



# 50 AMAZING FRUIT POWDER RECIPES

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*from Cape Crystal's Kitchen*





*Cheesecake with berry jelly, flavored with strawberry powder.*

**50**  
**AMAZING FRUIT**  
POWDER RECIPES

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# Cape Crystal Brands Fruit Powder

## CAPE CRYSTAL BRANDS

Welcome to the recipe book to use Cape Crystal Brands Fruit Powders!

On the next pages, you will find a collection of delicious recipes we put together just for you.

These recipes will keep you inspired and help you eat more nutrient-dense foods thanks to the Cape Crystal Brands Fruit Powders.

### RECIPE TIPS

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

### LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.



# WHAT ARE FRUIT POWDERS

## *Are Fruit Powders Healthy ?*



### WHAT ARE FRUIT POWDERS

Fruit powders, like green powders, are a new way for people to get the vitamins and nutrients they need every day. Fruit powders are fruit that has been freeze-dried or dehydrated and then ground into a fine powder. Unlike green powders, which are typically a blend of different vegetables in one container, fruit powders contain only one type of fruit. Fruit powders are easy to preserve, transport, store, and use. And they last much longer than regular fruit.



## ARE FRUIT POWDERS HEALTHY ?

Fruit powders retain a large number of vitamins and nutrients, even after the dehydration process.

Fresh fruits are high in calories that come from healthy carbs. When fruit is freeze-dried, and the water removed, it becomes much more concentrated as a powder. Since a cup of fruit powder contains more than a cup of its whole food counterpart, eating a serving of fruit powder means you are consuming more calories than if you ate a piece of fruit.

Even though they are high calories, fruit powders make great substitutes for higher-calorie ingredients such as sugar. And a scoop of fruit powder in a glass of water is a better choice than drinking soda or juice while still giving you beneficial nutrients. So even though fruit powders are calorie-rich, they have an advantage as a healthy alternative for more calorie-dense foods.



# THE MANY BENEFITS OF FRUIT POWDERS

Fruit Powders Are Healthy, Highly Beneficial, And So Easy To Add To Your Daily Diet



## LEMON FRUIT POWDER

- Supports Heart Health
- Helps Control Weight
- Prevents Kidney Stones
- Protects Against Anemia
- Reduces Cancer Risk
- Improves Digestive Health

## RASPBERRY FRUIT POWDER

- Contain an Abundance of Beneficial nutrients
- Excellent for Diets as They Are Low in sugar
- Rich in Anti-Aging Antioxidants
- May Protect Against Cancer
- Raspberries are High in Fiber
- May Help Prevent Diabetes
- Sharpens Brain and Memory

## BANANA FRUIT POWDER

- Contains Many Important Nutrients
- Moderates Blood Sugar Levels
- May Improve Digestive Health
- May Assist in Weight Loss
- May Support Heart Health
- Contains Powerful Antioxidants
- May Help You Feel More Full



## STRAWBERRY FRUIT POWDER

- Enhances Cognitive Function
- Benefits Diabetics
- Protects the Heart
- Reduces Hypertension
- Can Help Prevent Allergies and Asthma
- Improves Eyesight
- Strengthens the Immune System

## PINEAPPLE FRUIT POWDER

- Great Source of Healthy Carbs
- Improves Immunity
- Lowers Risk of Cancer
- It May Help Heal Wounds.
- Improves Gut Health
- Strengthens Bones
- Improves Eye Health
- Promotes Tissue and Cellular Health of Skin
- Alleviates Common Cold
- Strengthens Gums

## PEAR FRUIT POWDER

- Highly Nutritious
- May Promote Gut Health
- Contains Beneficial Plant Compounds
- Has Anti-Inflammatory Properties
- May Offer Anticancer Effects
- Linked to a Lower Risk of Diabetes
- May Boost Heart Health
- May Help in Losing Weight
- Easy to Add to Your Diet





## **PINEAPPLE**

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46. Lemon & Strawberry Cauliflower Porridge
47. Lemon Ginger Smoothie
48. Blueberry & Lemon Pancakes
49. Lemon Poppy Seed Muffins
50. Lemon Blueberry Fat Bombs



*Cheesecake with pineapple powder topping.*



# PINEAPPLE FRUIT POWDER



CAPE CRYSTAL<sup>®</sup>  
BRANDS

# Pineapple Oat Pancakes

3 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Oat Flour  
1 tbsp Quick Oats  
1 tsp Cinnamon  
1 1/2 tsps Baking Powder  
1 tbsp Cape Crystal Brands Pineapple Fruit Powder  
1/2 cup Unsweetened Applesauce  
1/2 cup Oat Milk (unsweetened)  
2 tsps Maple Syrup  
1/2 tsp Coconut Oil (for the pan)

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Protein	8g
Fat	5g	Vitamin C	0mg
Carbs	47g	Calcium	242mg
Fiber	6g		

## DIRECTIONS

- 01 In a mixing bowl, combine the oat flour, quick oats, cinnamon, and baking powder. Stir in the apple sauce, Cape Crystal Brands Pineapple Fruit Powder, oat milk, and maple syrup.
- 02 Heat a nonstick pan over medium-low heat. Lightly brush the pan with the oil. Spoon the batter into the pan in 1/3 cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze for up to three months. Reheat in a dry pan or a toaster.

### SERVING SIZE

One serving is two pancakes.

### ADDITIONAL TOPPINGS

Butter, peanut butter, coconut butter, or maple syrup.

### NO OAT MILK

Use almond milk instead.

### NO COCONUT OIL

Use avocado oil instead.



# Pineapple Cinnamon Yogurt Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 tsp Coconut Oil  
1 Apple (large, peeled and cut into small cubes)  
1/2 tsp Cinnamon  
1 cup Plain Greek Yogurt  
1/3 cup Pecans (chopped)  
1 tbsp Cape Crystal Brands Pineapple Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	291	Protein	13g
Fat	17g	Vitamin C	12mg
Carbs	24g	Calcium	279mg
Fiber	6g		

## DIRECTIONS

- 01 In a small saucepan over medium-low heat, add the coconut oil. Once melted, add the apple, Cape Crystal Brands Pineapple Fruit Powder and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often.
- 02 Divide the yogurt into bowls and top with the cooked apples and chopped pecans. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### DAIRY-FREE

Use dairy-free yogurt instead.

### NUT-FREE

Omit the pecans and use pumpkin seeds or granola instead.

### ADDITIONAL TOPPINGS

Top with a drizzle of honey or maple syrup.

# Pineapple, Avocado and Lime Dressing

8 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 Avocado (sliced)  
2 tbsps Extra Virgin Olive Oil  
1 tsp Sea Salt  
1 tsp Ground Ginger  
2 tbsps Lime Juice  
1/4 cup Cilantro (finely chopped)  
1/2 cup Canned Coconut Milk  
2 tbsps Cape Crystal Brands Pineapple  
Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	87	Protein	0g
Fat	8g	Vitamin C	3mg
Carbs	3g	Calcium	6mg
Fiber	2g		

## DIRECTIONS

- 01 Add all of the ingredients into a blender and blend until completely smooth.
- 02 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to 2 tablespoons of dressing.

