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PICNICS & POTLUCKS

Recipes to inspire a healthy,
sun-soaked summer.



I could not be more excited for this summer. Cities are opening up, things are slowly getting back to “normal,” and the longer days mean more time outside enjoying the sunshine, hanging with friends, and going to the local farmers market.

Do you have events you’re looking forward to this summer? I sure do! Which made me realize it is the perfect time to share some of my favorite healthy picnic and potluck recipes. Whether you’re enjoying a boho beach picnic or throwing a backyard potluck with your friends and family, these recipes will help you stay healthy while you enjoy the summer sun. So leave the store-bought dips at home and skip the sugar-packed sweets, these crowd-pleaser recipes will change the way you think about “party food.”

In this e-book, you’ll find lots of summer favorites and fresh recipes that will brighten up your plate and help improve your health. I can’t wait for you to try them. Seeing a picnic blanket filled with colorful fruits and veggies makes me so happy so be sure to snap a picture of your spread and tag us using #YourSuperfoods.

xo Kristel

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3 TIPS

For Creating The Perfect Picnic

- 1. Make a list**
Don't leave napkins, cups, utensils, or condiments behind! Make a list to be sure you have everything you need.
- 2. Pick a scenic location and spread out your most comfortable blankets, chairs, and pillows**
Make sure there's plenty of seating for your guests.
- 3. Keep it colorful**
The more fruits and veggies you serve, the more colorful and fun your picnic will be. And let's face it, everyone loves a pretty plate!

RECIPES

SUPER GUAC SANDWICH

Serves 2 | Vegan, Gluten-Free

SUPER GUAC INGREDIENTS:

1 tsp Power Matcha Mix
1 tsp Super Green Mix
4 slices gluten-free, whole-grain bread
1 large avocado
1 small garlic clove
½ lime, juiced
1 tomato, diced
½ small red onion, diced
salt & pepper, to taste

DIRECTIONS:

1. Place the avocado, garlic clove, lime juice, and mixes in a food processor, and blend until smooth and creamy.
2. Stir in the tomatoes and red onions, plus salt and pepper, to taste.
3. Spread the guac on two slices of bread.
4. Top with veggies and fixings.
5. Combine to make sandwiches and serve.

BEAN DIP

Serves 4 | Vegan, Gluten-Free

INGREDIENTS:

2 tsp Forever Beautiful Mix
1 can kidney beans
½ onion
½ lime, juiced
¼ cup water
1 tbsp taco seasoning
salt and pepper, to taste

DIRECTIONS:

1. Blend all ingredients in your food processor until creamy.
2. Serve in a bowl and dip your favorite veggies in it!



SUPER TIP: Top with some chives or cilantro!



SUPERFOOD CRACKERS

Serves 5 | Vegan, Gluten-Free

INGREDIENTS:

- 2 tbsp Plant Protein Mix
- 1 tsp Super Green Mix
- ½ cup oat flour
- ½ cup water
- ¼ cup chia seeds
- 2 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp sea salt
- cayenne, rosemary or oregano (optional)

DIRECTIONS:

1. Preheat the oven to 200°F and line a baking sheet with parchment paper.
2. Combine all of the ingredients in a bowl.
3. Set aside for 5-10 minutes so the seeds can absorb the liquids.
4. Spoon the mixture onto a lined baking tray and spread out evenly.
5. Optional: Cut the crackers before baking for a cleaner edge.
6. Bake for 2 hours.
7. Let cool completely, then break up into smaller pieces.

CINNAMON POPCORN

Serves 4 | Vegan, Gluten-Free

INGREDIENTS:

- 1 tsp Energy Bomb Mix
- 2 tbsp coconut oil
- 1 cup popcorn kernels
- 2 tbsp maple syrup
- 1 tsp ground cinnamon

DIRECTIONS:

1. Melt the coconut oil in a large pot.
2. Add the popcorn and stir to coat.
3. Cover and wait for the kernels to pop, then shake the pot every 10 seconds.
4. Once the popping starts to slow down, remove from heat and wait until all the kernels pop.
5. Transfer the popcorn to a bowl, add the remaining ingredients and stir to combine.



SUPER TIP:
For more greens, substitute the Skinny Protein Mix for the Plant Protein Mix.

