ACAI BERRY IS A SMALL ROUND, DEEP PURPLE FRUIT OBTAINED FROM THE ACAI PALM TREE IN THE AMAZON. THIS FAMOUS AMAZONIAN SUPERFOOD IS PACKED WITH ANTIOXIDANTS (ANTHOCYANINS, POLYPHENOLS, VITAMINS A, C AND E), HEALTHY FATS INCLUDING MONOUNSATURATED FATS AND OMEGA FATTY ACIDS AND LOTS OF DIETARY FIBRE. THIS POWERFUL SUPERBERRY IS ONE OF THE MANY SUPERBERRYS IN THE MAVELLA IMMUNE BOOST.

Cacao Bliss Balls

- 1/2 cup oats
- 1/3 cup honey
- 1/2 cups desiccated coconut
- 1/2 cup cacao powder
- 1/4 cup coconut oil
- 1 teaspoon Mavella BRAIN BOOST

METHOD

1. Put all the ingredients into a food processor and whiz them together well. (If you don't have a food processor, try mixing it all by hand).
2. The mixture should be wet but not soaked. If you find it too wet just add some more coconut. If it's too dry, add more oil.
3. Roll tablespoons of the mixture into balls with your hands, then roll the balls in shredded coconut and place them on a cookie tray.
4. Put them in the freezer for approximately 30 minutes, or until they set.



Did you know

CHIA SEEDS HAVE 5 TIMES MORE CALCIUM THAN MILK. CHIA SEEDS ARE PART OF THE MAVELLA BRAIN BOOST RECIPE.

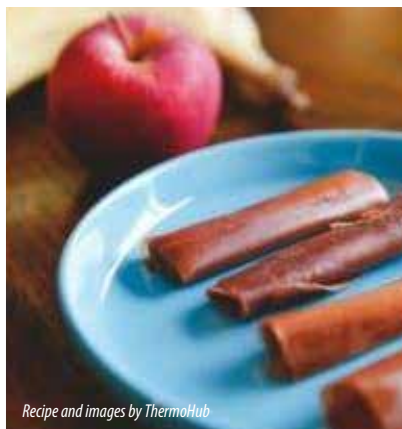
Immune Boosting AppleBerry Fruit Straps

Thermomix method

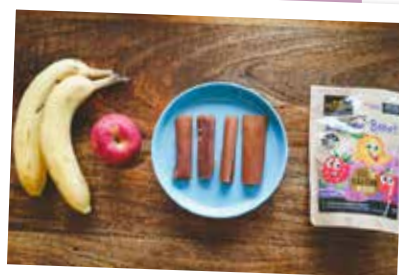
- 450g apples, peeled, cored and quartered
- 1 banana
- 10g fresh lemon juice
- 1 tsp raw sugar
- 20g Mavella IMMUNE BOOST

METHOD

1. Preheat a fan forced oven to it's lowest temperature. My oven's lowest is 70°C.
2. Add the apples and banana to the bowl and cook for 10-11 mins/varoma/speed 2 replacing the measuring cup (MC) with the simmering basket.
3. Meanwhile, line 2 flat baking trays with baking paper. If you can, use trays that have no sides. It makes it a lot easier to smooth the mixture out evenly as you can get your spatula horizontal.
4. Add lemon juice, sugar and Mavella IMMUNE BOOST then puree the mixture at speed 5, gradually increasing to speed 9 over 1 min.
5. Pour half the mixture onto each of the prepared trays and smooth out as evenly as you can, aiming for around 3 mm thickness (this works best for peeling and rolling once cooked).
6. Cook in the oven for 6-8 hours. The fruit straps are ready why they feel dry and are no longer sticky. It is worth taking the trays out of the oven and checking all over, as you may find slightly thicker patches that are still 'wet' and will need longer.
7. Cut through the middle length wise and then cut each strap to the desired size (10 cm/4 inches works well). A pizza cutter or the tip of a sharp knife are best to cut your straps with.
8. Roll up and store in an air tight container with layers of baking paper in between so your straps don't stick together.



