

YOUR  
SUPER<sup>®</sup>  
.COM



# Fall Recipes

Hi health lover!

We're Kristel and Michael, the founders of Your Super. Not too long ago we were playing tennis at a professional level, enjoying an ideal lifestyle on and off the court.

When Michael was diagnosed with cancer at 24, all of that changed. While rebuilding his immune system after chemo treatments, he learned how important it is to fuel your body with a whole-food diet.

Kristel, with the help of her aunt, an orthomolecular nutritionist, created superfood mixes that Michael could easily add to his food and drink every day. It was so great to see how quickly he got his energy levels up and rebuilt his immune system!

We started sharing the mixes with friends and family, and many of them experienced very positive results. We knew we needed to share these superfoods with the world!

Your Super mixes have the convenience of a supplement as well as the power of naturally dried whole foods! They're designed with specific nutritional benefits and functions to make healthy eating easier for you!

We believe that you should know where your (super)food comes from. That's why we created a 100% transparent supply chain. We source all of our ingredients directly, we know where they come from and we try to have a positive impact on the local communities where they're sourced.

xo Kristel & Michael



## GIVING BACK

Your Super is B Corp certified — the highest standard for social corporate responsibility. The driving force behind Your Super, the whole reason we're in business, is to create change and improve people's health across the globe. Our customers, our employees, our suppliers, our community and the environment will always come before our bottom line.

### DID YOU KNOW?

Every year 2.6 million children around the world die from severe malnutrition. That's one child every 12 seconds. Life-threatening conditions currently affect 20 million children worldwide, but this can be prevented!

### WHAT WE GIVE

The most recent innovation in the fight against hunger are the effective Ready-to-Use Therapeutic Foods (RUTF) called the Plumpy'Nut® packages. This powerful package contains an extremely nutrient-rich paste made predominantly from peanuts and enhanced with a mixture of vitamins and minerals. This revolutionary product requires no refrigeration, clean water or cooking and has a shelf life of two years. By consuming three Plumpy'Nuts® a day for seven weeks, a child can recover from near death to certain survival.

### HOW WE GIVE

We're honored to have partnered with Action Against Hunger to coordinate the delivery of our Plumpy'Nut® donations. Action Against Hunger has pursued its vision of a world without hunger for over three decades by combating hunger in emergency situations of conflict, natural disaster and chronic food insecurity. Their reach extends to over 45 countries and their innovative programs in nutrition, food security, livelihoods, water, sanitation and hygiene help more than 9 million people each year.



## OUR MIXES

Your Super superfood and plant protein mixes are formulated for function! 100% organic and naturally dried superfoods without any fillers, sweeteners or anything artificial. Only the best nature has to offer. Simply add them to anything you eat, drink or snack on throughout your day to keep feeling more energized and healthier!

### SUPER GREEN

The easiest way to increase your intake of nutritious greens and natural micronutrients — with all essential vitamins and minerals. One spoonful equals one handful of greens!

**TASTE:** Earthy, fresh

**INGREDIENTS:** Wheatgrass, Barley Grass, Baobab, Moringa, Spirulina and Chlorella Powder

**SERVING SIZE:** 1 tsp

### FOREVER BEAUTIFUL

Nourish your skin from the inside out! One serving contains 110% of your daily vitamin C (boost your own collagen production!) plus omega-3 fatty acids, beauty vitamins A and E and antioxidants for healthy skin.

**TASTE:** Berry, slightly sweet

**INGREDIENTS:** Chia Seeds, Açai, Maqui, Acerola, Maca and Blueberry Powder

**SERVING SIZE:** 1 tsp

### CHOCOLATE LOVER

Relax, boost your mood and curb your cravings for sweets! This feel good mix is great for all sorts of healthy treats and snacks.

**TASTE:** Chocolatey, slightly sweet

**INGREDIENTS:** Cacao, Carob, Shredded Coconut, Chia Seeds and Lucuma Powder

**SERVING SIZE:** 2 tsp

### MUSCLE POWER

The perfect combination of plant protein and energizing superfoods. This mix contains 60% highly absorbable plant-based protein (including all 9 essential amino acids) and no sweeteners!

