

50

TWENTY MINUTE RECIPES



tasteforlife

CELEBRATING
FIFTY YEARS
OF HEALTHY EATING

To celebrate our 50th anniversary, NOW is proud to present this handy book of quick recipes using wholesome, natural foods. We all love healthy eating, but convenience is important - that's why we crafted 50 healthy recipes that can be prepared in 20 minutes or less. To create them, our own Chef Suzy Singh was joined by influencers from the health and wellness community, who brought their own passion, energy, and tastes. [Learn their stories here.](#)

NOW has proudly offered natural and organic foods for 50 years. Our products are thoroughly tested for purity and must meet our strict quality standards so you can enjoy the freshest and most nutritious foods on the planet.



Thank you to all of our customers, fans, enthusiasts, and supporters!

Bon appetit!



tasteforlife®
Inspiring health daily

50 TWENTY MINUTE RECIPES

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① ORGANIC BREAKFAST Q CUP™ PARFAIT



Recipe by Suzy Singh

Serves 2

NUTRITION INFO

Calories: 260 calories Fat: 9 g Sat Fats: 2 g Cholesterol: 5 mg Sodium: 55 mg Carbs: 38 g Fiber: 5 g Sugar: 13 g Protein: 7 g Vitamin A: 36 mcg Vitamin C: 18 mg
Calcium: 130 mg Iron: 1.44 mg



GLUTEN-FREE



CORN-FREE



LOW-SUGAR

INGREDIENTS

- 1 [Ellyndale® Q Cup™ Organic with Sea Salt](#)
- 1/2 cup cashew milk
- 1/4 cup Greek yogurt
- 1/4 cup [NOW Real Food® Almonds, chopped](#)
- 1 Tbsp [NOW Real Food® Organic Agave Nectar, Light](#)
- 1/4 cup blackberries
- 1/4 cup blueberries
- 1/4 cup raspberries
- 1 Tbsp lemon juice

DIRECTIONS

1. Place cashew milk in Q Cup™ and microwave for one minute.
2. Cover and set aside for five minutes.
3. Once your Q Cup™ is hydrated, construct parfait by layering Greek yogurt, agave nectar, almonds, and berries, then top with squeezed lemon juice.
4. Place Q Cup™ cover on top and your breakfast is ready to go!

2 PUMPKIN HONEY PECAN PROTEIN MUFFINS



Recipe by Kasey Brown
@powercakes

Makes 16 small muffins

NUTRITION INFO

Calories: 90 calories Fat: 3 g Sat Fats: 1 g Cholesterol: 30 mg Sodium: 65 mg Carbs: 10 g Fiber: 1 g Sugar: 2 g Protein: 4 g Vitamin A: 135 mcg Vitamin C: 1.8 mg Calcium: 52 mg



GLUTEN-FREE

INGREDIENTS

- 2 whole eggs
- 1/2 cup [Ellyndale® Sugarless Sugar™](#)
- 2 Tbsp [Ellyndale® Organic Virgin Coconut Oil](#), melted
- 1 cup pumpkin puree
- 1/2 cup raisins
- 1 1/2 scoops [NOW® Sports Grass Fed Whey Protein, Vanilla](#)
- 1 cup oat flour
- 1 tsp vanilla
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp nutmeg
- 1/2 tsp [NOW® CurcuFRESH™ Curcumin Powder](#)
- 1/2 tsp baking powder
- 1/2 cup unsweetened cashew milk
- 1/2 tsp pink salt
- Topping:
 - 1 cup of [NOW Real Food® Honey Roasted Pecans](#) (crushed)
 - 1 Tbsp melted coconut oil
 - 1/2 tsp cinnamon

DIRECTIONS

1. Preheat oven to 350° F.
2. In a bowl, combine your wet ingredients with your Sugarless Sugar™ and whisk thoroughly.
3. Add in your dry ingredients and combine with a spoon.
4. Create your topping by crushing your honey pecans then mixing with melted coconut oil and cinnamon until it all is coated.
5. Pour batter into your greased muffin baking pan and top with crushed honey pecan mixture before baking.
6. Bake at 350° F for 12 to 13 minutes.
7. Let cool in pan before popping out!