### NO COCONUT MILK

Use almond milk or unsweetened oat milk instead.

### SERVE IT WITH

Raw vegetables, on salads or on burgers.

# Coconut and Pineapple Mug Cake

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/2 tsps Coconut Oil (melted)  
3 tbsps Canned Coconut Milk (full fat)  
1 tbsp Monk Fruit Sweetener  
1 1/2 tbsps Almond Flour  
1 tbsp Coconut Flour  
1 tbsp Unsweetened Shredded Coconut  
1/4 tsp Baking Powder  
1 tbsp Cape Crystal Brands Pineapple Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	299	Protein	4g
Fat	24g	Vitamin C	0mg
Carbs	26g	Calcium	103mg
Fiber	7g		

## DIRECTIONS

- 01 In a mug combine the melted coconut oil and coconut milk then stir in the monk fruit sweetener. Add the almond flour, Cape Crystal Brands Pineapple Fruit Powder, coconut flour, coconut, and baking powder and stir until a thick batter forms.
- 02 Microwave for 90 seconds until the cake is spongy and cooked through. Allow the cake to cool slightly and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### MORE FLAVOR

Add vanilla extract, coconut extract, or lemon extract.

### ADDITIONAL TOPPINGS

More shredded coconut or coconut whipped cream.

### NO MONK FRUIT SWEETENER

Use another granulated sugar or sugar alternative.



# Pineapple Turmeric Cauliflower Porridge

4 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Canned Coconut Milk (full fat)  
4 cups Cauliflower Rice  
1 1/2 tsps Turmeric (to taste)  
1/4 cup Cape Crystal Brands Pineapple Fruit Powder  
1/2 cup Unsweetened Coconut Flakes (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	338	Protein	4g
Fat	28g	Vitamin C	0mg
Carbs	15g	Calcium	36mg
Fiber	7g		

## DIRECTIONS

- 01 In a large pan, combine the coconut milk, Cape Crystal Brands Pineapple Fruit Powder and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 02 Stir the turmeric into the cauliflower porridge. Divide into bowls and top with the coconut flakes (optional). Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately one cup of cauliflower porridge and 1/2 cup of pineapple.

### MORE FLAVOR

Add coconut butter, coconut cream, cinnamon, sea salt, lemon juice, pineapple juice, or vanilla extract.

### ADDITIONAL TOPPINGS

Add almond slices, hemp seeds, or your choice of sweetener.

# Pineapple Coconut Baked Oatmeal

6 SERVINGS 55 MINUTES



## INGREDIENTS

1 3/4 cups Canned Coconut Milk  
1/4 cup Maple Syrup  
1 tsp Vanilla Extract  
2 cups Oats (rolled)  
1/4 cup Chia Seeds  
1/4 cup Unsweetened Shredded Coconut  
3 tbsps Cape Crystal Brands Pineapple Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	342	Protein	6g
Fat	19g	Vitamin C	0mg
Carbs	36g	Calcium	80mg
Fiber	7g		

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C).
- 02 In a large mixing bowl combine the coconut milk, maple syrup, and vanilla. Stir in the oats, chia seeds, Cape Crystal Brands Pineapple Fruit Powder and shredded coconut. Mix well.
- 03 Transfer the oat mixture to a baking dish and bake for 40 to 45 minutes or until golden brown around the edges and the oatmeal is spongy to the touch in the center.
- 04 Let the baked oatmeal cool slightly before slicing. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days or freeze for up to three months. Enjoy cold or reheated in the microwave.

### BAKING DISH

An 8 x 8-inch baking dish was used to create six servings.

### MORE FLAVOR

Add cinnamon or ground ginger.

### NO PINEAPPLE

Use mango or berries instead.

# Pina Colada Ice Cream

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Banana (sliced and frozen)  
2 tbsps Cape Crystal Brands Pineapple  
Fruit Powder  
1/4 cup Canned Coconut Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	141	Protein	1g
Fat	5g	Vitamin C	5mg
Carbs	19g	Calcium	15mg
Fiber	5g		

## DIRECTIONS

- 01 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

**IT'S 5 O'CLOCK SOMEWHERE**  
Add rum.



# Green Pineapple Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 tbsp Cape Crystal Brands Pineapple Fruit Powder  
1 cup Baby Spinach  
3/4 cup Water  
1/2 Apple (peeled and chopped)  
1/4 Cucumber (chopped)  
1/2 Lime (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	106	Protein	2g
Fat	0g	Vitamin C	21mg
Carbs	23g	Calcium	79mg
Fiber	6g		

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### NO SPINACH

Use kale instead.

### CONSISTENCY

For a thicker smoothie add some ice cubes.

# Golden Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Lite Coconut Milk  
1 tbsp Cape Crystal Brands Pineapple Fruit Powder  
1/2 Banana (frozen)  
1/2 Zucchini (chopped and peeled, frozen)  
1 1/2 tsps Ginger (fresh, minced)  
1 tsp Turmeric

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO ZUCCHINI

Omit or replace with frozen cauliflower or diced avocado.

### NO FRESH GINGER

Use powdered ginger instead, reduce to 1/2 tsp per serving.

## NUTRITION

### AMOUNT PER SERVING

Calories	266	Protein	2g
Fat	16g	Vitamin C	23mg
Carbs	27g	Calcium	35mg
Fiber	6g		

# Tropical Smoothie Bowl

1 SERVING 10 MINUTES



## INGREDIENTS

- 1/2 cup Oat Milk (unsweetened, plain)
- 1/2 Banana
- 1 cup Frozen Cauliflower
- 1 tbsp Cape Crystal Brands Pineapple Fruit Powder
- 1/2 cup Frozen Mango (divided)
- 1 Kiwi (peeled, sliced)
- 1 tbsp Unsweetened Shredded Coconut

## NUTRITION

### AMOUNT PER SERVING

Calories	307	Protein	7g
Fat	7g	Vitamin C	155mg
Carbs	57g	Calcium	252mg
Fiber	14g		

## DIRECTIONS

- 01 Place the oat milk, banana, cauliflower, Cape Crystal Brands Pineapple Fruit Powder, and half the mango into a blender and blend until smooth.
- 02 Transfer to a bowl and top with the remaining mango, kiwi, and shredded coconut. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving equals approximately two cups.

### MORE FLAVOR

Add cinnamon.

### ADDITIONAL TOPPINGS

Add hemp seeds, chia seeds, ground flax, protein powder, kale, or spinach.



# RASPBERRY FRUIT POWDER



CAPE CRYSTAL<sup>®</sup>  
BRANDS

# Peach Raspberry Agua Fresca

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Peach (peeled and quartered)  
2 tbsps Cape Crystal Brands Raspberry Fruit Powder  
2 tbsps Maple Syrup  
2 cups Water  
6 Ice Cubes (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	146	Protein	1g
Fat	0g	Vitamin C	10mg
Carbs	33g	Calcium	64mg
Fiber	4g		

## DIRECTIONS

- 01 Combine all ingredients except ice in a blender. Blend well until smooth.
- 02 Refrigerate until ready to serve. Divide into glasses with ice and enjoy!

