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# Healthy Holiday Recipes



Hi health lover!

It's the most wonderful time of the year! The halls are decked, the mistletoe is hung, and there's just one thing left for you to do...whip up those holiday goodies! But before you dust off your old recipe cards, try one of our healthy, festive recipes instead. Satisfy your sweet tooth with seasonal cookies and pie bars, or cosy up with a fa-la-la latte. Each recipe is completely plant-based and loaded with superfoods, so you don't have to give up your healthy habits.

While this year might look a little different, we hope you find some joy in the holiday season. Have a wonderful December and a happy new year!



xo Kristel & Michael



# HOW TO MAKE THE MOST OF YOUR E-BOOK



## Use Plant-Based Milk

- Oat milk
- Almond milk
- Coconut milk
- Cashew milk
- Hemp milk
- Rice milk



### SUPER TIPS:

- Freeze your ripe fruit for later!
- Add an extra superfood mix for added benefits!
- Not a fan of bananas? Try avocado or coconut milk for creaminess, instead.

## Make Your Own Gingerbread Spice

- 2 tbsp Ground Ginger
- 3 tbsp Ground Cinnamon
- 1 tsp Ground Allspice
- ½ tsp Ground Nutmeg
- ½ tsp Ground Cardamom
- 1 tsp Ground Cloves

Mix spices together and store in an airtight container or glass jar.



## Try A Natural Sugar Substitute

- Coconut sugar
- Maple Syrup
- Medjool dates
- Monk Fruit

YOUR SUPER  
MAGIC MUSHROOM

# Drinks



# GINGERBREAD CHOCOLATE LATTE



Serves 1

## INGREDIENTS:

- 1 tsp Magic Mushroom mix
- 1 tsp Plant Collagen mix
- 1/3 tsp gingerbread spice
- 1 tbsp maple syrup
- 250ml plant-based milk
- Optional: coconut whipped cream for serving

## DIRECTIONS:

1. In a small pot, heat the milk and add the maple syrup, gingerbread spice. Stir well.
2. If you have one, use a frother to make the latte extra frothy.
3. Turn off the heat and whisk in the Magic Mushroom mix and Plant Collagen mix.
4. Pour into a mug, serve with coconut.

# HEALTHY "EGGNOG"

Makes 1 bottle

## INGREDIENTS:

- 2 tsp Plant Collagen mix
- 600ml plant-based milk
- 250ml full-fat coconut milk
- 75g cashews
- 1 tsp cinnamon
- 1/4 tsp cardamom
- 1/4 tsp nutmeg
- 1 tsp vanilla extract

## DIRECTIONS:

1. Add all ingredients to a blender and blend until completely smooth.
2. Pour into a bottle and store in the fridge. Enjoy!



# PARTRIDGE IN A PEAR SMOOTHIE

Serves 1

## INGREDIENTS:

- 1 tsp Moon Balance mix
- 1 tsp Forever Beautiful mix
- 250ml plant-based milk
- 1 (frozen) ripe banana
- 1 pear, chopped
- A small chunk of ginger
- 1/2 tsp cinnamon
- Ice cubes (optional)

## DIRECTIONS:

1. Add all ingredients to a blender and blend until completely smooth.
2. Pour into a glass and enjoy!





# Breakfast

# BANANA CINNAMON FRENCH TOAST



Serves 2

## INGREDIENTS:

- 1 tbsp Muscle Power mix
- 1 tsp Magic Mushroom mix
- ½ ripe banana, mashed
- 120ml plant-based milk
- 2 tbsp maple syrup
- 2 tbsp cornstarch
- 1 tsp vanilla extract
- 1 tsp gingerbread spice
- 4 pieces of toast
- 1 tbsp coconut oil for frying

## DIRECTIONS:

1. Combine all ingredients except the toast and coconut oil in a big bowl and mix well with a whisk.
2. Melt the coconut oil in a pan over medium heat.
3. Dip the toast in the mixture and fry it in a pan.
4. Flip and fry from the other side.
5. Serve with some toppings, if desired, and enjoy!

# PUMPKIN PIE OATMEAL

Serves 1

## INGREDIENTS:

- 1 tsp Golden Mellow mix
- 250ml coconut milk
- 50g (gluten-free) quick oats
- 2 tbsp maple syrup
- 60g pumpkin puree
- ½ tsp pumpkin spice blend
- ½ tsp vanilla extract
- Topping suggestions: almond butter, pecans, coconut yoghurt, maple syrup

## DIRECTIONS:

1. Combine all of the ingredients, except the Golden Mellow mix, in a small pot.
2. Cook over medium heat, stirring often to prevent burning or sticking.
3. Remove from heat and stir in the Golden Mellow mix.
4. Serve in a bowl, add your favourite toppings and enjoy!