3 SOUTHWEST BBQ BREAKFAST ON THE GO



Recipe by Suzy Singh

Serves 1

NUTRITION INFO

Calories: 200 calories Fat: 15 g Sat Fats: 2 g Sodium: 300 mg Carbs: 13 g Fiber: 7 g Sugar: 2 g Vitamin A: 18 mcg Vitamin C: 18 mg Calcium: 26 mg Iron: 1.08 mg



GLUTEN-FREE



DAIRY-FREE



NUT-FREE



LOW-SUGAR

INGREDIENTS

- 1 [Ellyndale® Q Cup™ Southwestern BBQ](#)
- 1 egg
- 1/2 avocado, sliced
- 1/4 cup of your favorite salsa

DIRECTIONS

1. Place 1/4 cup of water into Q Cup™ and stir.
2. Crack egg on top of open Q Cup™ and microwave for one minute.
3. Cover and let sit for five minutes.
4. Add sliced avocado and your favorite salsa.
5. Replace cover and you have the perfect portable breakfast!

4 TROPICAL OMEGA SMOOTHIE BOWL



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 130 calories Fat: 4 g Sat Fats: 2 g Sodium: 60 mg Carbs: 24 g Fiber: 3 g Sugar: 16 g Protein: 5 g Vitamin A: 90 mcg Vitamin C: 72 mg Calcium: 52 mg Iron: 0.72 mg



INGREDIENTS

- 1 scoop of [NOW Sports® Plant Protein Complex, Creamy Vanilla](#)
- 1 banana
- 1/2 cup pineapple, frozen
- 1/2 cup mango, frozen
- 1/2 cup coconut milk
- 1/4 cup raspberries
- 1 Tbsp [NOW Real Food® Organic Triple Omega Seed Mix](#)
- 1 Tbsp [NOW Real Food® Shredded Coconut](#)
- 1/2 Tbsp diced [NOW Real Food® Pineapple Rings](#)
- 1/2 Tbsp diced [NOW Real Food® Papaya Spears](#)
- 1 Tbsp [NOW Real Food® Dry Roasted and Salted Macadamia Nuts](#)

DIRECTIONS

1. In a blender combine creamy vanilla plant protein complex, banana, pineapple, mango, and coconut milk until mixture has reached a thick consistency.
2. Place in chilled bowl and top with organic triple omega mix, shredded coconut, fruit dice, and salted macadamia nuts.
3. Serve chilled and enjoy!

5 SALTED CARAMEL SMOOTHIE BOWL



Recipe by Nicole Handler
@fitfulfocus

Serves 1

NUTRITION INFO

Calories: 370 calories Fat: 14 g Sat Fats: 8 g Sodium: 430 mg Carbs: 41 g Fiber: 8 g Sugar: 17 g Protein: 24 g Vitamin A: 1980 mcg Vitamin C: 22.5 mg
Calcium: 195 mg Iron: 8.1 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE



VEGETARIAN



VEGAN

INGREDIENTS

- $\frac{3}{4}$ cup almond milk
- $\frac{1}{2}$ cup frozen roasted sweet potato
- $\frac{1}{2}$ frozen banana
- 1 Tbsp [NOW Real Food® Raw Pumpkin Seeds](#)
- 1 tsp [NOW Real Food® Organic Chia Seeds](#)
- 1 tsp [Ellyndale® Organic Virgin Coconut Oil](#)
- 1 tsp [NOW Real Food® Organic Maple Syrup](#)
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp vanilla extract
- optional: scoop of [NOW® Sports Pea Protein Powder, Vanilla Toffee](#)
- optional toppings:
 - [NOW Real Food® Raw Pumpkin Seeds](#)
 - [NOW Real Food® Chia Seeds](#)
 - [NOW Real Food® Organic Cacao Nibs](#)
 - fresh berries

DIRECTIONS

1. Place all ingredients in a high-speed blender.
2. Blend until smooth.
3. Pour into a bowl and top with pumpkin seeds, chia seeds, cacao nibs, fresh berries, or whatever you desire.
4. Dig in!

6 LOADED AVOCADO TOAST



Recipe by Amber Battishill
@mommygonehealthy

Serves 1

NUTRITION INFO

Calories: 400 calories Fat: 24 g Sat Fats: 7 g Cholesterol: 215 mg Sodium: 200 mg Carbs: 36 g Fiber: 10 g Sugar: 5 g Protein: 14 g Vitamin A: 405 mcg
Vitamin C: 45 mg Calcium: 104 mg Iron: 3.6 mg



DAIRY-FREE



CORN-FREE



LOW-SUGAR



VEGETARIAN



VEGAN

INGREDIENTS

- 1 slice of thick bread
- 1 tsp [Ellyndale® Organics Coconut Infusions™ Non-Dairy Butter Flavor](#)
- 1/2 avocado (sliced)
- 1/4 cup spinach
- 1 egg
- 1/4 cup cooked [Living Now® Organic Tri-Color Quinoa](#)
- 1 Tbsp sweet pepper (diced)

DIRECTIONS

1. Toast bread in toaster.
2. While bread is toasting, prepare egg (over-easy or sunny side up.)
3. Spread smoked butter-flavored coconut oil on toasted bread.
4. Layer avocado and spinach on bread and top with cooked egg.
5. Sprinkle cooked quinoa over egg and top with sweet peppers.