## NOTES

### LESS PULP

Strain your agua fresca after blending.

### EXTRA GARNISH

Add raspberries and sliced peaches to each glass.

### MAKE IT FIZZY

Use sparkling water instead of flat.

### ADD A KICK

Add a few pieces of sliced jalapeno to each glass.

### NO MAPLE SYRUP

Use honey instead.



# Yogurt & Berry Breakfast Toast

1 SERVING 10 MINUTES



## INGREDIENTS

1 tbsp Cape Crystal Brands Raspberry Fruit Powder  
1 tsp Maple Syrup  
1/4 tsp Vanilla Extract  
1 tsp Chia Seeds (optional)  
1/4 cup Unsweetened Coconut Yogurt  
2 slices Whole Grain Bread (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	322	Protein	12g
Fat	7g	Vitamin C	0mg
Carbs	50g	Calcium	249mg
Fiber	10g		

## DIRECTIONS

- 01 Add Cape Crystal Brands Raspberry Fruit Powder to a bowl, stir in the maple syrup, vanilla extract and chia seeds, if using.
- 02 Spread the coconut yogurt evenly on the toasted bread and top with the Cape Crystal Brands Raspberry Fruit Powder cream. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the mashed raspberries in an airtight container for up to two days. Toast the bread and assemble just before serving.

### SERVING SIZE

One serving is two pieces of toast.

### GLUTEN-FREE

Use gluten-free bread instead.

### ADDITIONAL TOPPINGS

Top with additional chia seeds, hemp seeds, cinnamon or additional fresh raspberries.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NO MAPLE SYRUP

Use sweetener of choice and adjust sweetness to taste.



# Chocolate Quinoa Flake Bowl

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Quinoa Flakes  
1 cup Unsweetened Almond Milk  
2 tbsps Cocoa Powder  
1/4 tsp Cinnamon  
1/2 Banana  
2 tbsps Cape Crystal Brands Raspberry Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	188	Protein	5g
Fat	4g	Vitamin C	3mg
Carbs	33g	Calcium	248mg
Fiber	7g		

## DIRECTIONS

- 01 In a small saucepan, over medium heat, combine the quinoa flakes, almond milk, Cape Crystal Brands Raspberry Fruit Powder, cocoa powder, and cinnamon. Add the banana and mash with a fork to incorporate.
- 02 Bring to a boil and then reduce the heat to low and simmer for three minutes.
- 03 Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### LIKES IT SWEET

Add some maple syrup.

### MORE PROTEIN

Add chocolate protein powder.

# Chocolate Almond Butter Smoothie Bowl

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1/4 cup Chocolate Protein Powder  
1/4 cup Frozen Cauliflower  
1/2 Zucchini (chopped, frozen)  
1 Banana (divided)  
1 tbsp Almond Butter  
2 tbsps Cacao Powder  
1 tbsp Chia Seeds  
1 tbsp Cape Crystal Brands Raspberry Fruit Powder  
2 tbsps Granola (for topping, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	582	Protein	33g
Fat	24g	Vitamin C	42mg
Carbs	60g	Calcium	759mg
Fiber	19g		

## DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, Cape Crystal Brands Raspberry Fruit Powder, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana and granola, if using. Serve and enjoy!

## NOTES

### NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

### MORE FLAVOR

Add cinnamon to your smoothie base.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

### NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

### SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.

# Raspberry Avocado Ice Cream

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Avocado  
3 tbsps Cape Crystal Brands Raspberry Fruit Powder  
1/2 Banana (small, frozen)  
3 tbsps Canned Coconut Milk (full fat)  
1 tbsp Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	305	Protein	3g
Fat	19g	Vitamin C	13mg
Carbs	30g	Calcium	41mg
Fiber	11g		

## DIRECTIONS

- 01 Add all ingredients to a food processor and blend until smooth and creamy.
- 02 Serve immediately and enjoy!

## NOTES

### LEFTOVERS

Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

### SERVING SIZE

One serving is equal to approximately 3/4 cup.

### MORE FLAVOR

Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

### ADDITIONAL TOPPINGS

Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

### NO RASPBERRIES

Use strawberries instead.



# Virgin Raspberry Mojito

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Cape Crystal Brands Raspberry Fruit Powder  
3/4 cup Water  
1/4 cup Maple Syrup  
1/4 cup Mint Leaves  
1 Lime (sliced into wedges)  
4 Ice Cubes  
3 cups Sparkling Water

## NUTRITION

### AMOUNT PER SERVING

Calories	145	Protein	0g
Fat	0g	Vitamin C	8mg
Carbs	34g	Calcium	71mg
Fiber	2g		

## DIRECTIONS

- 01 In a small saucepan over medium heat, add the Cape Crystal Brands Raspberry Fruit Powder, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.
- 02 Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

## NOTES

### IT'S 5 O'CLOCK SOMEWHERE

Add 2 oz of white rum to each serving.

### NO MAPLE SYRUP

Use honey instead.

### MAKE IT SMOOTH

Strain your raspberry puree and use the juices only.

# Raspberry Coconut Panna Cotta

3 SERVINGS 4 HOURS



## INGREDIENTS

2 tbsps Lemon Juice  
1/3 oz Gelatin  
2 cups Canned Coconut Milk (full fat, divided)  
1 tbsp Honey  
1/2 tsp Vanilla Extract  
1/8 tsp Sea Salt  
3 tbsps Cape Crystal Brands Raspberry Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	356	Protein	5g
Fat	28g	Vitamin C	4mg
Carbs	15g	Calcium	18mg
Fiber	2g		

## DIRECTIONS

- 01 In a medium bowl, add the lemon juice and then sprinkle the gelatin on top. Let it sit for two to three minutes. Do not mix.
- 02 In a small pot over medium-low heat, add the coconut milk and honey. Whisk to combine. Allow it to heat through for two to three minutes or until warm. Do not let it boil.
- 03 Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
- 04 Pour the coconut milk mixture into a blender and add the Cape Crystal Brands Raspberry Fruit Powder. Blend on high until smooth and creamy. Pour into jars and place in the fridge for four hours to set. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is an eight-ounce ramekin portion.

### ADDITIONAL TOPPINGS

Top with additional raspberries.

### NO HONEY

Use maple syrup instead.

# Raspberry Zinger Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

1 cup Frozen Cauliflower  
1 tbsp Cape Crystal Brands Raspberry Fruit Powder  
1 Lemon (juiced)  
1/4 cup Vanilla Protein Powder  
1 tbsp Chia Seeds  
1 1/2 cups Unsweetened Almond Milk

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

## NUTRITION

### AMOUNT PER SERVING

Calories	268	Protein	26g
Fat	9g	Vitamin C	75mg
Carbs	23g	Calcium	902mg
Fiber	12g		



# Berry & Greek Yogurt Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Plain Greek Yogurt  
1 tbsp Raw Honey  
1 Banana (frozen)  
1 tbsp Cape Crystal Brands Raspberry Fruit Powder  
1 tbsp Ground Flax Seed  
1 cup Water

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

**ULTRA CREAMY**  
Use milk instead of water.

## NUTRITION

### AMOUNT PER SERVING

Calories	325	Protein	14g
Fat	5g	Vitamin C	18mg
Carbs	57g	Calcium	300mg
Fiber	7g		

# Raspberry Coconut Ice Cream

4 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 tbsp Maple Syrup
- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)
- 3 tbsps Cape Crystal Brands Raspberry Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	198	Protein	1g
Fat	16g	Vitamin C	0mg
Carbs	9g	Calcium	17mg
Fiber	2g		

## DIRECTIONS

- 01 Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut juice after being refrigerated.
- 02 Add Cape Crystal Brands Raspberry Fruit Powder and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Do not add more than 1/3 cup.
- 03 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### MAKE IT CHUNKY

Chop and add fresh or thawed raspberries to the final mixture.