**TASTE:** Neutral, slightly sweet

**INGREDIENTS:** Rice Protein, Pea Protein, Maca, Lucuma and Banana Powder

**SERVING SIZE:** 2 tbsp

### ENERGY BOMB

Boost your energy levels for up to 8 hours. This mix is the perfect healthy coffee replacement and pre-workout booster! You will feel a difference the first time you try it.

**TASTE:** Berry, slightly tart

**INGREDIENTS:** Açai, Guarana, Maca, Lucuma and Banana Powder

**SERVING SIZE:** 1 tsp

### POWER MATCHA

This mix is high in antioxidants and natural caffeine, making it a great healthy alternative to coffee. The combination of brain and energy-boosting superfoods optimize your focus and productivity. And yes, it also counts as a portion of greens.

**TASTE:** Green, fresh

**INGREDIENTS:** Matcha, Moringa, Maca, Wheatgrass and Barley Grass Powder

**SERVING SIZE:** 1 tsp

### SKINNY PROTEIN

Green superfoods with 62% plant-based protein for the best post-workout recovery and hunger control.

**TASTE:** Earthy, green

**INGREDIENTS:** Pea Protein, Hemp Protein, Moringa, Spirulina and Alfalfa Powder

**SERVING SIZE:** 2 tbsp

### MELLOW YELLOW

This powerful blend of Ayurvedic herbs and adaptogens will help you unwind, de-stress and leave you feeling well-rested and rejuvenated.

**TASTE:** Slightly spicy, fresh

**INGREDIENTS:** Turmeric, Ashwagandha, Ginger, Cinnamon, Lucuma and Pepper Powder

**SERVING SIZE:** 1 tsp





## MUSCLE POWER

ORGANIC SUPERFOOD MIX

RICE PROTEIN, PEA PROTEIN,  
MACA, LUCUMA & BANANA

NET WT 14.1oz (400g)

## FOREVER BEAUTIFUL

ORGANIC SUPERFOOD MIX

CHIA SEEDS, ACAI, MACA,  
ACEROLA, MACA & BLUEBERRIES

NET WT 7.05oz (200g)

## MELLOW YELLOW

ORGANIC SUPERFOOD MIX

TURMERIC, ASHWAGANDHA, GINGER,  
CINNAMON, LUCUMA & PEPPER

NET WT 7.05oz (200g)

## SKINNY PROTEIN

ORGANIC SUPERFOOD MIX

PEA PROTEIN, HEMP PROTEIN,  
MORINGA, SPIRULINA & ALFALFA

NET WT 14.1oz (400g)

## POWER MATCHA

ORGANIC SUPERFOOD MIX

MATCHA, MACA, MORINGA,  
WHEATGRASS & BARLEY GRASS

NET WT 5.3oz (150g)

## ENERGY BOMB

ORGANIC SUPERFOOD MIX

ACAI, GUARANA, MACA,  
LUCUMA & BANANA

NET WT 7.05oz (200g)

## SUPER GREEN

ORGANIC SUPERFOOD MIX

WHEATGRASS, BARLEY GRASS, BAMBARA,  
MORINGA, SPIRULINA & CHLORELLA

NET WT 5.3oz (150g)

## CHOCOLATE LOVER

ORGANIC SUPERFOOD MIX

CACAO, CAROB, COCONUT,  
CHIA SEEDS & LUCUMA

NET WT 7.05oz (200g)



Creamy Pumpkin  
Oatmeal

# Recipes





## CREAMY PUMPKIN OATMEAL

Serves 1

### INGREDIENTS:

1 tsp Mellow Yellow mix  
1 cup oats  
1 cup coconut milk  
½ cup water  
⅓ cup pumpkin puree  
2-3 tbsp maple syrup  
(or chopped dates)  
toppings (optional)

### DIRECTIONS:

1. Combine all of the ingredients (except the Mellow Yellow) in a small pot.
2. Cook over medium heat, stirring often to prevent burning or sticking.
3. Remove from heat and stir in the Mellow Yellow mix.
4. Pour into a bowl and add toppings, if desired, and serve.