Recipe and images by ThermoHub



Did you know

APPROX 12KG STRAWBERRY PUREE = 1KG POWDER STRAWBERRY.
SO ITS SUPER CONCENTRATED. THIS IS IN OUR MAVELLA IMMUNE BOOST.

Brain Boosting Choc Coconut Banana Mini Loaves

Thermomix method

- 2 large or 3 small bananas (the riper the better)
- 30g honey
- 50g raw sugar
- 10g desiccated coconut
- 150g self raising flour
- 1 egg
- pinch of salt
- 20g Mavella BRAIN BOOST

METHOD

1. Pre-heat your oven to 160°C and grease a mini-loaf tin (or muffin tin well)
2. Add the bananas, honey and raw sugar to the bowl and mix for 10 secs/ speed 4. Scrape down the sides.
3. Add the remaining ingredients and mix for 20 secs/ speed 2.
4. Pour the mixture into a mini loaf or muffin tray, filling each only three quarters of the way.
5. Bake for 20 mins (muffins may take slightly less time). Loaves are ready when you can insert a skewer and it comes out clean. Leave them the tin for around 10-15 mins and then place on a wire cooling rack.



Did you know

NO PROCESSED SUGAR HAS BEEN ADDED TO MAVELLA BRAIN BOOST TO ENHANCE ITS TASTE. TO SPRUCE UP THE LITTLE ONE'S TASTEBUDS, THERE IS HEALTHY PRESENCE OF ORGANICALLY GROWN 'PERUVIAN CACAO' WHICH ALLOWS FOR A RICH, CREAMY CHOCOLATEY TASTE WITH EACH SERVING.

Body Boosting Tropical Banana Mini Loaves

Thermomix method

- 2 large or 3 small bananas (the riper the better)
- 30g honey
- 50g raw sugar
- 150g self raising flour
- 1 egg
- pinch of salt
- 20g Mavella BODY BOOST

METHOD

1. Pre-heat your oven to 160°C and grease a mini-loaf tin (or muffin tin well)
2. Add the bananas, honey and raw sugar to the bowl and mix for 10 secs/ speed 4. Scrape down the sides.
3. Add the remaining ingredients and mix for 20 secs/ speed 2.
4. Pour the mixture into a mini loaf or muffin tray, filling each only three quarters of the way.
5. Bake for 20 mins (muffins may take slightly less time). Loaves are ready when you can insert a skewer and it comes out clean. Leave them in the tin for around 10-15 mins and then place on a wire cooling rack.



Recipe and image by Thermohub

Did you know

MAVELLA BODY BOOST IS BURSTING WITH REAL FRUIT POWDERS AND HAS ADDED VITAMINS AND MINERALS. THEY ARE VITAMINS A, B'S, C, CALCIUM, AND IRON. GREAT FOR GROWING BODIES!

Immune Boosting Banana Berry Mini Loaves

Thermomix method

- 2 large or 3 small bananas (the riper the better)
- 30g honey
- 50g raw sugar
- 150g blueberries (fresh or frozen)
- 150g self raising flour
- 1 egg
- pinch of salt
- 20g Mavella IMMUNE BOOST

METHOD

1. Pre-heat your oven to 160°C and grease a mini-loaf tin (or muffin tin well)
2. Add the bananas, honey and raw sugar to the bowl and mix for 10 secs/ speed 4. Scrape down the sides.
3. Add the remaining ingredients and mix for 20 secs/ speed 2.
4. Pour the mixture into a mini loaf or muffin tray, filling each only three quarters of the way.
5. Bake for 20 mins (muffins may take slightly less time). Loaves are ready when you can insert a skewer and it comes out clean. Leave them the tin for around 10-15 mins and then place on a wire cooling rack.



Recipe and image by Thermohub



YOU CAN ALSO MAKE MINI MUFFINS WITH THIS RECIPE!

Did you know

A TAILORED PROBIOTIC BLEND IS INCLUDED IN 3 OF THE MAVELLA SMOOTHIE RANGE. THIS PROBIOTIC BLEND CONTAINS THE FOLLOWING 4 STRAINS: LACTOBACILLUS ACIDOPHILUS, BIFIDOBACTERIUM BIFIDUM, BIFIDOBACTERIUM LONGUM & BIFIDOBACTERIUM LACTIS WITH A VIABLE CELL COUNT OF 24 BILLION CFU/G. IT IS IDEAL TO TAKE IN COMBINATION WITH PREBIOTICS (INULIN & FOS) FOR COMPLETE GUT HEALTH AND WELLNESS.