### NO COCONUT MILK

Use frozen banana slices instead.

# STRAWBERRY FRUIT POWDER





# Strawberry, Spinach & Farro Salad

4 SERVINGS 40 MINUTES



## INGREDIENTS

1 cup Farro (rinsed)  
2 tbsps Cape Crystal Brands Strawberry Fruit Powder  
1 1/2 tbsps Balsamic Vinegar  
3 tbsps Water  
1 1/2 tsps Maple Syrup  
Sea Salt & Black Pepper (to taste)  
8 cups Baby Spinach  
1/4 cup Red Onion (thinly sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	217	Protein	9g
Fat	1g	Vitamin C	18mg
Carbs	40g	Calcium	93mg
Fiber	5g		

## DIRECTIONS

- 01 Cook the farro according to package directions and set aside to let cool slightly.
- 02 In a blender or food processor, add half the Cape Crystal Brands Strawberry Fruit Powder, balsamic vinegar, water, maple syrup, salt, and pepper and blend until smooth.
- 03 Add the spinach and onion to a large salad bowl. Add the cooked farro to the salad bowl. Drizzle the dressing on top and toss to combine. Serve and enjoy!

## NOTES

### LEFTOVERS

This is best stored with the dressing separate from the salad. Refrigerate both in an airtight container for up to three days.

### GLUTEN-FREE

Use quinoa instead of farro.

# Strawberry Rhubarb Crisp

4 SERVINGS 40 MINUTES



## INGREDIENTS

1 1/2 cups Rhubarb (diced)  
3 tbsps Cape Crystal Brands Strawberry Fruit Powder  
1/4 Navel Orange (juiced)  
1/4 cup Maple Syrup (divided)  
2 tbsps Coconut Flour (divided)  
1/2 cup Pecans (chopped)  
1/3 cup Almond Flour  
1/2 tsp Cinnamon  
1/8 tsp Sea Salt  
2 tbsps Coconut Oil (melted)

## NUTRITION

### AMOUNT PER SERVING

Calories	307	Protein	4g
Fat	21g	Vitamin C	9mg
Carbs	26g	Calcium	103mg
Fiber	6g		

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Combine the rhubarb, Cape Crystal Brands Strawberry Fruit Powder, orange juice, half of the maple syrup and half of the coconut flour in a bowl and mix well until well combined.
- 02 In a separate bowl, mix together the chopped pecans, almond flour, cinnamon, sea salt and coconut oil with the remaining maple syrup and coconut flour. Mix well to combine.
- 03 Lightly grease ramekins, then divide the fruit mix into them. Crumble the pecan topping evenly over top. Bake for 20 to 25 minutes or until topping is golden brown and bubbling.
- 04 Remove from oven and let cool for about 5 minutes before serving. Enjoy!

## NOTES

### NO RAMEKINS

Bake in an oven-proof dish, pan or pie plate instead.

### NO RHUBARB

Use blueberries, cherries, raspberries or peaches instead.

### SERVE IT WITH

Coconut whipped cream or coconut ice cream.

# Strawberries & Cream Oats

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Unsweetened Almond Milk  
1/4 cup Cape Crystal Brands Strawberry Fruit Powder  
1 1/2 tbsps Maple Syrup  
1/2 tsp Vanilla Extract  
1 cup Oats (rolled)  
1 tbsp Chia Seeds (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Protein	7g
Fat	7g	Vitamin C	0mg
Carbs	51g	Calcium	543mg
Fiber	11g		

## DIRECTIONS

- 01 Add the almond milk, half of the Cape Crystal Brands Strawberry Fruit Powder, maple syrup and vanilla to a high-speed blender. Blend until smooth. Season with additional vanilla and maple syrup if needed.
- 02 Transfer strawberry milk to a saucepan over medium heat and stir in the oats. Bring to a gentle boil and cook, stirring occasionally for 8 to 10 minutes or until oats are tender and creamy. Stir in remaining chia seeds, if using, and let it cook for another minute.
- 03 Serve immediately and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat with extra almond milk if needed.

### ADDITIONAL TOPPINGS

Serve with additional chopped strawberries, extra chia seeds or a drizzle of almond butter.

### NO FRESH STRAWBERRIES

Use frozen strawberries instead. Cooking time may vary with frozen strawberries.



# Chocolate Strawberry Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Oats (rolled)  
3 tbsps Cocoa Powder  
1 1/2 tps Chia Seeds  
1 1/4 cups Unsweetened Almond Milk  
2 tbsps Cape Crystal Brands Strawberry Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	240	Protein	8g
Fat	6g	Vitamin C	0mg
Carbs	39g	Calcium	341mg
Fiber	10g		

## DIRECTIONS

- 01 Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Divide into containers and top with Cape Crystal Brands Strawberry Fruit Powder. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with additional milk.

### NUT-FREE

Use a nut-free milk such as oat, coconut, dairy, or soy.

### LIKES IT SWEETER

Use maple syrup or honey to taste.

# Pink Iced Tea

4 SERVINGS 10 MINUTES



## INGREDIENTS

- 3/4 cup Grapefruit Juice
- 8 fl ozs Cranberry Juice
- 2 tbsps Cape Crystal Brands Strawberry Fruit Powder
- 2 cups Earl Grey Tea (brewed)
- 12 Ice Cubes

## NUTRITION

### AMOUNT PER SERVING

Calories	66	Protein	0g
Fat	0g	Vitamin C	23mg
Carbs	15g	Calcium	15mg
Fiber	1g		

## DIRECTIONS

- 01 Combine the grapefruit juice, cranberry juice, Cape Crystal Brands Strawberry Fruit Powder and earl grey tea in a blender and blend until smooth. Strain the liquid (optional) and serve over ice. Divide between glasses and enjoy!

## NOTES

### SERVING SIZE

One serving equals approximately 1 1/2 cup (355mL).

### MORE FLAVOR

Add your sweetener of choice.

