

# feeding your soul

FREE OF GLUTEN + DAIRY + SOY + CORN



INDULGE IN A WORLD OF SWEET DELIGHTS WITH OUR LATEST RECIPE BOOK, FEATURING DELECTABLE TREATS INFUSED WITH THE GOODNESS OF GOLDEN SALUTEM. EACH PAGE HAS MOUTHWATERING RECIPES THAT SATISFY YOUR SWEET CRAVINGS WHILE SUPPORTING YOUR ANTI-INFLAMMATORY AND GUT HEALTH JOURNEY.

INTEGER



## Pumpkin Spice Chia Pudding

1 serving  
30 minutes

### Ingredients

2 tbsps Chia Seeds  
1/3 cup Unsweetened Almond Milk  
2 tbsps Pureed Pumpkin  
1/4 tsp Pumpkin Pie Spice  
1 tbsp Unsweetened Coconut Yogurt  
(divided)  
1/2 scoop Golden SaluTem

### Directions

- 1 In a large bowl, combine the chia seeds with the almond milk, pumpkin, pumpkin pie spice, and Golden SaluTem. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the coconut yogurt and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Almond Milk:** Use coconut, cashew, hemp or oat milk instead.

**Likes it Sweet:** Add a drizzle of maple syrup or honey on top.

**Additional Toppings:** Top with nuts, seeds, fruit of choice, additional coconut yogurt and pumpkin pie spice, and garnish with a cinnamon stick and star anise.

**More Protein:** Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.



## Tahini Date Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Unsweetened Almond Milk
- 1 Banana (frozen)
- 3 tbsps Pitted Dates
- 2 tbsps Tahini
- 1/4 tsp Vanilla Extract
- 1/4 tsp Cinnamon
- 1/8 tsp Cardamom (optional)
- 1 scoop Golden Saltem

### Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Can be kept refrigerated in an airtight jar or container for up to two days.

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add frozen cauliflower, chia seeds, and/or collagen powder.



## No Bake Frosted Carrot Cake Bars

9 servings

55 minutes

### Ingredients

- 1 1/2 cups Almond Flour
- 3/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pureed Pumpkin
- 3/4 cup Cashew Butter (divided)
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk (divided)
- 1 cup Grated Carrot (finely grated)
- 3/4 cup Vanilla Protein Powder

### Directions

- 1 Line a square 9x9-inch baking dish with parchment paper.
- 2 In a large bowl, combine the almond flour, coconut flour, cinnamon, and half of the salt. Mix well.
- 3 In another bowl, combine the pumpkin purée, 2/3 of the cashew butter, maple syrup, and 1/4 of the almond milk. Mix until well combined, then add to the dry ingredients and continue to mix until a batter has formed.
- 4 Add the grated carrot into the dough and knead with your hands until fully incorporated.
- 5 Add the dough to the prepared baking dish and spread it evenly across the pan with your hands.
- 6 In a bowl, add the protein powder, remaining salt, remaining cashew butter, and remaining almond milk. Mix well until smooth. If needed, add more milk until desired frosting consistency, one tablespoon at a time.
- 7 Spread the frosting evenly over top of the dough with a spatula. Transfer to the fridge to set for at least 30 minutes. Slice, serve, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze individually for up to three months.

**More Flavor:** Add nutmeg, clove, and dried fruit.

**Drink:** Pour a glass of nut milk and mix in a scoop of Golden Saludem as a treat with your carrot cake bars.



## Matcha Energy Balls

14 servings

15 minutes

### Ingredients

- 1 cup Almonds
- 3/4 cup Hazelnuts
- 1 1/2 tbsps Green Tea Powder (matcha)
- 1 1/2 tbsps Coconut Oil
- 1 cup Pitted Dates
- 1/4 cup Unsweetened Coconut Flakes
- 1/4 tsp Sea Salt

### Directions

- 1 Add the almonds, hazelnuts, green tea powder, coconut oil, dates, coconut flakes and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands, roughly 1-inch in diameter. Dust with more green tea powder if desired. Store in the fridge or freezer until ready to enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days or in the freezer for three months.

**Serving Size:** One serving is equal to one energy ball.

**No Hazelnuts:** Replace with more almonds instead.

**Drink:** Wanting a little extra caffeine? Pair with 1 scoop of Golden Saludem in a plant-based milk. Golden Saludem has green tea extract, providing 40mg of naturally occurring caffeine.



## Chocolate & Zucchini Oat Cookies

22 servings

15 minutes

### Ingredients

1 1/2 cups All Purpose Gluten-Free Flour  
1/2 tsp Baking Soda  
1/2 cup Coconut Oil (melted)  
1/2 cup Coconut Sugar  
1 Egg  
1 Zucchini (medium, grated)  
1 cup Oats (rolled)  
1 cup Dark Chocolate Chips

### Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the flour and baking soda.
- 3 In a larger bowl, mix together the coconut oil, coconut sugar, and egg. Stir in the flour mixture until evenly combined. Fold in the zucchini, oats, and chocolate chips.
- 4 Portion the cookie dough into balls roughly two tablespoons in size, and place on the parchment paper, leaving two inches apart. Gently press the balls down. Bake for 12 to 14 minutes, until the bottom edges of the cookies are golden. Cool completely and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week. Freeze if longer.