Choc Bars

- 4 cups of puffed rice
- 2 cups of desiccated coconut
- 1/4 cup of chia seeds
- 1/2 cup of coconut oil
- 1 cup of rice malt syrup
- 1/4 cup of cacao powder
- 1 teaspoon of Mavella VEGGIE BOOST

NOTE – You can substitute rice malt syrup with RAW honey – make sure it's a nice candied or thick honey, you can use less and it will still hold together – this will be a much sweeter version than the rice malt syrup version

METHOD

1. Place all ingredients in a big mixing bowl.
2. Melt the coconut oil and rice malt syrup over a low heat (don't let it get too hot, just so you can stir together and then take off heat) and add to bowl of dry ingredients.
3. Combine mix with hands.
4. Press into a lined baking tin so it's at least 1 cm thick and flatten with your hands.
5. Pop in fridge to set and slice into bars when ready – store in the fridge.



Recipe and image by The Lunchbox Mum



Did you know

APPROX 10.9KG CARROT JUICE CARROT = 1KG CARROT POWDER,
FOUND IN MAVELLA VEGGIE BOOST.

Veggie Muffins

- 1 cup whole wheat flour
- 1/2 cup rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs
- 2 medium carrots
- 1/4 cup coconut oil
- 2-3 mashed bananas
- 2 heaped teaspoons
Mavella VEGGIE BOOST

METHOD

1. Preheat oven to 180°C and grease muffin tin.
2. Add dry ingredients in bowl and combine together.
3. Mash banana in separate bowl.
4. Melt coconut oil.
5. Add wet ingredients and carrot with banana and combine until well mixed.
6. Pour wet ingredients into the bowl with dry ingredients and fold everything together.
7. Drop a tablespoon of batter into each muffin cup and bake for 15-20 minutes or until muffins are golden.
8. Remove from oven and allow to cool.



Recipe and image by Caitie

Did you know

BROCCOLI IS A GREAT SOURCE OF VITAMINS K AND C, A GOOD SOURCE OF FOLATE (FOLIC ACID) AND ALSO PROVIDES POTASSIUM, FIBER. VITAMIN C – BUILDS COLLAGEN, WHICH FORMS BODY TISSUE AND BONE, AND HELPS CUTS AND WOUNDS HEAL. VITAMIN C IS A POWERFUL ANTIOXIDANT AND PROTECTS THE BODY FROM DAMAGING FREE RADICALS. CONCENTRATED BROCCOLI IS FOUND IN MAVELLA VEGGIE BOOST.

Apricot Balls

*Apricot & Berry,
Apricot & Mango or
Apricot & Choc/Cacao*

- 1 pack Arnotts plain biscuits
- 300g dried apricots
- 400g condensed milk
- 1 cup dessicated coconut
- 1 tablespoon of your choice of Mavella IMMUNE BOOST or BODY BOOST, or BRAIN BOOST

METHOD

1. Combine biscuits and apricots to food processor.
2. Once chopped all other ingredients to food processor.
3. Roll into balls in dessicated coconut.
4. Refrigerate for an about hour.



Recipe and image by Kate Shelby (Australian Mum)



Did you know

APPROX 7.5KG OF FRESH MANGO = 1KG MANGO POWDER. THIS CONCENTRATED FRUIT MANGO IS IN BOTH MAVELLA IMMUNE BOOST AND BODY BOOST.



Chocorific Energy Protein Bars

- 2 small ripe bananas
- 1/4 cup almond flour
- 1/4 cup flaxseeds
- 1/4 cup cacao powder
- 1/3 dried blueberries
- 1/2 cup protein powder
- Optional mix ins ; mixed nuts, chocolate pieces, coconut flakes, other dried fruit
- 1-2 tablespoons Mavella BRAIN BOOST

METHOD

1. In a mixing bowl, mash bananas and mix in almond flour, flaxseeds, brain boost, cacao powder and protein.
2. Add in dried blueberries (and any other mix-ins).
3. Grease a small pan or baking sheet, and spread mix evenly until it is about 1-1.5cm thick.
4. Bake for approx 25 minutes or until firm.
5. Cut into bar sizes or squares.