# Chia Seed Breakfast Popsicles

6 SERVINGS 5 HOURS



## INGREDIENTS

1 cup Plain Greek Yogurt  
1/2 cup Unsweetened Almond Milk  
2 tbsps Raw Honey  
1 tbsp Chia Seeds  
1 tbsp Cape Crystal Brands Strawberry Fruit Powder  
1 Peach (sliced into small pieces)  
1/3 cup Pineapple (sliced into small pieces)  
1/2 cup Granola

## NUTRITION

### AMOUNT PER SERVING

Calories	132	Protein	6g
Fat	4g	Vitamin C	9mg
Carbs	18g	Calcium	144mg
Fiber	2g		

## DIRECTIONS

- 01 In a medium sized mixing bowl, combine the yogurt, almond milk, honey, Cape Crystal Brands Strawberry Fruit Powder and chia seeds. Mix well.
- 02 Fill popsicle moulds about 1/4 of the way with the yogurt mixture then drop in the fruit. Spoon more of the yogurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
- 03 Sprinkle the granola into the moulds to cover the yogurt and fruit, and press down with a spoon so that it gets incorporated with the yogurt mixture.
- 04 Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

## NOTES

### VEGAN

Use unsweetened coconut yogurt and replace honey with maple syrup.

### MIX IT UP

Use any fruit that is in season, or any fruit that you have on hand.



# Vanilla and Strawberry Protein Yogurt Parfait

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Coconut Yogurt  
2 tbsps Vanilla Protein Powder  
1 tbsp Cape Crystal Brands Strawberry Fruit Powder  
1/4 cup Granola  
1 tbsp Cashew Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	431	Protein	17g
Fat	23g	Vitamin C	0mg
Carbs	39g	Calcium	597mg
Fiber	8g		

## DIRECTIONS

- 01 In a bowl, mix together the coconut yogurt and protein powder.
- 02 In a jar, layer the Cape Crystal Brands Strawberry Fruit Powder on the bottom. Top with coconut yogurt, more strawberries, granola, and cashew butter. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NUT-FREE

Omit the cashew butter or use tahini or sunflower seed butter instead.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

### NO PROTEIN POWDER

Use collagen powder instead or omit.

# Coconut and Strawberry Yogurt Chia Pudding

1 SERVING 30 MINUTES



## INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt  
3 tbsps Chia Seeds  
1/4 cup Unsweetened Almond Milk  
1 tbsps Cape Crystal Brands Strawberry Fruit Powder  
1 1/2 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	425	Protein	12g
Fat	29g	Vitamin C	0mg
Carbs	31g	Calcium	658mg
Fiber	15g		

## DIRECTIONS

- 01 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and Cape Crystal Brands Strawberry Fruit Powder and stir well to combine.
- 02 Place in the fridge for 25 to 30 minutes, until thickened.
- 03 Remove from the fridge and stir in the almond butter. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to about 1 cup of chia pudding.

### NUT-FREE

Use tahini and coconut milk instead of almond butter and almond milk.

### MORE FLAVOR

Add a pinch of cinnamon or vanilla.

### LIKES IT SWEETER

Add a drizzle of honey or maple syrup.

### NO COCONUT YOGURT

Use regular yogurt or Greek yogurt.

# Strawberry Coconut Collagen Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Canned Coconut Milk (full fat)  
1/2 cup Water  
1 Banana (frozen)  
1 tbsp Cape Crystal Brands Strawberry Fruit Powder  
1/3 oz Collagen Powder  
1 tbsp Unsweetened Shredded Coconut  
1/4 tsp Vanilla Extract

## NUTRITION

### AMOUNT PER SERVING

Calories	420	Protein	11g
Fat	25g	Vitamin C	10mg
Carbs	36g	Calcium	39mg
Fiber	6g		

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to one day or freeze into popsicles to enjoy later.

### MORE FLAVOR

Add honey or maple syrup to taste. Garnish with more shredded coconut.

### MAKE IT VEGAN

Omit the collagen powder.

### MORE VEGGIES

Add spinach, kale, frozen cauliflower or zucchini.

### NO COLLAGEN

Use protein powder instead.



# Strawberry Ice Cream

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Banana (sliced and frozen)  
2 tbsps Cape Crystal Brands Strawberry  
Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	140	Protein	1g
Fat	0g	Vitamin C	10mg
Carbs	32g	Calcium	17mg
Fiber	5g		

## DIRECTIONS

- 01 Add frozen bananas and Cape Crystal Brands Strawberry Fruit Powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### MORE CREAMY

Add 2 tbsp coconut milk.

### MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

### MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

# BANANA FRUIT POWDER



CAPE CRYSTAL<sup>®</sup>  
BRANDS

# Chocolate and Banana Peanut Butter Eggs

9 SERVINGS 1 HOUR



## INGREDIENTS

1/2 cup Almond Butter  
1 cup Almond Flour  
1/8 tsp Sea Salt  
3 1/2 ozs Dark Chocolate (at least 70% cacao)  
1 tbsp Cape Crystal Brands Banana Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	226	Protein	6g
Fat	19g	Vitamin C	0mg
Carbs	11g	Calcium	84mg
Fiber	4g		

## DIRECTIONS

- 01 In a bowl, combine the almond butter, Cape Crystal Brands Banana Fruit Powder and sea salt. Add half of the almond flour and mix well. Continue to add remaining almond flour 1 tbsp at a time until you reach a thick, cookie-dough like consistency. The consistency should be thick enough to mould with your hands. The amount of almond flour required will vary depending on original consistency and oiliness of your almond butter.
- 02 Line a large baking sheet with parchment paper. Use a tablespoon to measure out even amounts of dough and drop them onto the baking sheet. Then form each dollop into an egg shape using your hands. Place the baking sheet in the freezer for at least 20 minutes to harden while you prepare the chocolate.
- 03 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 04 Line another baking sheet with wax or parchment paper. Take one egg out of the freezer at a time to avoid them becoming too soft. Gently set the egg on top of the prongs of a fork (do not pierce it) and run it through the melted chocolate. Tip the pot to one side to create a deeper pool of chocolate for dipping and have a spoon handy to spoon chocolate over the egg in hard to reach places. Lift the egg out of the chocolate and let the excess chocolate drip off.
- 05 Once the chocolate has stopped dripping, transfer to the baking sheet by tipping the fork vertically until the egg slides off onto the sheet. Use a spatula to help guide it off if it sticks. Repeat with all eggs and then place the baking sheet back into the freezer to harden.
- 06 If you have chocolate left over, feel free to do a second coat after 20



# Chocolate and Banana Pumpkin Energy Bars

6 SERVINGS 45 MINUTES



## INGREDIENTS

1/3 cup Pumpkin Seed Butter (melted)  
3 tbsps Maple Syrup  
1/2 tsp Ground Ginger  
1/2 tsp Cinnamon  
1 1/2 cups Rice Puffs Cereal  
1/2 cup Pumpkin Seeds  
1 oz Dark Chocolate (chopped)  
2 tbsps Cape Crystal Brands Banana Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	220	Protein	6g
Fat	14g	Vitamin C	0mg
Carbs	17g	Calcium	26mg
Fiber	4g		

## DIRECTIONS

- 01 In a mixing bowl, whisk together the pumpkin seed butter, Cape Crystal Brands Banana Fruit Powder, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 02 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 03 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
- 04 Freeze for about 30 minutes and slice into bars. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

### SERVING SIZE

One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

### NO PUMPKIN SEED BUTTER

Use tahini, sunflower seed butter, peanut butter, or almond butter instead.

