

Happy Holiday Recipes – with Sunrider!

You'll love them and so will your body!

"Ice Cream" Recipe from Mom From Denny Gunzler

- ***3 Cocoa Vitashake***
- ***1 Evergreen***
- Frozen Bananas
- ***1 pkg. Raspberry F.D.***
- a couple shots of a ***Mint Calli/Lemon F.D. brew***
- a bit of Soy Silk
- ***a squirt of SunnyDew***
- Ice
- ***Crushed Chocolate and Fruit SunBars***

Almond Butter Cookies – They're still alive! From Jim Dempsey

- Almond flour. 3 cups
- ***NuPlus (banana) 2 Pkts***
- Almond butter. 1 cup
- Agave nectar. 3 tbsp
- Date paste. 1/2 cup
- Vanilla. 2 tsp
- Celtic salt. Pinch

Prep method

- Seed and soak 6 or 7 dates for 2 hours. Drain of the water and retain. Spin the date in the food processor, add date water as needed to make a smooth paste. Spin almonds into a course flour (not too fine). Blend all ingredients together. Portion on to a Teflex sheet and dehydrate for 12 hours.
- This mix can be augmented with lemon zest or shredded cocoanut or anything you like as long as the basic consistency stays the same.
- Enjoy...

Macaroons - They're still alive!!!! From Jim Dempsey

- Dried, unsweetened coconut flakes 3 Cups
- **Cocoa Vita Shake. 3 Pkts**
- Maple syrup. 1 Cup
- Coconut butter. 1/3 cup
- Vanilla extract. 1 tbsp
- Celtic salt. 1/2 tsp
- Dried cherries. 1 cup

Prep method

- Soak the cherries for 1 hour in pure water to soften. Blend all ingredients. Scoop into
- portions and put on a drying sheet and dehydrate for 12 hours. You can substitute
- Mixed Berry NuPlus, Banana NuPlus, or Strawberry Vita Shake for the Cocoa Vita
- Shake to make a variety of Macaroons.
- Zested lemon, lime or orange can be added to any of these mixes.
- Happy cookie making

Good Morning and Merry Christmas – Shakes and Beverages for the Day!

If you haven't had breakfast yet, may I suggest a great way to start your special day: (or even a mid morning "get up and go"

Vitashake is a super healthy hot chocolate for the Holidays! It's **NuPlus** Plus for a delicious on the go, fast food. Add **Vitashake** to a couple cups of hot **Calli or Fortune Delight** with a little **Sunny Dew** and you're all set!

For after your Christmas Dinner:

For an after dinner hot toddy, try making a pot of **Mint Calli**, and add **1 Lemon Fortune Delight, 2 Vitashakes, 1 Quinary** powder packet, some **Alpha 20 C and Sunectar/Sunny Dew**, sit back and enjoy!! *Have a wonderful day with your family, saying "I love you" in as many ways as you can! Thanks Julie Bennett for these two recipes*

Super NuPlus Balls Delicious! Power Packed! Easy to Make!

- 1 cup coconut – unsweetened
- 1 cup honey (could be less & use some *SunnyDew*)
- 2 cups peanut butter or almond butter
- 1 cup ground flax seed
- 1 cup raisins
- **4 NuPlus – scoops/pkgs**

Note: If you want to use a nice variety, divide in $\frac{1}{4}$ and use a different variety of NuPlus for each $\frac{1}{4}$.

Mix and roll into small balls – rich!

Freeze and serve chilled! How about a tooth pick in each for easy serving

Peanut Butter/ButterScotch Krinkles From Seth Ehrlich

Mix:

- 1 c. Peanut Butter
- 1 c. Honey

Add & Stir:

- 6 $\frac{1}{2}$ c. Rice Krispies
- **1-2 pkgs. NuPlus**

Press into sprayed pyrex and bake for 10 min. @360.

- Remove from oven & sprinkle with carob chips & butter scotch chips
- Put back into oven until have a melted look.
- Remove and use a butter knife to spread carob & butterscotch
- Cool
- Refrigerate until serving.
- Cut and serve! Enjoy!!!!

Creamy Dreamy Brownies from Joel Gibson & Chrissy Gala, Sedona, Arizona

Ingredients for the Brownie Base:

1 1/2 C walnuts or pecans, ground

1 1/2 C dates, pitted

1 Packet Cocoa VitaShake®

1/4 C chocolate or carob powder

1 Tsp. vanilla extract

1. Grind nuts in a food processor.
2. Combine the rest of the ingredients and process until mixture is soft and crumbly. If mixture is too dry, add a little honey or water to create consistency you want.
3. Press into a small square or round pan 1/2 inch thick.
4. Top with frosting and chill until set. Serve with hot Calli® tea.

For the Frosting

1 C coconut butter, melted

1/2 C honey or agave

1 Vial Liqui-Five®

1/4 C chocolate powder

1 Tsp. vanilla extract

1 Packet Fortune Delight® Cinnamon

1. Melt coconut butter until soft.
2. Add agave or honey, Liqui-Five®, vanilla extract, and mix by hand.
3. Add chocolate powder and mix until smooth.

*If you'd like, add **SunnyDew®** to taste*

No-bake VitaShake Brownies -- How Devine!