Did you know

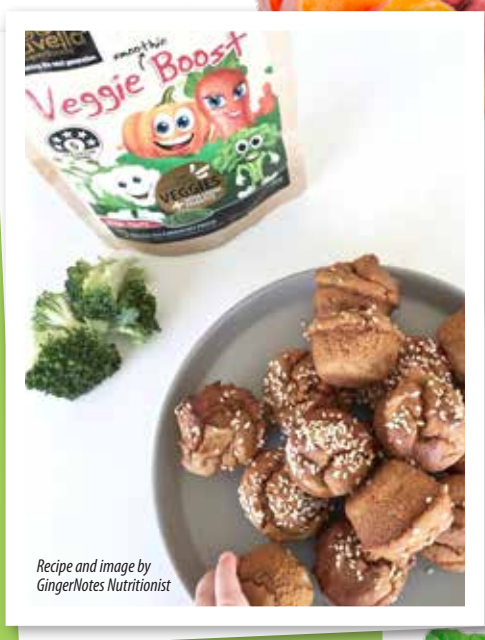
ALL THE MAVELLA SMOOTHIE RANGE CONTAINS A WONDERFUL COMBINATION OF TWO ORGANIC PLANT PROTEINS THAT TOGETHER PROVIDE A GOOD PLANT SOURCE OF PROTEIN AND ARE A NATURAL ALTERNATIVE TO WHEY DAIRY BASED FORMULAS.

Savoury Muffins

- 1 cup pre-roasted sweet potato
- 1 cup almond meal
- 1 large banana
- 1/2 cup 100% nut butter
- 2 large eggs
- 1 tablespoon extra virgin olive oil
- 1 teaspoon vanilla extract (optional)
- 1/4 cup Mavella VEGGIE BOOST

METHOD

1. Preheat oven to 180°C fan-forced and grease your mini muffin tray.
2. Blend all ingredients together until well combined and evenly portion into your muffin tins, load the cases up high.
3. Bake for approx. 16-18 minutes and allow to cool before removing from the tray.
4. Enjoy the healthy benefits of wholesome ingredients rich in nutrients to support the growth and developments of those tiny tummies – how easy was that!



Recipe and image by
GingerNotes Nutritionist

Did you know

CAULIFLOWER IS AN EXCELLENT SOURCE OF VITAMIN C, VITAMIN K, FOLATE, MANGANESE, PANTOTHENIC ACID, AND VITAMIN B6. WE USE 100% AUSTRALIAN CAULIFLOWER AND ITS INCLUDED IN MAVELLA VEGGIE BOOST. IT TAKES 20KG OF FRESH TO CONDENSE DOWN TO 1KG OF POWDER SO ITS SUPER CONCENTRATED.

Muffins using Brain Boost

- 2 mashed bananas
- ½ cup of mixed seeds (Can use a mix of buckwheat, sunflower seeds, linseed, millet, pepitas, poppy seeds, chia, amaranth, and quinoa)
- 1 egg
- ½ cup of plain or greek yoghurt
- 1 cup of self raising flour
- 1 tablespoon of Mavella BRAIN BOOST

METHOD

1. Combine all ingredients in a bowl. Spoon mixture into large patty pans or muffin trays.
2. Bake in oven at 180°C (350°F) for around 15 minutes or until golden.
3. This makes 9 large muffins.
4. For a more chocolately taste you could add a tablespoon of cacao and if you need it sweeter you could add a tablespoon or so of honey. Totally delicious and really good for the children.



Did you know

APPROX 4.5KG OF FRESH BLUEBERRIES = BLUEBERRY 1KG POWDER - NUTRIENT DENSE - FULL OF GOODNESS! BLUEBERRIES POWDER IS ONE OF THE MANY SUPERFOODS INCLUDED IN MAVELLA BRAIN BOOST.