# Granola, Banana Yogurt & Berry Snack Box

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Plain Greek Yogurt  
1 cup Strawberries (sliced)  
1/3 cup Granola  
1 tbsp Cape Crystal Brands Banana Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	370	Protein	18g
Fat	13g	Vitamin C	93mg
Carbs	44g	Calcium	315mg
Fiber	9g		

## DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

## NOTES

### STORAGE

Refrigerate in an airtight container up to 3 days.

### GLUTEN-FREE

Ensure a gluten-free granola is used.

### DAIRY-FREE & VEGAN

Use a dairy-free yogurt.

# Spinach and Banana Pancakes with Cottage Cheese

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 cup Oats (gluten-free, if needed)  
1 cup Baby Spinach (packed)  
1/2 cup Oat Milk (unsweetened, plain)  
3/4 cup Unsweetened Applesauce  
1 Egg (large)  
1 tsp Baking Powder  
1 tbsp Extra Virgin Olive Oil  
1 cup Cottage Cheese  
3 tbsps Maple Syrup  
2 tbsps Cape Crystal Brands Banana Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	359	Protein	14g
Fat	12g	Vitamin C	3mg
Carbs	48g	Calcium	270mg
Fiber	5g		

## DIRECTIONS

- 01 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the baby spinach, Cape Crystal Brands Banana Fruit Powder, milk, applesauce, egg, and baking powder. Blend until smooth, scraping down the sides as needed.
- 02 Heat the oil in a pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 03 Cut the pancake into slices. Divide the pancakes and cottage cheese onto plates and drizzle maple syrup on top. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

### SERVING SIZE

One serving equals two to three 4-inch pancakes, 1/3 cup of cottage cheese, and one tablespoon of maple syrup.

### MORE FLAVOR

Add cinnamon, vanilla extract, salt, chia seeds, flax seeds, or hemp hearts.

### MAKE IT VEGAN

Use a flax egg instead.

### NO APPLESAUCE

Use banana instead.

### NO OAT MILK

Use dairy or any alternative milk.



# Chocolate and Banana Dessert Hummus

4 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Chickpeas (cooked or canned)  
1/4 cup Cocoa Powder  
1/4 cup Maple Syrup  
3/4 cup Unsweetened Almond Milk  
1 tbsp Cape Crystal Brands Banana Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	212	Protein	9g
Fat	3g	Vitamin C	1mg
Carbs	40g	Calcium	154mg
Fiber	9g		

## DIRECTIONS

- 01 Add all ingredients to a food processor or blender and blend until smooth. Occasionally scrape down the sides as needed.
- 02 Transfer to a bowl and enjoy!

## NOTES

### SERVE IT WITH

Pretzels, crackers, brown rice tortilla chips, rice cakes or spread on toast with sunflower seed butter, nut butter and/or banana slices.

### MORE TOPPINGS

Add chocolate chips, coconut flakes, peanut butter chips and/or crushed hazelnuts.

### LEFTOVERS

Refrigerate in an air-tight container up to 5-7 days.

### SERVING SIZE

One serving is equal to approximately 1/2 cup.

# Crunchy Banana Yogurt Clusters

12 SERVINGS 2 HOURS



## INGREDIENTS

3/4 cup Plain Greek Yogurt  
1/2 cup Almonds  
1/4 cup Cashews  
1/4 cup Pumpkin Seeds  
1/4 cup Dried Unsweetened Cranberries  
1 tbsp Cape Crystal Brands Banana Fruit Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	85	Protein	4g
Fat	6g	Vitamin C	1mg
Carbs	6g	Calcium	51mg
Fiber	1g		

## DIRECTIONS

- 01 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 02 Add all ingredients in a bowl and mix well to combine. Scoop the mixture and transfer to the lined baking sheet, forming clusters of about 2 to 2.5 inches.
- 03 Freeze for at least 2 hours before serving. Enjoy!

## NOTES

### LEFTOVERS

Keep frozen in an airtight container or freezer bag. Line with parchment paper between pieces if needed.

### SERVING SIZE

One serving equals roughly one cluster.

### NUT-FREE

Use pumpkin seeds and sunflower seeds instead.

### MORE FLAVOR

Add maple syrup.

### ADDITIONAL TOPPINGS

Top with hemp seeds, bee pollen or pomegranate seeds.

### DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

# Banana Bread Mug Cake

1 SERVING 5 MINUTES



## INGREDIENTS

1 tbsp Cape Crystal Brands Banana Fruit Powder  
2 tbsps Unsweetened Almond Milk  
1 tbsp Maple Syrup  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
3 tbsps All Purpose Gluten-Free Flour  
1/2 tsp Baking Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	301	Protein	5g
Fat	9g	Vitamin C	0mg
Carbs	46g	Calcium	279mg
Fiber	8g		

## DIRECTIONS

- 01 In a tall mug combine the Cape Crystal Brands Banana Fruit Powder, almond milk, maple syrup, almond butter, and vanilla extract. Stir in the flour and baking powder.
- 02 Microwave the mug cake for 2 minutes and 45 seconds until spongy to the touch and cooked through. Let the mug cake cool slightly then enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### MORE FLAVOR

Add salt, cinnamon, and/or nutmeg.

### ADDITIONAL TOPPINGS

Fresh banana slices, butter, coconut butter, and/or honey.

### NO ALMOND MILK

Use oat milk instead.

### BANANA

Half a medium, ripe banana yields approximately three tablespoons of mashed banana.

### COOKING TIME

Cooking time may vary depending on the microwave.



# Vanilla and Banana Protein Pancakes

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/4 cup Cape Crystal Brands Banana Fruit Powder (plus extra for topping)  
4 Egg  
1/2 cup Vanilla Protein Powder  
1 tbsp Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	359	Protein	31g
Fat	17g	Vitamin C	0mg
Carbs	12g	Calcium	192mg
Fiber	5g		

## DIRECTIONS

- 01 In a large bowl add the Cape Crystal Brands Banana Fruit Powder, the eggs and protein powder. Mix well until a batter forms.
- 02 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 03 Transfer to a plate and top with additional Cape Crystal Brands Banana Fruit Powder. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

### SERVING SIZE

One serving is approximately two pancakes.

### ADDITIONAL TOPPINGS

Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

# Peanut Butter & Banana Parfait

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Plain Greek Yogurt  
1/4 cup Granola  
1 tbsp Cape Crystal Brands Banana Fruit Powder  
1 tbsp All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	370	Protein	19g
Fat	18g	Vitamin C	8mg
Carbs	31g	Calcium	292mg
Fiber	6g		

## DIRECTIONS

01 Layer the yogurt, granola, Cape Crystal Brands Banana Fruit Powder, and peanut butter in a jar. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### DAIRY-FREE

Use coconut yogurt or oatmeal instead.

### NUT-FREE

Use sunflower seed butter instead.

### ADDITIONAL TOPPINGS

Add shredded coconut, maple syrup, honey, hemp seeds, chia seeds, or chocolate chips.