**SUPER TIP:** Add 1-2 tbsp of the Muscle Power mix for an extra boost of plant protein!





# GINGERBREAD OVERNIGHT OATS



Serves 1

## INGREDIENTS:

1 tsp Muscle Power mix  
1 tsp Chocolate Lover mix  
250ml plant-based milk  
50g quick oats  
2 tbsp maple syrup  
1 tsp gingerbread spice  
Topping suggestions: almond butter,  
walnuts, coconut yoghurt,  
maple syrup

## DIRECTIONS:

1. Combine all of the ingredients in a jar or bowl.
2. Cover and refrigerate overnight.
3. When ready to eat, add toppings and enjoy!





# Desserts

PLANT COLLAGEN  
ORGANIC SUPERFOOD MIX

YOUR SUPERFOOD  
FOODS, PEA PROTEIN,  
LUCUMA, VANILLA

# COCONUT VANILLA SNOWBALLS

Makes 9-10 balls

## INGREDIENTS:

2 tsp Plant Collagen mix  
100g shredded coconut  
50g almond flour  
6 tbsp coconut cream  
3 tbsp maple syrup  
More shredded coconut for rolling

## DIRECTIONS:

1. Add all of the ingredients to a blender or food processor and blend until well combined.
2. Using your hands, roll the mixture into balls.
3. Roll them in shredded coconut (optional).
4. Store in an airtight container in the fridge for up to 5 days. Enjoy!



# VANILLA THUMBPRINT COOKIES WITH MOON BALANCE CHIA JAM

Makes 10-12 cookies

## INGREDIENTS:

### COOKIES:

2 tsp Plant Collagen mix  
115g ground almonds  
90g oat flour  
1 tsp baking powder  
60ml maple syrup  
60ml melted coconut oil  
1 tsp vanilla extract  
A pinch of sea salt

### MOON BALANCE CHIA JAM:

1 tbsp Moon Balance mix  
125g (frozen) raspberries  
2 tbsp chia seeds  
2 tbsp maple syrup

## DIRECTIONS:

1. Combine all ingredients for the cookies in a bowl and mix well. The dough should be a little sticky and hold their shape - add a splash of plant-based milk if too dry.
2. Form little balls out of the dough and press them down on a baking tray, forming a little hole in the middle with your thumb.
3. Bake at 180°C for approx 15 minutes or until golden brown. Let cool.
4. Add the raspberries to a saucepan and 'melt' them over medium heat. Keep stirring until they form a sauce. Take off the heat and stir in the remaining ingredients. Let the jam thicken in the fridge.
5. Top each cookie with a spoonful of the jam. Enjoy!



# CINNAMON APPLE CRUMBLE



Serves 4

## INGREDIENTS:

1 tsp Energy Bomb  
3-4 apples, diced  
1 tbsp cinnamon  
3 tbsp coconut sugar  
70g ground almonds  
50g quick oats  
2 tbsp cornstarch  
1 tsp baking powder  
75ml maple syrup  
75ml melted coconut oil

## DIRECTIONS:

1. Preheat your oven to 180°C.
2. Sauté the diced apples with the cinnamon, coconut sugar, and a splash of water for around 5 minutes. Stir in the Energy Bomb mix and transfer the mixture to a baking dish.
3. Combine the remaining ingredients in a bowl and knead with your hands. The texture should be crumbly, but not too dry. Add a splash of plant-based milk if too dry.
4. Cover the apples with the crumble.
5. Bake for 25-30 minutes or until golden.
6. Enjoy!

# RAW CHRISTMAS BROWNIES



Makes around 9 brownies

## INGREDIENTS:

3 tbsp Magic Mushroom mix  
1 tbsp Chocolate Protein mix  
175g dates  
3 tbsp coconut oil  
1 tsp vanilla extract  
100g ground hazelnuts or almonds  
45g oat flour  
1 tsp gingerbread spice  
A pinch of salt  
175g dark chocolate chips  
60ml full-fat coconut milk  
Optional: crushed candy canes  
for decoration

## DIRECTIONS:

1. Blend the dates with the coconut oil and vanilla extract until you're left with a paste-like mixture.
2. Add the mixes, ground nuts, oat flour, gingerbread spice, and salt and blend again until everything is well combined. Fold in half of the chocolate chips.
3. Line a rectangular dish with parchment paper and press the brownie 'dough' into it firmly.
4. Place in a freezer for about 30 minutes.
5. Melt the remaining chocolate chips.
6. Pour over the brownie layer and top with crushed candy canes for decoration, if desired.
7. Cut the brownies into even squares and enjoy!