Brain Boost Cacao Brownies

- 1/2 cup coconut flour
- 2 chia eggs (1/2 cup warm water + 2 tablespoons chia seeds)
- 1 tablespoon honey
- 1 teaspoon bicarb soda
- 1 cup pre-cooked sweet potato
- 1/2 cup walnuts
- 1/4 cup Mavella BRAIN BOOST

METHOD

1. Preheat your oven to 170°C fan forced and line a brownie tray with baking paper.
2. Prepare your chia eggs by placing the chia and warm water in a small bowl and give a good stir. Allow the chia to swell while you add all the remaining ingredients into a food processor.
3. Finally add the chia seeds and blend until smooth. Add the mix into the baking tray and sprinkle over some crushed walnuts. Bake for about 30mins or until the surface feels firm when pressed. It will set more once it has left the oven, coconut flour is funny this way.



Did you know

CERTIFIED ORGANIC CACAO POWDER (PRONOUNCED "CU-COW") REFERS TO THE THEOBROMA CACAO TREE FROM WHICH COCOA IS DERIVED, AND IS USED WHEN REFERRING TO UNPROCESSED VERSIONS OF THE CACAO BEAN. SO ITS MORE NATURAL THAN COCOA AND YET STILL HAS A RICH CHOCOLATY TASTE. WE'VE INCLUDED THIS WONDERFUL RAW MATERIAL IN OUR MAVELLA BRAIN BOOST.



Gluten Free Super Doughnuts

- 1 1/2 cups self raising gluten free flour
- 3 tablespoon brown sugar
- 2 eggs
- 3/4 cup milk
- 100g butter softened
- 2 teaspoon baking soda
- 2 tablespoon Mavella BRAIN BOOST

METHOD

1. Mix dry foods together
2. Add all the wet to the dry mix
(should be sticky and gluggy, but smooth similar to cookie consistency)
3. Add to your doughnut maker.
Makes about 18-24.



Recipe and image by @mumma_gibbsie

Tips for fussy eaters

IF CHILDREN WILL NOT EAT VEGETABLES, CREATE RECIPES WHERE VEGETABLES CAN BE BLENDED INTO SAUCES. SUCH AS CAULIFLOWER INTO A CHEESE SAUCE AND SNEAK IN THE VEGGIES BOOST TOO. WHAT CHILDREN CAN'T SEE, THEY CAN'T PICK OUT!



A top-down view of a rustic wooden table. In the upper right, several bright red tomatoes with green stems are clustered together. In the lower right, a head of garlic is partially broken, with several individual cloves scattered around it. On the left side, a light green ceramic bowl is filled with spaghetti topped with a rich, dark red tomato sauce. A large, teal-colored circle with a thin gold border is centered on the image, containing the word "DINNER" in white, bold, uppercase letters. To the left of the word, three dark green, curved lines radiate outwards, resembling a stylized exclamation point or a burst of energy.

DINNER

Cauliflower Rice

- 1 head cauliflower (about 1kg /2 lb. 3¼ oz.) separated into florets
- 4 slices bacon diced
- 4 organic free-range eggs whisked
- 2 tablespoons coconut oil
- 1 onions finely chopped
- 2 garlic cloves finely chopped
- 200g shiitake mushrooms sliced
- 2.5 cm ginger finely grated
- 50g bean sprouts
- 2 spring onions finely sliced
- 2 tablespoons coriander chopped
- 2 tablespoons flat-leaf parsley chopped
- 1 pinch sea salt himalayan salt
- 1 pinch freshly ground white pepper
- 1 – 2 tablespoons Mavella VEGGIE BOOST



METHOD

1. Pulse the cauliflower in a food processor until it resembles grains of rice.
2. In a large frying pan or wok, fry the bacon over high heat until crispy. Remove and set aside.
3. Pour the eggs into the pan and tilt the pan so that the egg covers the base. Cook for a few minutes, or until the egg is set. Remove, slice into thin strips and set aside.
4. Heat the coconut oil in the pan over high heat, add the onion and garlic and cook for a few minutes, or until softened. Stir in the mushrooms and ginger and cook for another few minutes.
5. Add the cauliflower and cook for 2–3 minutes, or until tender. Add the bacon, egg, sprouts, spring onion, herbs, and some salt, pepper and Mavella VEGGIE BOOST and cook for 2 minutes, or until everything is heated through and well combined.