7 SINGLE-SERVING BREAKFAST SHAKSHUKA SKILLET



Recipe by Marisa Westbrook
@uprootkitchen

Serves 1

NUTRITION INFO

Calories: 270 calories Fat: 22 g Sat Fats: 4 g Cholesterol: 215 mg Sodium: 100 mg Carbs: 15 g Fiber: 3 g Sugar: 3 g Protein: 10 g Vitamin A: 360 mcg
Vitamin C: 27 mg Calcium: 52 mg Iron: 1.8 mg



DAIRY-FREE



CORN-FREE



LOW-SUGAR



KETO

INGREDIENTS

- 1/2 Tbsp [Ellyndale® Organic Extra Virgin Olive Oil](#)
- 2 Tbsp diced white onion
- 1/4 tsp Italian seasoning
- 1/8 tsp garlic powder
- 1/4 cup finely chopped spinach or other dark leafy greens
- 3/4 cup canned tomato sauce or crushed tomatoes
- 1 large egg
- Salt and pepper, to flavor
- 1 Tbsp [NOW Real Food® Raw Organic Pine Nuts](#)
- Fresh bread, for serving
- Additional toppings: diced green onion, cilantro, avocado slices

DIRECTIONS

1. In a small cast iron skillet over medium heat, sauté the diced onion with olive oil. After a minute or two, add in the Italian seasoning, garlic powder, and leafy greens. Sauté for another minute or two until wilted.
2. Add in tomato sauce and stir to combine. Make a small well in the middle of the pan using a spoon, and crack an egg into that space. Sprinkle with salt and pepper and cover the pan with a lid, cooking for 8 minutes on medium-low heat until the egg whites are completely firm.
3. Top the skillet with pine nuts and any other additional toppings. Enjoy immediately with fresh bread.

8 ROASTED PECAN & PUMPKIN SEED MASON JAR SALAD



Recipe by Suzy Singh

Serves 1

NUTRITION INFO

Calories: 140 calories Fat: 7 g Sat Fats: 1.5 g Sodium: 35 mg Carbs: 12 g Fiber: 2 g Protein: 6 g Vitamin A: 54 mcg Vitamin C: 1.8 mg Calcium: 26 mg Iron: 8 mg



DAIRY-FREE



CORN-FREE

INGREDIENTS

- 1/2 cup organic farro, cooked
- 1/4 cup mixed greens
- 1/4 cup [NOW Real Food® Honey Roasted Pecans](#)
- 1/4 cup [NOW Real Food® Organic Pumpkin Seeds](#)
- 3 Tbsp blue cheese
- 1 Tbsp [NOW Real Food® Organic Goldenberries](#), chopped
- 2 Tbsp [Homemade Pumpkin Seed Oil](#) dressing

DIRECTIONS

1. In a mason jar, layer cooked organic farro, mixed greens, honey roasted pecans, organic pumpkin seeds, blue cheese, and organic goldenberries.
2. Add Homemade Pumpkin Seed Oil dressing.
3. Close the lid and shake for one minute or until well blended.
4. Serve and enjoy!

9 WINTER HARVEST QUINOA SALAD



Recipe by Suzy Singh

Serves 8

NUTRITION INFO

Calories: 150 calories Fat: 3.5 g Sodium: 410 mg Carbs: 26 g Fiber: 2 g Sugar: 8 g Protein: 4 g Vitamin A: 360 mcg Vitamin C: 18 mg Calcium: 26 mg Iron: 1.08 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE

INGREDIENTS

- 1 cup [Living Now® Organic Tri-Color Quinoa](#)
- 2 cups vegetable broth
- 1 sprig fresh rosemary, chopped
- $\frac{1}{3}$ cup cranberry juice
- 3 Tbsp lemon juice
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp organic vanilla extract
- $\frac{1}{4}$ tsp cinnamon
- 2 $\frac{1}{2}$ Tbsp [NOW Real Food® Maple Syrup](#)
- $\frac{1}{2}$ cup [Ellyndale® Organic Olive Oil](#)
- 1 cup butternut squash, cubed and roasted
- $\frac{1}{4}$ cup [NOW Real Food® Walnuts](#), chopped and toasted