# CRANBERRY BLISS BALLS



Makes 9-10 balls

## INGREDIENTS:

- 1 tsp Moon Balance mix
- 1 tsp Forever Beautiful mix
- 130g dates
- 65g dried cranberries
- 75g almonds
- 50g walnuts
- ½ tsp cinnamon

## DIRECTIONS:

1. Place all of the ingredients in a blender and blend until sticky.
2. Using your hands, roll the mixture into balls.
3. Store in an airtight container in the fridge for up to 5 days. Enjoy!

# SPECULOOS COOKIE BUTTER

Makes 1 jar

## INGREDIENTS:

- 2 tsp Plant Collagen mix
- 75g cashews
- 75g almonds
- 3 tbsp maple syrup
- A splash of plant-based milk
- 1 tsp speculoos spice blend

## DIRECTIONS:

1. Add the nuts to a blender or food processor and process them into nut butter by blending for around 15 minutes. You can use pre-made nut butter instead of making your own.
2. Add the remaining ingredients and blend for another 30 seconds.
3. Scoop the cookie butter into an air-tight jar and enjoy on oatmeal, toast, and more!



**SUPER TIP:** Make your own speculoos spice blend by mixing 1 tsp fine black pepper, 1 tbsp cloves, 1 ½ tsp ginger, 1 tbsp nutmeg, ¾ tsp cardamom, and 3 tbsp cinnamon.





## PECAN PIE BARS

Makes 10 bars

### INGREDIENTS:

#### CRUST:

2 tbsp Muscle Power mix  
100g ground almonds  
50g oat flour (make your own by  
blending oats)  
60ml maple syrup  
75ml coconut oil, melted

#### FILLING:

1 tsp Magic Mushroom mix  
250g pecans, roughly chopped  
120ml coconut oil, melted  
60ml maple syrup  
150g coconut sugar  
2 tbsp almond butter  
1 tsp vanilla extract

### DIRECTIONS:

1. Preheat your oven to 180°C and line a rectangular baking dish with parchment paper.
2. Combine all ingredients for the crust in a bowl and mix well with your hands. Press the crust into the baking dish and flatten it with your hands.
3. Bake for 15 minutes. Let cool while preparing the filling.
4. Add the remaining ingredients, except the pecans, to a saucepan and let everything simmer for 5 minutes, constantly stirring. Add in the pecans and mix to combine.
5. Pour the filling onto the crust and bake for another 20 minutes.
6. Let cool, cut into even squares, and enjoy!



## CANDYCANE CHOCOLATE MOUSSE

Serves 2

### INGREDIENTS:

3 tbsp Magic Mushroom mix  
1 tbsp Chocolate Protein mix  
2 ripe avocados  
3 tbsp maple syrup  
6 tbsp coconut cream  
A few drops of peppermint extract  
Crushed candy canes for decoration

### DIRECTIONS:

1. Add all of the ingredients, except the candy canes, to a blender or food processor and blend until well combined. The texture should be smooth and silky.
2. Transfer to bowls and chill in the fridge until ready to serve.
3. Decorate with the candy canes, if desired, and enjoy!



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# CHOCOLATE LOVER

ORGANIC SUPERFOOD MIX

DACAO, CAROB, COCONUT,  
CHIA SEEDS & LUCUMA

NET WT 7.05oz (200g)



# CHOCOLATE BARK

Serves 4

## INGREDIENTS:

6 tbsp Chocolate Lover mix  
120ml coconut oil  
60ml maple syrup  
pinch of pink Himalayan salt  
(optional)  
3 tbsp almonds  
2 tbsp chopped dates  
2 tbsp coconut chips  
2 tbsp cacao nibs



## DIRECTIONS:

1. Line a baking tray with parchment paper. Set aside.
2. In a small saucepan, melt the coconut oil over low heat.
3. Remove from heat and stir in the maple syrup and Chocolate Lover mix until well combined.
4. Fold in the almonds and chopped dates.
5. Spoon the chocolate mixture onto the baking tray and use a spatula to spread it out.
6. Sprinkle coconut chips and cacao nibs over the top.
7. Freeze for 30 minutes or until solid, then break it apart and enjoy!
8. Store any leftovers in the freezer.





Now it's your turn - we want to see your  
favourite recipe creations!  
Tag us on instagram @yoursuperfoods and  
#yoursuper. We always love to hear from you :)



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