In food processor, place the following Sunrider foods:

- **2 packets Cocoa VitaShake**
- **¼ T. Fortune Delight** (raspberry, peach or cinnamon)
- **½-1 packet Quinary**
- **½ Cocoa SunBar (optional)**
- **Few drops SunnyDew**

Add:

- 1 tsp. vanilla (non-alcohol)
- 15-20 fresh pitted dates—honey or Medjool

Blend & Taste to see if sweet enough. Add

- Add: ½ cup pecans or walnuts or almonds
- Blend again: Roll into ball
- If desired, place a whole pecan or almond or walnut in the center and mash it down into the ball. It looks just like a cookie or brownie. They taste wonderful! They are to live for! Refrigerate.

Leland and Linda's all day Power Drink From the Pinkertons

- **2- Nuplus**
- **1- Fortune Delight**
- **1- Quinary**
- 1- Tsp Cinnamon
- 1- Tsp flax seeds
- **1- Squirt Vita Fruit**
- **2- Squirts Sunny Dew**
- 1- Apple
- 1- Banana

Add a Handful of:

- Spinach or Kale or Both

- Frozen Strawberries
- Blueberries or (fruits of your choice)

Put all of the above into blender or Vita Mixer and fill with Calli. This will make about 2 Quarts.

Linda likes to add to the above 1 Grapefruit and 1lime or lemon and leave out the other fruit except the blueberries.

We drink 1 quart in the morning and 1 quart in the afternoon and evening adding more Calli and NuPlus. This is delicious and very nutritious...Lots of energy for the day!!!!

Oat Chewies From Fit For Life Cookbook

- ½ c. oil + 1 banana or ¾ c. oil
- 1 c. FruitSource or Date Sugar or Succanaut
- 1 tsp. **SunnyDew** or ¾ c. honey
- ½ c. Almond Milk or Rice Milk
- 2 tsp. vanilla powder or extract
- 1 ½ c. whole-wheat flour
- **1 Pkg. NuPlus**
- 1/3 c. water
- 1 t. baking powder or ½ t. baking soda
- ½ t. sea salt
- 3 c. rolled oats
- ½ c. raisins
- ½ c. carob chips
- ¾ tsp. ground cinnamon

1. Preheat oven 350
2. In large mxing bowl, beat oil, sweetener, honey, milk, vanilla – smooth
3. Add remaining ingredients one at a time, mix well after each addition
4. With lightly floured hands roll into golf size balls. Place on ungreased cookied sheet and press to 3/8 inch thickness.
5. Bake 20 min. or until bottoms are lightly brown.

Wild Rice and Dried Cranberry Cookies From Kathy Cook

Makes 24 cookies-Gluten Free—Cooked wild rice replaces oats

- Ingredients:
- 1 ½ cups cooked wild rice
- 1 ¼ cups brown rice flour or all purpose gluten free flour mix
- **1 pkg Mixed Berry NuPlus**
- 1T organic cornstarch
- ½ tsp Baking Soda
- ½ tsp Ground Cinnamon
- ½ tsp Ground Ginger
- ½ tsp sea salt
- ¼ tsp Ground Nutmeg
- 4 oz (one stick butter)
- ½ cup dark brown sugar **(1 tsp. SunnyDew)**
- ½ cup organic cane sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 cup dried Cranberries
- ½ cup toasted walnuts

Instructions:

1. Preheat oven to 350 degrees, and coat 2 baking sheets with cooking spray.
2. Process wild rice in food processor 1 minute or until coarsely chopped. Set aside.
3. Whisk together brown rice flour, cornstarch, baking soda, cinnamon, ginger, salt and nutmeg in large bowl . Set aside.
4. Cream butter, brown sugar, and sugar in bowl with electric mixer until smooth and fluffy
5. Beat in egg and vanilla. Add flour mixture and beat until smooth. Stir in wild rice, dried cranberries and walnuts.
6. Scoop 2 Tbs. dollops of batter 1 ½ inches apart on prepared baking sheets. Bake 8-10 min or till cookies are brown and dry on top. Cool 1 minute then transfer to rack and cool completely.

Carob Almond Cookie – No Bake From Edna Bird

Melt: Cream together

- ½ c. almond butter (or peanut butter)
- 2 c. carob chips (malt sweetened) – melt on low

Add:

- ***Squirt of SunnyDew***
- ***1 pkg. Coca Vitashake***
- ***1 pkg. Quinary***
- 1 c. non sweetened breakfast cereal or quick oats or rice cakes

Roll into balls or flatten and put a nut on top, chill.

Serve and enjoy knowing you are doing your family and guests a favor!

This is the Sunrider variation of Haystacks From Dotty Pierce

- ¼ cup of honey
- ¼ cup of agave nectar
- ½ cup of peanut butter
- 1 tsp. vanilla
- 2 cups cornflakes or a combination of cereals
- ½ cup toasted coconut
- ***1 scoop of Pina Bananna Nuplus*** (or other Nuplus flavors that would mix with the above)

1. Bring the honey, agave and peanut butter to a boil.
2. Remove from heat and add the rest.
3. Stir and then drop by the spoonful onto waxed paper.
4. Let cool there and then put them in the refrigerator to chill.

Enjoy