## BAKED PUMPKIN PIE OATMEAL

Serves 4

### INGREDIENTS:

2 tbsp Muscle Power mix  
1 tsp Mellow Yellow mix  
1½ cups plant-based milk  
⅓ cup pumpkin puree  
¼ cup maple syrup  
2 tbsp coconut oil  
1-2 tsp pumpkin pie spice (optional)  
1 tsp vanilla extract  
2 cups oats  
3 tbsp ground flax or chia seeds  
½ cup pecans or walnuts, chopped  
½ cup shredded coconut  
pinch of salt

### DIRECTIONS:

1. Preheat the oven to 360°F and set aside an oven-safe baking dish.
2. In a bowl, whisk together the plant-based milk, pumpkin puree, maple syrup, coconut oil, Muscle Power, Mellow Yellow, spices (if using) and vanilla extract.
3. Stir in the remaining ingredients to combine.
4. Pour the batter into the baking dish.
5. Bake for 35-40 minutes or until golden brown.
6. Let cool for 5-10 minutes before serving.





Baked Pumpkin Pie  
Oatmeal







## APPLE CINNAMON PANCAKES

Makes 8 pancakes

### INGREDIENTS:

2 tbsp Muscle Power mix  
1 tsp Energy Bomb mix  
1 apple, finely diced  
1½ cups oats  
1½ cups plant-based milk  
¼ cup unsweetened applesauce  
2 tbsp maple syrup  
2 tbsp melted coconut oil  
1 tbsp flax seeds  
1 tbsp ground cinnamon  
1 tsp baking powder  
toppings (e.g., maple syrup, fruit, nuts, etc.)

### DIRECTIONS:


1. Place all of the ingredients (except the diced apple) in a high-speed blender and blend until smooth.
2. Set the batter aside for a few minutes to let it thicken.
3. Fold in the diced apple.
4. Heat a large skillet (if your skillet's not non-stick, use coconut oil to grease it).
5. Spoon ¼ cup of the batter for each pancake onto the skillet.
6. Cook on both sides and repeat with the rest of the batter.
7. Stack the pancakes up, add your favorite toppings and serve.



## PUMPKIN ENERGY MUFFINS


Makes 9 muffins

### INGREDIENTS:



3 tsp Energy Bomb mix  
1½ cups oats  
1 cup ground almonds  
1 tbsp baking powder  
1 cup pumpkin purée  
¾ cup coconut sugar  
½ cup coconut oil, melted  
½ cup plant-based milk  
¼ cup sparkling water  
1 tsp vanilla extract  
½ cup walnuts or pecans, chopped

### DIRECTIONS:

1. Preheat the oven to 360°F and line a muffin tin with liners.
  2. In a bowl, combine the oats, ground almonds, and baking powder.
  3. In a separate bowl, whisk together the pumpkin puree, sugar, coconut oil, milk, sparkling water and vanilla extract.
  4. Pour the wet mixture into the dry and stir to combine.
  5. Spoon the batter evenly into muffin tins and top with nuts.
  6. Bake for 35-40 minutes or until golden brown.
  7. Let cool before serving.
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Apple Cinnamon  
Pancakes







# ROASTED BUTTERNUT SQUASH SOUP

Serves 2

## INGREDIENTS:

2 tsp Mellow Yellow mix  
1 butternut squash, peeled and diced  
1 onion, quartered  
1-2 garlic cloves  
1 can coconut milk  
2 cups vegetable broth (or water)  
salt and pepper, to taste  
ground nutmeg

## DIRECTIONS:

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. Place the butternut squash, onions, and garlic on the baking sheet and season with salt and pepper.
3. Bake for 30 minutes or until tender.
4. Transfer the vegetables to a blender.
5. Pour in the coconut milk and broth and blend until smooth.
6. Transfer to a large pot and simmer until heated through.
7. Turn off the heat and stir in the Mellow Yellow mix.
8. Season with nutmeg, plus more salt and pepper to taste.
9. Pour into bowls and serve.



Tip: Add 2 tbsp Muscle Power mix to the mix for extra protein.





