



**YOUR  
SUPER<sup>®</sup>  
.COM**

**DIPS, SPREADS  
& DRESSINGS**



# 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



1. Energy Bomb Orange
2. Protein Peanut Dip
3. Skinny Protein Tahini



## MUSCLE POWER MANGO

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



## PROTEIN PEANUT DIP

- 2 tbsp Muscle Power
- ⅓ cup peanut butter
- 1 tbsp maple syrup
- 1 tbsp chopped garlic clove
- 1 tsp soy sauce or tamari
- ¼ 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 Bomb
- 2 tsp mustard
- 1 tbsp vinegar
- 1 tbsp maple syrup
- salt 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
- ¼ cup water
- ½ avocado
- ½ 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

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



### CHOCOLATE ALMOND SPREAD

3 tbsp Chocolate Lover  
 $\frac{1}{3}$  cup almond butter  
1 tbsp maple syrup  
 $\frac{1}{4}$  cup plant milk



### CHOCOLATE PEANUT SPREAD

2 tbsp Chocolate Lover  
 $\frac{1}{3}$  cup peanut butter



**TIP:** You can sprinkle Forever Beautiful on top of your favorite toast.



1. Berry Balsamic  
2. Chocolate Lover Almond Spread







### SUPER AVOCADO

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



### GREEN ENERGY

1 tsp Super Green  
¼ cup water  
½ cup of green peas  
½ cucumber  
3 olives



### AVOCADO TOMATO DRESSING

1 tsp Power Matcha  
1 avocado  
1 handful of sun-dried tomatoes, chopped  
¼ 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



**TIP:** You can sprinkle Power Matcha on top of your avocado toast.



1. Chocolate Peanut Spread
2. Super Avocado