Did you know

ALTHOUGH INULIN & FOS HAVE THE SAME MOLECULAR COMPOSITION, THE DIFFERENCE BETWEEN THEM IS THEIR CHAIN LENGTHS. INULIN IS CHARACTERISED BY LONGER SEGMENTS, WHILE FOS HAS SHORTER SEGMENTS, LEADING TO DIFFERENT FERMENTATION PROCESSES IN THE GUT. COMBINING THE TWO OFFERS YOU DOUBLE THE BENEFITS OF PREBIOTIC FIBRE! BOTH ARE IN ALL MAVELLA SUPERFOODS FORMULAS.

Sweet Corn Fritters

- 1 egg
- 1 cup self raising flour
- 1 x 310g can creamed corn
- 1/4 cup full-fat milk
- 1 teaspoon Mavella VEGGIE BOOST

METHOD

1. Whisk egg in a medium sized bowl.
2. Sift flour and add the corn, milk and Mavella VEGGIE BOOST with a fork.
3. Melt 2 teaspoons of butter in a frying pan over medium - low heat.
4. Gently drop spoonfuls of batter into the pan and allow to cook for a couple of minutes each side until golden-brown.



Did you know

IT'S NOT JUST POPEYE THAT BENEFITS FROM A DAILY SERVING OF SPINACH ! WHEN COMPARED ON A WEIGHT BY WEIGHT BASIS, SPINACH PROVIDES MORE NUTRIENTS THAN ANY OTHER FOOD. SPINACH IS AN EXCELLENT SOURCE OF VITAMINS A AND K, MINERALS SUCH AS IRON AND SOME B GROUP VITAMINS. SPINACH IS PART OF THE MAVELLA VEGGIE BOOST.

Tuna Bake

Thermomix method

- 250g shell pasta
- 2 slices of bread
- 110g parmesan, cubed
- 1/2 handful of parsley
- 200g tasty cheese, cubed
- 1 onion, quartered
- 2 garlic cloves, peeled
- 1 stick of celery, roughly chopped
- 40g butter
- 2 teaspoon curry powder (we like 2 heaped tsp)
- 20g plain/all purpose flour
- 350g milk
- 200g frozen corn
- 425g tin of tuna, liquid half drained
- Salt and pepper, to taste
- 3 teaspoons Mavella VEGGIE BOOST



Recipe and image by Thermohub



METHOD

1. Preheat oven to 180°C.
2. Follow packet instructions and cook pasta. Once ready, drain, rinse under hot water and place into your ThermoSever or similar to keep warm.
3. Rip the bread roughly as it goes into the bowl and blitz for 2 secs/speed 10. Set aside.
4. Place 80g of the parmesan into the bowl along with the parsley and grate 5 secs/speed 8. Add 100g of the tasty cheese to the bowl and grate for a further 3 secs/speed 8. Set this 'hulk' cheese aside.
5. Place the remaining parmesan and tasty cheese in the bowl and grate for 3 secs/speed 8. Set aside for topping.
6. Add the onion, garlic and celery to the bowl and chop for 3 secs/speed 5. Scrape down the sides of the bowl.
7. Add the butter, curry powder and Mavella VEGGIE BOOST powder and cook for 5 mins/100 degrees/speed 0.5.
8. Add flour, milk and mix for 4 secs/speed 4 and then cook for 6 mins/80 degrees/speed 1/ REVERSE.
9. Add the frozen corn and cook for an additional 5 mins/80 degrees/speed 1/ REVERSE.
10. Add the half drained tuna, 'hulk' cheese from earlier along with salt and pepper and mix for 10 secs/speed 1/ REVERSE, then cook for 3 mins/80 degrees/speed 1/ REVERSE.
11. Meanwhile, tip the pasta into a shallow oven safe dish and spread evenly across the base. Once ready pour the tuna mixture over the pasta, spreading as evenly as possible and mix the pasta through the sauce. Top with the second bowl of cheese and then the breadcrumbs.
12. Place into a fan forced oven for 20-25 mins.