**Serving Size:** One serving is equal to one cookie.

**Drink:** Serve as an afternoon pick-me-up with a glass of your favorite nut milk mixed with 1 scoop of Golden Saludem. Golden Saludem contains 40 mg of naturally occurring caffeine to get you out of your afternoon slump.



## Banana Bread Mug Cake

1 serving

5 minutes

### Ingredients

1/2 Banana (medium, ripe, mashed)  
2 tbsps Unsweetened Almond Milk  
1 tbsp Maple Syrup  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
3 tbsps All Purpose Gluten-Free Flour  
1/2 tsp Baking Powder

### Directions

- 1 In a tall mug combine the mashed banana, almond milk, maple syrup, almond butter, and vanilla extract. Stir in the flour and baking powder.
- 2 Microwave the mug cake for 2 minutes and 45 seconds until spongy to the touch and cooked through. Let the mug cake cool slightly then enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**More Flavor:** Add salt, cinnamon, and/or nutmeg.

**Additional Toppings:** Fresh banana slices, butter, coconut butter, and/or honey.

**No Almond Milk:** Use oat milk instead.

**Banana:** Half a medium, ripe banana yields approximately three tablespoons of mashed banana.

**Cooking Time:** Cooking time may vary depending on the microwave.

**Drink:** Make your mornings even brighter by serving alongside 1 scoop of Golden Saludem mixed with a cup of your favorite dairy-free milk.



## Sunflower & Blueberry Overnight Oats

1 serving

8 hours

### Ingredients

1 3/4 tbsps Sunflower Seed Butter (divided)  
1 1/2 tps Maple Syrup  
1/3 cup Oat Milk  
1/3 cup Oats (rolled)  
2 tps Chia Seeds  
1/2 cup Frozen Blueberries

### Directions

- 1 In a medium-sized bowl, combine half the sunflower seed butter with the maple syrup and oat milk and whisk well. Stir in the oats, chia seeds, and blueberries. Cover and let sit for at least three hours or overnight.
- 2 When ready to eat, divide into bowls or jars and top with remaining sunflower seed butter. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is about 1 1/4 cups.

**More Flavor:** Add a pinch of cinnamon.

**No Oat Milk:** Use another type of milk such as coconut.

**Drink:** Pair with a glass of Golden Saludem mixed with plant-based nut milk for your morning commute for an early morning boost.





## Sweet Potato Almond Muffins

9 servings

45 minutes

### Ingredients

- 1 Sweet Potato (small, peeled and cubed)
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Almond Butter
- 2 tbsps Maple Syrup
- 2 Egg (whisked)
- 1/2 tsp Cinnamon
- 1/2 tsp Baking Powder
- 1/2 cup Almond Flour

### Directions

- 1 Add the sweet potato to a steamer basket over boiling water and steam for eight to 10 minutes or until very tender. Transfer the cooked sweet potato to a mixing bowl and mash it until smooth. Let the sweet potatoes cool slightly.
- 2 Preheat the oven to 350°F (176°C) and line a muffin tray with baking cups or use a silicone muffin tray.
- 3 Add the applesauce, almond butter, maple syrup, and egg to the same bowl with the mashed sweet potato and mix until well combined. Add the cinnamon, baking powder, and almond flour and stir again.
- 4 Divide the batter between muffin cups. Bake for 20 to 22 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool completely. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to one muffin.

**Sweet Potato:** One small sweet potato is equal to a heaping 1/2 cup of mashed sweet potato.

**More Flavor:** Add pumpkin pie spice or vanilla extract.

**Drink:** Make your mid-morning treat even better by serving with your favorite nut milk and 1 scoop of Golden Salu™.



## Vanilla Chai Protein Smoothie

1 serving  
10 minutes

### Ingredients

1 cup Unsweetened Almond Milk  
1/2 cup Pureed Pumpkin  
1 Banana (frozen)  
1/2 tsp Vanilla Extract  
1/4 cup Vanilla Protein Powder  
1/2 scoop Golden SaluTem

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Pumpkin Pie Spice:** Use cinnamon instead.

**Toppings:** Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

**Extra Chai Flavor:** For additional chai flavor, use Truvani Organic Plant-Based Vanilla Chai protein.



## Apple Pie Pancakes

6 servings

30 minutes

### Ingredients

3 Egg  
3/4 cup Unsweetened Almond Milk  
3 tbsps Maple Syrup (divided)  
3/4 Lemon (juiced and divided)  
1 tsp Vanilla Extract  
1/2 cup Coconut Flour  
1/2 cup Arrowroot Powder  
1 1/2 tsps Baking Powder  
1/4 tsp Baking Soda  
1/4 tsp Sea Salt  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Coconut Oil  
1 Apple (cored and diced)  
1/2 tsp Cinnamon  
2 tbsps Almond Flour

### Directions

- 1 In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
- 2 In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
- 3 Mix in baking powder, baking soda, and salt.
- 4 Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
- 5 Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
- 6 Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
- 7 Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
- 8 Top apple pancakes with chunky apple cinnamon sauce and enjoy!

### Notes

**No Arrowroot Flour:** Use tapioca flour or cornstarch.

**Leftovers:** Store pancakes in the fridge and reheat them in the toaster.

**Drink:** Serve with a glass of your favorite nut milk mixed with 1 scoop of Golden Saludem to start your weekend off right.