# Banana & Nut Chia Oats

4 SERVINGS 8 HOURS



## INGREDIENTS

2 cups Plain Greek Yogurt  
2 cups Unsweetened Almond Milk  
1/4 cup Oats (rolled)  
1/4 cup Chia Seeds  
1 1/3 tbsps All Natural Peanut Butter  
1 1/3 tbsps Maple Syrup  
2 tps Vanilla Extract  
1/4 cup Cape Crystal Brands Banana Fruit Powder (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	274	Protein	15g
Fat	11g	Vitamin C	7mg
Carbs	26g	Calcium	566mg
Fiber	6g		

## DIRECTIONS

- 01 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 02 Divide into containers and add the Cape Crystal Brands Banana Fruit Powder. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in a sealed container for up to four days.

### NUT-FREE

Use a nut-free milk such as oat or soy.

### MORE FLAVOR

Add a pinch of cinnamon.

### NO BANANA

Use mixed berries instead of banana.

### MAKE IT VEGAN

Use a vegan yogurt.



# LEMON FRUIT POWDER



# Trout & Capers in Lemon Butter Sauce

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 tbsp Avocado Oil
- 2 Rainbow Trout Fillet
- 2 tbsps Capers
- 4 Garlic (cloves, minced)
- 1 tbsp Cape Crystal Brands Lemon Fruit Powder
- 2 tbsps Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	364	Protein	33g
Fat	24g	Vitamin C	6mg
Carbs	5g	Calcium	130mg
Fiber	1g		

## DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the trout, skin side up and cook for 1 to 2 minutes. Flip to the other side and cook for another minute.
- 02 Remove the pan from heat and cover with a lid for 5 to 10 minutes, or until trout is cooked through. Divide onto plates. Cover to keep the fish warm.
- 03 Add the capers, garlic and Cape Crystal Brands Lemon Fruit Powder to the same pan. Cook over medium heat for 3 minutes or until garlic is soft. Turn off the heat and stir in the butter until melted.
- 04 Drizzle the capers and lemon butter sauce over the trout fillets. Enjoy!

## NOTES

### NO TROUT

Use salmon instead.

### NO LEMON

Use apple cider vinegar instead.

### DAIRY-FREE

Use avocado or olive oil instead of butter.

### LEFTOVERS

Refrigerate in an airtight container for up to 3 days.

### TROUT FILLETS

Each fillet should be approximately 159 grams or 5.6 ounces in size.

# Lemony Basil Pesto Hummus

6 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Chickpeas (cooked)  
1/2 cup Basil Leaves (roughly chopped)  
2 tbsps Cape Crystal Brands Lemon Fruit Powder  
1/2 cup Water  
1 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	90	Protein	5g
Fat	1g	Vitamin C	1mg
Carbs	17g	Calcium	39mg
Fiber	5g		

## DIRECTIONS

01 Add all ingredients together in a food processor or high-speed blender. Blend until a creamy consistency forms, scraping the sides down as needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days, or freeze for up to six months.

### SERVE IT WITH

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

### MORE FLAVOR

Use olive oil, avocado oil, broth and/or leftover liquid from the chickpeas instead of water.

### CONSISTENCY

If hummus is too thick, add one tablespoon of cold water at a time.

### SERVING SIZE

One serving is approximately 1/3 of a cup



# Lemony Quinoa Lettuce Wraps

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
2 tbsps Cape Crystal Brands Lemon Fruit Powder  
1 Garlic (clove, small, minced)  
1/2 tsp Sea Salt  
1/2 cup Parsley (finely chopped)  
1 Avocado (diced)  
1/4 Cucumber (finely chopped)  
2 tbsps Sunflower Seeds  
1/2 head Romaine Hearts (leaves separated)

## NUTRITION

### AMOUNT PER SERVING

Calories	378	Protein	10g
Fat	21g	Vitamin C	32mg
Carbs	46g	Calcium	81mg
Fiber	13g		

## DIRECTIONS

- 01 Cook the quinoa according to package directions then transfer to a mixing bowl to cool slightly.
- 02 In a small mixing bowl combine the Cape Crystal Brands Lemon Fruit Powder, garlic and salt.
- 03 Add the parsley, avocado, cucumber and sunflower seeds to the cooked quinoa. Stir to combine. Add the lemon juice mixture and stir. Season the quinoa salad with additional salt if needed.
- 04 To serve, divide the quinoa salad between lettuce leaves. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Keep the quinoa and lettuce leaves separate.

### SERVING SIZE

One serving is approximately three lettuce wraps.

### ADDITIONAL TOPPINGS

Chopped green onion, diced tomatoes, or more herbs.

### MORE FLAVOR

Add extra virgin olive oil or avocado oil to taste.

### MORE PROTEIN

Add flaked tuna or salmon, cooked chopped chicken or chickpeas.

### NO ROMAINE

Use another lettuce instead.

# Mini No Bake Lemon Coconut Tarts

12 SERVINGS 50 MINUTES



## INGREDIENTS

1 cup Pitted Dates (divided)  
1/2 cup Almonds  
1/8 tsp Sea Salt (divided)  
2 tbsps Cape Crystal Brands Lemon Fruit Powder  
3/4 cup Coconut Butter  
1 tbsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	184	Protein	3g
Fat	15g	Vitamin C	0mg
Carbs	15g	Calcium	23mg
Fiber	5g		

## DIRECTIONS

- 01 Line a muffin pan with paper or silicone baking cups. Soak 1/4 of the dates in warm water.
- 02 Add the remaining 3/4 of the dates, the almonds, half of the salt and Cape Crystal Brands Lemon Fruit Powder to a food processor and blend until the date mixture forms a sticky ball. Divide the dough between baking cups and press into an even layer in the bottom of each baking cup. (Use damp fingers if the dough is too sticky.)
- 03 Add the coconut butter, the soaked dates, lemon juice, coconut oil and the remaining salt to the food processor and blend until smooth (the mixture will form a soft wet dough). Spoon the coconut lemon mixture on top of the date layer and use a spoon or damp fingers to spread the coconut lemon mixture into an even layer.
- 04 Transfer the muffin pan to the freezer and allow the tarts to set for 20 to 30 minutes before removing the paper and transferring to an airtight container in the fridge. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to a week.

### SERVING SIZE

One serving is equal to one tart.

### NUT-FREE

Use sunflower seeds or shredded coconut instead.

### MORE FLAVOR

Add vanilla extract or lemon extract.

### MORE COLOR

Add some dried turmeric for a yellow tart.



# Lemon & Kiwi Cauliflower Porridge

4 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Canned Coconut Milk (full fat)  
4 cups Cauliflower Rice  
3 Kiwi (peeled, sliced)  
1 tbsp Cape Crystal Brands Lemon Fruit Powder  
1/2 cup Unsweetened Coconut Flakes (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	331	Protein	5g
Fat	28g	Vitamin C	48mg
Carbs	19g	Calcium	44mg
Fiber	5g		

## DIRECTIONS

- 01 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 02 Divide into bowls and top with the kiwi, Cape Crystal Brands Lemon Fruit Powder, and coconut flakes (optional). Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately one cup of cauliflower porridge and 1/2 cup of kiwi.

### MORE FLAVOR

Add coconut butter, coconut cream, cinnamon, sea salt, or vanilla extract.