Did you know

OUR DRYING FACILITY USES 7.6KG PUMPKIN TO MANUFACTURE JUST 1KG OF POWDER PUMPKIN WHICH IS A PART OF THE MAVELLA VEGGIE BOOST. WHO WOULD OF THOUGHT IT WOULD BE THAT SIMPLY TO INCORPORATE PUMPKINS INTO THE LITTLE'S ONES DIET?

Mini Chicken Balls

- 500g chicken mince
- 1/2 cup breadcrumbs
- 1 tablespoon chives
- 1 carrot
- 1/2 cup grated parmesan
- 2 tablespoons tomato paste
- 2 teaspoons Mavella VEGGIE BOOST

METHOD

1. Preheat oven 180°C.
2. Grate carrot.
3. In bowl mix, chicken mince, Mavella VEGGIE BOOST, breadcrumbs, chives, grated carrot, grated parmesan.
4. Grease baking tray.
5. Roll into balls, and brush tomato taste on top and add extra cheese on top too if you like.
6. Bake for 15 minutes.



Did you know

MAVELLA SUPERFOODS WAS HUMBLLED TO RECEIVE FIRST PLACE FOR BEST AUSTRALIAN HEALTH FOOD FOR 2016 AT THE AUSTRALIAN FOOD AND BEVERAGE AWARDS.

Spaghetti Bolognese

- 340g spaghetti
- 1 onion
- 1 carrot
- 1 stick celery
- 1 clove garlic
- 2 bacons rashers
- 4-5 tablespoons butter or margarine
- 120g mince
- ½ cup tomato sauce
- 1 cup stock (use stock cube)
- 1 cup grated cheese
- 1 – 2 tablespoons Mavella VEGGIE BOOST

METHOD

1. Place spaghetti in boiling water and cook for about 20 minutes or until tender.
2. Peel and slice vegetables finely. Cut bacon into small pieces.
3. Using 2 Tablespoons of butter, fry vegetables and bacon until lightly browned.
4. Add mince and stir well until colour has changed.
5. Add tomato sauce, stock and seasoning and simmer for 40 minutes.
6. Combine spaghetti, Mavella VEGGIE BOOST, sauce and remaining butter and most of the cheese.
7. Place into a serving dish and garnish with remaining cheese



Did you know

LUCUMA WHICH WE HAVE INCLUDED IN MAVELLA VEGGIE BOOST IS A FRUIT THAT IS NATIVE TO PERU. IT IS QUITE SIMILAR TO A CROSS BETWEEN A SWEET POTATO AND AN AVOCADO. THE FRUIT HAS BEEN CALLED "INCAN GOLD," AND IS USED IN MILKSHAKES, ICE CREAMS, AND SAVOURY BAKING FOR ITS CREAMY TEXTURES. THE INCANS CHERISHED THIS FRUIT AND REFERRED TO THE LUCUMA TREE AS THE "TREE OF LIFE."

Kids Carbonara

- 2 egg yolk
- Bacon pieces or chicken pieces
- 2 eggs
- 1/2 cup cream (thickened) we use lactose free but it's up to you
- Salt & pepper to taste
- Sprinkle of basil
- Sprinkle of oregano
- Pinch of marjoram
- Pasta of your choice - we use sweet potato fettuccine
- 2 tablespoons Mavella VEGGIE BOOST

METHOD

1. Cook pasta on stove and drain off water.
2. Whisk the eggs in a bowl with the salt and pepper.
3. Slowly add the cream and whisk (hand whisk is best or it becomes a little intense).
4. Add to your bacon and chicken (or just bacon).
5. Keep stirring the pan in low heat until well combined.
6. Toss in pasta of choice with Mavella VEGGIE BOOST and herbs.



Recipe and image by @mumma_gibbsie



Did you know

TOMATOES ARE ALSO A GOOD SOURCE OF VITAMINS A AND C, BOTH REQUIRED FIGHTING OFF INFECTION AND PROMOTING HEALTHY SKIN. 12KG OF TOMATOES IS USED TO CREATE 1KG OF CONCENTRATED POWDER. TOMATOES ARE PART OF THE MAVELLA VEGGIE BOOST AND HELP TO GIVE IT A NICE SAVOURY TASTE.