## FOREVER BEAUTIFUL CHILI



Serves 4

### INGREDIENTS:

4 tsp Forever Beautiful mix  
3 tbsp coconut or olive oil  
1 large onion, diced  
2 garlic cloves, minced  
1 large sweet potato, diced  
1 can tomato sauce  
2 cans kidney beans  
1 can sweet corn, drained and rinsed  
2 tbsp maple syrup  
1 tbsp paprika  
1 tbsp Mexican spice blend  
salt and pepper, to taste

### DIRECTIONS:

1. Heat the oil in a large pot, then add the onions and garlic and sauté until translucent.
2. Add the sweet potatoes and tomato sauce and cook until the sweet potatoes are fork-tender.
3. Drain and rinse the beans.
4. Stir in the beans, corn, maple syrup and spices, plus salt and pepper to taste.
5. Mix well, then remove from heat and let cool before adding in the Forever Beautiful mix.
6. Divide equally among 4 bowls and serve.



## PUMPKIN RISOTTO

Serves 4

### INGREDIENTS:

2 tsp Mellow Yellow mix  
1-2 tbsp olive oil  
1 onion, diced  
1 garlic clove, minced  
1 cup risotto or arborio rice  
1 cup hokkaido pumpkin or butter-nut squash, peeled and finely diced  
4 cups vegetable broth  
¼ cup nutritional yeast  
salt and pepper, to taste

### DIRECTIONS:

1. Heat the oil over medium heat in a pot, then add the onions and garlic and sauté until translucent.
2. Stir in the rice and pumpkin and cook for 2 minutes, stirring constantly.
3. Pour in 1 cup broth and continue to cook until the liquid is absorbed.
4. Add another 1 cup broth and repeat the process until the rice is cooked and creamy.
5. Turn off the heat and stir in the Mellow Yellow mix, nutritional yeast, salt and pepper.
6. Spoon into bowls and serve.





# PUMPKIN SNICKERDOODLE COOKIES

Makes 9 cookies

## INGREDIENTS:

2 tbsp Muscle Power mix  
1 cup ground almonds  
1 cup oat flour  
¼ cup pumpkin purée  
1 tsp baking powder  
¼ cup maple syrup  
¼ cup melted coconut oil  
1-2 tsp ground cinnamon  
pinch of sea salt

## DIRECTIONS:

1. Preheat the oven to 360°F and line a baking sheet with parchment paper.
2. Combine all of the ingredients in a bowl and mix well.
3. Roll the dough into balls and use your hand to flatten them onto the baking sheet.
4. Bake for 15-20 minutes or until golden brown.
5. Let cool and enjoy!

# RAW PUMPKIN PIE

Serves 10-12

## INGREDIENTS:

### CRUST

6 tsp Chocolate Lover mix  
1½ cups pitted dates  
1 cup walnuts or pecans  
1 cup oats

### FILLING

3 tsp Mellow Yellow mix  
3 cups cashews  
1 cup plant-based milk  
½ cup coconut oil  
⅓ cup maple syrup  
1 cup pumpkin purée  
1 tbsp pumpkin pie spice  
1 tsp vanilla extract

## DIRECTIONS:

1. To make the crust, combine the Chocolate Lover mix, dates, nuts and oats in a food processor and pulse until you're left with a sticky dough.
2. Line a round cake pan with parchment paper and press the mixture down evenly.
3. To make the filling, place all of the ingredients in a blender and blend until smooth, stopping to scrape down the sides as necessary.
4. Pour the filling into the cake pan and freeze for at least 5 hours.
5. Before serving, let thaw in the fridge for around 1 hour.
6. Top with nuts or coconut yogurt or cream, if desired, and serve.

## Raw Pumpkin Pie





## PUMPKIN SPICE SHAKE

Serves 1

### INGREDIENTS:

2 tbsp Muscle Power mix  
1 tsp Mellow Yellow mix  
1 frozen banana  
1½ cups plant-based milk  
¼ cup pumpkin purée  
1 tsp pumpkin pie spice  
1 tsp vanilla extract


### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



Tip: Add 1 tsp Energy Bomb mix for an extra energy boost!





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



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