### ADDITIONAL TOPPINGS

Add almond slices, hemp seeds, or your choice of sweetener.



# Lemon & Strawberry Cauliflower Porridge

4 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Canned Coconut Milk (full fat)  
4 cups Cauliflower Rice  
2 cups Strawberries (sliced)  
1 tbsp Cape Crystal Brands Lemon Fruit Powder  
1/2 cup Unsweetened Coconut Flakes (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	322	Protein	5g
Fat	28g	Vitamin C	42mg
Carbs	16g	Calcium	38mg
Fiber	5g		

## DIRECTIONS

- 01 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes or longer until your desired consistency is reached.
- 02 Divide into bowls and top with the strawberries, Cape Crystal Brands Lemon Fruit Powder, and coconut flakes (optional). Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately one cup of cauliflower porridge and 1/2 cup of strawberries.

### MORE FLAVOR

Add coconut butter, coconut cream, cinnamon, sea salt, or vanilla extract.

### ADDITIONAL TOPPINGS

Add almond slices, hemp seeds, or your choice of sweetener.

# Lemon Ginger Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Frozen Mango  
1/2 cup Canned Coconut Milk  
1 1/2 tsps Ginger (fresh, grated or minced)  
1 1/2 tsps Honey  
1 tbsp Cape Crystal Brands Lemon Fruit Powder  
1/3 oz Collagen Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	375	Protein	11g
Fat	22g	Vitamin C	60mg
Carbs	42g	Calcium	40mg
Fiber	5g		

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### MAKE IT VEGAN

Omit the collagen and/or use protein powder instead. Use maple syrup or another liquid sweetener instead of honey.

### NO FROZEN MANGO

Use frozen peaches or frozen pineapple instead.

### LEMON JUICE

One lemon yields three to four tablespoons of lemon juice.

# Blueberry & Lemon Pancakes

5 SERVINGS 25 MINUTES



## INGREDIENTS

4 Egg  
1/2 cup Coconut Flour  
1/2 cup Unsweetened Almond Milk  
2 tbsps Coconut Oil (melted, divided)  
1/4 tsp Baking Soda  
1/2 cup Maple Syrup (divided)  
1 tbsp Cape Crystal Brands Lemon Fruit Powder  
1/2 cup Blueberries (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	247	Protein	7g
Fat	11g	Vitamin C	1mg
Carbs	31g	Calcium	103mg
Fiber	5g		

## DIRECTIONS

- 01 In a large bowl, whisk the eggs, coconut flour, almond milk, and half of the coconut oil until combined.
- 02 To the same bowl, add in the baking soda, half of the maple syrup and Cape Crystal Brands Lemon Fruit Powder. Once the mixture is smooth, fold in half of the blueberries.
- 03 Heat a large skillet over medium heat and add the remaining coconut oil. Once the pan is hot, pour the batter into the skillet, making each pancake about 3-inches wide. Work in batches being sure not to overcrowd the skillet.
- 04 Cook on each side for roughly 3 to 4 minutes, or until small holes begin to appear on the surface of the pancake. Repeat until batter is finished.
- 05 Top the pancakes with the remaining blueberries and maple syrup. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months. For best results, reheat in a pan with oil on medium heat or pop in the toaster if frozen.

### SERVING SIZE

One serving is roughly two pancakes.

### ADDITIONAL TOPPINGS

Top with nuts, seeds, yogurt or nut butter.

### NO BLUEBERRIES

Use strawberries, blackberries, or raspberries instead.



# Lemon Poppy Seed Muffins

9 SERVINGS 45 MINUTES



## INGREDIENTS

1/2 cup Coconut Flour  
1/3 cup Maple Syrup  
6 Egg  
1/3 cup Coconut Oil (melted)  
1/4 tsp Sea Salt  
1 tbsp Cape Crystal Brands Lemon Fruit Powder  
1 tbsp Poppy Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	182	Protein	5g
Fat	12g	Vitamin C	0mg
Carbs	12g	Calcium	45mg
Fiber	3g		

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a muffin tray with liners.
- 02 In a large mixing bowl, combine coconut flour, maple syrup, eggs, coconut oil and salt. Stir well to combine. Add in Cape Crystal Brands Lemon Fruit Powder and poppy seeds. Mix well.
- 03 Use a ¼ measuring cup to ladle the batter into the muffin tray. Place in oven and bake for 35 minutes.
- 04 Remove from oven and let cool. Enjoy!

## NOTES

### MAKE IT SWEETER

Serve with a drizzle of raw honey.

# Lemon Blueberry Fat Bombs

18 SERVINGS 1 HOUR



## INGREDIENTS

1/4 cup Coconut Oil  
1/4 cup Raw Honey  
1 cup Coconut Butter  
1 tsp Vanilla Extract  
1 tbsp Cape Crystal Brands Lemon Fruit Powder  
1 cup Blueberries

## NUTRITION

### AMOUNT PER SERVING

Calories	139	Protein	1g
Fat	12g	Vitamin C	1mg
Carbs	9g	Calcium	1mg
Fiber	3g		

## DIRECTIONS

- 01 In a saucepan over low heat, melt the coconut oil, honey, and coconut butter. Add the vanilla extract and whisk until well combined.
- 02 Pour the mixture into a silicone muffin tray or muffin cups. Top each cup with Cape Crystal Brands Lemon Fruit Powder and blueberries.
- 03 Refrigerate for about one hour or until set. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days, or freeze for up to three months.

### SERVING SIZE

One serving equals one fat bomb, approximately 1-inch (2.5 cm) deep.

### MORE FLAVOR

Add cinnamon or nutmeg to taste.

### ADDITIONAL TOPPINGS

Add sliced almonds, crushed pistachios, or coconut flakes.

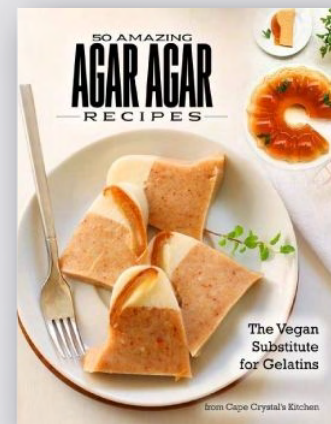
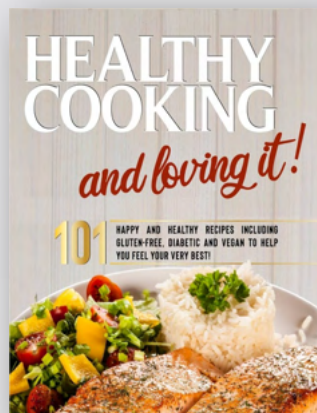
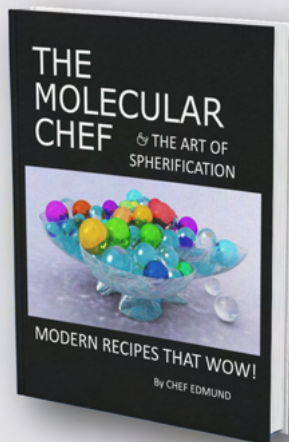
### NO COCONUT OIL

Use cacao butter instead.

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