

# **GET STARTED**

All of our dressings, spreads and dip recipes are divided up into the mixes used. There is something for everyone!

METHOD: Combine all ingredients in a small bowl, stir well/blend well, see icons next to the recipe.



Blend well



Stir well





#### MUSCLE POWER MANGO

2 tbsp Muscle Power 1 mango ¼ cup water 2 tbsp lemon juice



#### PROTEIN PEANUT DIP

MUSCLE POWER

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2 tbsp Muscle Power

1/3 cup peanut butter

1 tbsp maple syrup

1 tbsp chopped garlic clove

1 tsp soy sauce or tamari

1/4 cup water

salt and pepper to taste



#### **ENERGY BOMB ORANGE**



1 tsp Energy Bomb
1 cup fresh orange juice
1 tbsp olive oil
1 tbsp maple syrup
1 tbsp vinegar
salt and pepper to taste



#### **ENERGY MAPLE MUSTARD**



1 tsp Energy Bomb2 tsp mustard1 tbsp vinegar1 tbsp maple syrupsalt and pepper to taste



#### SKINNY PROTEIN TAHINI



2 tsp Skinny Protein
2 tbsp tahini
2 tbsp lemon juice
4-5 tbsp water
½ minced garlic clove
salt and pepper to taste



#### PROTEIN AVOCADO



2 tbsp Skinny Protein 1/4 cup water 1/2 avocado 1/2 zucchini 2 tsp capers



#### BERRY VINEIGARETTE

1 tsp Forever Beautiful 1 tbsp apple cider vinegar squeeze of lemon juice dash of black pepper



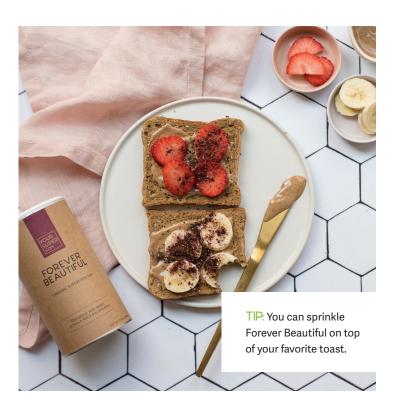
#### **BERRY BALSAMIC**

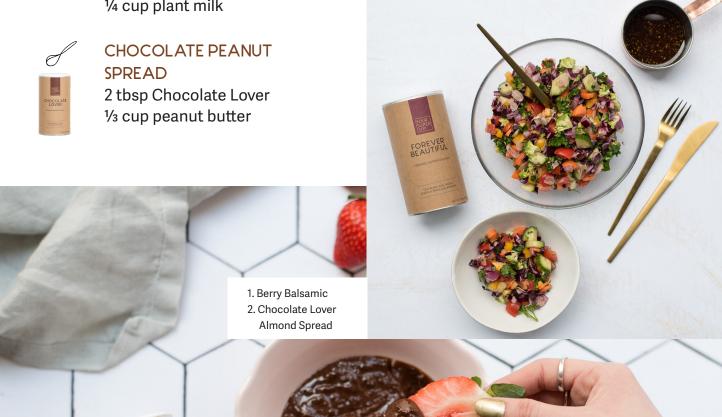
1tsp Forever Beautiful 2 tbsp balsamic vinegar salt and pepper to taste



## CHOCOLATE ALMOND **SPREAD**

3 tbsp Chocolate Lover 1/3 cup almond butter 1 tbsp maple syrup 1/4 cup plant milk





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#### SUPER AVOCADO

1 tsp Super Green 1 avocado cracked black pepper a squeeze of lemon juice



### **GREEN ENERGY**

1 tsp Super Green 1/4 cup water 1/2 cup of green peas 1/2 cucumber 3 olives



# AVOCADO TOMATO DRESSING



1 tsp Power Matcha
1 avocado
1 handful of sun-dried
tomatoes, chopped
1/4 red onion, cubed
salt and pepper to taste



#### **CREAMY CASHEW SAUCE**



1 tsp Power Matcha ¼ cup cashews ¼ garlic clove ½ cup water salt and pepper to taste