PROTEIN PASTA SALAD

Serves 4 | Vegan, Gluten-Free

INGREDIENTS:

- 1 package penne pasta
- 1 can chickpeas, rinsed and drained
- 1 red bell pepper, chopped
- 1 English cucumber, chopped
- 1 small head of broccoli, chopped
- ½ small red onion, chopped
- 1 small carton cherry tomatoes, halved
- ⅓ cup fresh dill, chopped

Dressing:

- 2 tbsp Plant Protein Mix
- 1 large ripe avocado
- 1 medium lemon, juiced
- 2 tbsp apple cider vinegar
- 2 tbsp nutritional yeast
- ¼ cup water

DIRECTIONS:

1. Cook the pasta as directed, rinse with cold water, and set aside in the fridge for later.
2. Cut and chop all the vegetables and dill and put them in a large salad bowl with the rinsed chickpeas.
3. Prepare the dressing by combining all the ingredients in a blender and blending until smooth (can also be done by hand). Taste and adjust for flavor (more lemon or apple cider vinegar for tartness and more nutritional yeast for cheesiness).
4. Remove the cooked pasta from the fridge and add it to the salad bowl with the veggies, chickpeas, and fresh dill.
5. Toss everything with the dressing and add cracked black pepper to taste.



HUMMUS DIP

Serves 4 | Vegan, Gluten-Free

INGREDIENTS:

- 2 tbsp Plant Protein Mix
- 1 can chickpeas
- 1-2 garlic cloves
- ½ lemon, juiced
- 3 tbsp tahini
- salt and pepper, to taste

DIRECTIONS:

1. Drain the chickpeas, reserving the liquid.
2. Blend all of the ingredients in a high-speed blender or food processor until smooth (Adding 1 tbsp chickpea liquid as needed to achieve desired consistency.)
3. Transfer to a bowl and enjoy with crackers or veggies.

RECIPES

VEGAN “CHEESE” WHEEL

Serves 4 | Vegan, Gluten-Free

INGREDIENTS:

- 1-2 tsp Super Green Mix
- 2 cups raw cashews
- 2 cloves garlic
- ¼ cup nutritional yeast
- Juice of 1 lemon
- 2 tbsp apple cider vinegar
- ½ tsp sea salt
- 1 tbsp olive oil
- ¼ cup water

DIRECTIONS:

1. Soak cashews in boiling water for 30 minutes and drain.
2. Add all ingredients to a high-speed blender. Blend until creamy, slowly adding water as needed.
3. Adjust seasonings as needed, adding more apple cider vinegar for tanginess, nutritional yeast for cheesiness, and garlic for flavor.
4. Place a colander over a large mixing bowl, and lay down two layers of cheesecloth.
5. Scoop all cheese into the cheesecloth, then gather the corners and twist the top gently to form the cheese into a rounded shape. Secure with a rubber band.
6. Let rest in the refrigerator for at least 6 hours. (The longer it sits in the fridge, the more it will firm up).
7. To serve, unwrap from cheesecloth and gently invert onto a serving plate. Reshape with hands or cheesecloth as needed, then evenly sift Super Green Mix powder over the top of the cheese wheel.
8. Serve with crackers or veggies! (Enjoy within 3-5 days).

CREAMY VANILLA FRUIT DIP

Serves 4 | Vegan, Gluten-Free

INGREDIENTS:

- 4 tsp Plant Collagen Mix
- 2 cups raw cashews
- 2-4 tbsp maple or date syrup
- ½ cup water

DIRECTIONS:

1. Soak cashews in boiling water for 30 mins then drain.
2. Add all ingredients to a high-speed blender.
3. Blend for 1-2 minutes until smooth (add water if needed).
4. Serve with fresh fruit and enjoy within 3 days!



BROWNIE BITES

Makes 12 Bites | Vegan, Gluten-Free

INGREDIENTS:

- 4 tsp Chocolate Lover Mix
- 1 cup almonds
- 1 cup pitted dates
- 1-2 tbsp nut butter (optional)
- pinch of salt

DIRECTIONS:

1. Combine all ingredients in a food processor or high-speed blender until you're left with a sticky dough.
2. Roll the dough out on a flat, clean surface until it's approximately 1/2-inch thick.
3. Chill in the fridge for 30 minutes, then cut into squares and enjoy!

CHOCOLATE HUMMUS

Serves 4 | Vegan, Gluten-Free

INGREDIENTS:

- 4 tsp Magic Mushroom Mix
- 1 can chickpeas
- 1/4 cup maple syrup
- 3 tbsp nut butter
- 1/2 tsp vanilla extract

DIRECTIONS:

1. Drain and rinse the chickpeas.
2. Place all of the ingredients in a blender and blend until smooth, stopping to scrape down the sides as needed.
3. Transfer to a bowl and serve with sliced fruit.



SUPER TIP: For double chocolate hummus, add 2 tsp Chocolate Lover Mix!

SUPER TIP:
Add 2 tbsp Plant Protein Mix for extra protein.





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



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