DESSERTS

Chocolate Mousse

- 400ml can coconut cream
- 1/4 cup honey (¼ cup)
- Cacao nibs
- 1 teaspoon Mavella BRAIN BOOST

METHOD

1. Mix in Mavella BRAIN BOOST with some coconut cream and honey.
2. Refrigerate overnight and top with cacao nibs.

Note - It has a real mousse texture. You can substitute honey with rice malt syrup and add more Mavella BRAIN BOOST or cacao if you like it more chocolatey.



Did you know

20KG KALE LEAVES IS USED TO MAKE 1KG OF OUR KALE POWDER. KALE IS ONE OF THE HEALTHIEST AND MOST NUTRITIOUS FOODS ON OUR PLANET. DID YOU KNOW PER CALORIE KALE HAS MORE IRON THAN BEEF AND MORE CALCIUM THAN MILK. IT IS PART OF THE MAVELLA BRAIN BOOST.

Frozen Yoghurt Pops

- 2 cups of Greek style natural yoghurt (or coconut yoghurt)
- 2 large ripe mangos
- 1 can (165ml) coconut milk
- 1 teaspoon cinnamon
- 1-2 tablespoons Mavella BODY BOOST

METHOD

1. Place all ingredients in a blender and whizz until smooth.
2. Pour into your ice pop moulds, stick a paddle pop stick in and freeze for at least 3 hours, or until set.



Did you know

MAVELLA BODY BOOST WAS DESIGNED FOR GROWING BODIES. IT IS PACKED FULL OF ORGANIC NATURAL PLANT PROTEINS, VITAMINS AND MINERALS TO BUILD HEALTHY, STRONG TEETH AND BONES. IT IS BURSTING WITH FLAVOUR AND GOODNESS OF REAL TROPICAL FRUITS (PINEAPPLE, PASSIONFRUIT, MANGO, PAPAYA, CARROT, AND BANANA). IT ALSO CONTAINS ADDED VITAMINS A, B'S, C, CALCIUM, IRON.

Super Easy Chia Pudding

Serves 4

- 1/2 Chia Seeds
- 2 cups coconut milk (homemade or natural)
- 1/4 cup (or less) Maple Syrup or Honey
- 1 teaspoon Mavella BRAIN BOOST

METHOD

1. Place all ingredients in blender and blend on high for 1-2 minutes until completely smooth.
2. Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to let gel. Stir or whisk a few times within the first hour to help it gel evenly.



Did you know

DID YOU KNOW 1 TABLESPOON OF CHIA SEEDS HAS THE EQUIVALENT OMEGA 3 CONTENT AS A 250GM SALMON FILLET. THAT'S A POWERFUL SUPER SEED. CHIA SEED POWDER IS IN MAVELLA'S VEGGIE BOOST, BRAIN BOOST AND IMMUNE BOOST.

Immune Berry Iceblocks

- 2 cups of coconut yoghurt
- 1 cup of frozen berries
- 1 can (165ml) coconut milk
- Small handful of fresh mint
- 1-2 tablespoons Mavella IMMUNE BOOST

METHOD

1. Place all ingredients in a blender and whizz until smooth.
2. Pour into your ice block moulds, and freeze for at least 3 hours, or until set.



Did you know

EVERY MAVELLA SMOOTHIE PRODUCT HAS ITS OWN UNIQUE FUNCTIONAL BENEFIT, SUCH AS MAVELLA IMMUNE BOOST CONTAINS VITAMIN C, ZINC, PRE AND PROBIOTICS AND COLOSTRUM, WHICH IS GREAT FOR HELPING TO FIGHT OFF NASTY GERMS.




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Superfoods

Nourishing the next generation

Baby Probiotic

Probiotics are friendly live bacteria that help maintain a natural balance of organisms in the intestines.

Mavella's BABY PROBIOTIC powder has been formulated to support your baby's immune system with 10 different probiotic strains and 10 billion good bacteria per serving.



Suitable
from
birth

Assists
baby's
immune
system

Prebiotic
support

Supports
a healthy
digestive
function


Helps
control
harmful
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Promotes
normal bowel
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