DIRECTIONS

1. Preheat oven to 350° F
2. In a medium pot, bring vegetable broth to a boil. Add quinoa, reduce heat to low, and cover 15 to 20 minutes.
3. Toss in rosemary and set aside.
4. Place cranberry juice in a small saucepan and bring to a boil. Boil 1 to 2 minutes, until thick and syrupy.
5. In a large bowl, combine reduced cranberry juice, lemon juice, salt, vanilla extract, cinnamon, and maple syrup. Whisk together until uniform.
6. Slowly pour olive oil into cranberry mixture while whisking continuously. Once dressing is formed, toss with cooked quinoa, squash, and walnuts.
7. Serve and enjoy!

10 HAPPY BUDDHA BOWL



Recipe by Suzy Singh

Serves 2

NUTRITION INFO

Calories: 730 calories Fat: 58 g Sat Fats: 10 g Sodium: 210 mg Carbs: 45 g Fiber: 7 g Sugar: 12 g Protein: 14 g Vitamin A: 135 mcg Vitamin C: 27 mg
Calcium: 130 mg Iron: 2.7 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



VEGAN

INGREDIENTS

- 1 [Ellyndale® Q Cup™ Organic with Sea Salt](#)
- 1/4 cup tamari almonds, chopped
- 1/4 cup [Ellyndale® Rice Bran Oil](#)
- 1/4 cup Brussels sprouts, halved
- 1 bok choy stalk, cleaned and halved
- 1/4 cup enoki mushrooms
- 1/2 avocado, sliced
- 1/4 cup peanut butter
- 1 Tbsp organic soy sauce
- 3 tsp [NOW Real Food® Agave Nectar, Light](#)
- 2 Tbsp rice wine vinegar
- 1 tsp mustard
- 1/4 tsp chili powder

DIRECTIONS

1. In a small bowl, toss bok choy in 1 tablespoon rice wine vinegar and set aside.
2. Place 1/8 cup peanut butter, 1/2 tablespoon of soy sauce, and 1 teaspoon of agave nectar into your Q Cup™.
3. Add hot water to the indicated line, cover, and set aside for five minutes.
4. Place Brussels sprouts in pan or grill for 2 to 3 minutes or until charred.
5. Toss with chili powder and 1 teaspoon of agave nectar and set aside.
6. In a blender combine 1/2 teaspoon of soy sauce, 1 tablespoon rice wine vinegar, 1 teaspoon agave nectar, 1/8 cup peanut butter, and mustard and blend for one minute or until fully combined.
7. Slowly drizzle in rice bran oil until vinaigrette is formed.
8. In a bowl, place peanut-infused quinoa. Add pickled bok choy, grilled Brussels sprouts, sliced avocado, whole enoki mushrooms, and chopped tamari almonds.
9. Drizzle soy peanut vinaigrette and enjoy!

11 GLUTEN-FREE VEGAN AVOCADO PASTA SALAD



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 180 calories Fat: 8 g Sat Fats: 1 g Sodium: 170 mg Carbs: 26 g Fiber: 5 g Sugar: 9 g Protein: 3 g Vitamin A: 225 mcg Vitamin C: 81 mg Calcium: 26 mg Iron: 1.08 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE



VEGAN

INGREDIENTS

- 1/2 cup [Ellyndale® Organic Extra Virgin Olive Oil](#)
- 1 avocado
- 1 Tbsp lemon juice
- 1 Tbsp [NOW Real Food® Organic Amber Agave Nectar](#)
- 1 tsp mustard
- 1 tsp salt
- 1/2 tsp black pepper
- 1 box [Living Now® Organic Quinoa Penne Pasta](#), cooked
- 1 red pepper, charred, fine chop
- 1 cup grapes, quartered
- 1/4 cup parsley, fine chop
- 1/2 cucumber, medium chop

DIRECTIONS

1. In a food processor, combine avocado, lemon juice, agave nectar, mustard, salt, and black pepper.
2. Slowly drizzle in the extra virgin olive oil until vegan mayonnaise has formed.
3. Combine with pasta, red pepper, grapes, parsley, and cucumber.
4. Serve chilled and enjoy!

12 BLACK QUINOA WALDORF SALAD



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 150 calories Fat: 10 g Sat Fats: 1 g Cholesterol: 5 mg Sodium: 25 mg Carbs: 14 g Fiber: 2 g Protein: 3 g Calcium: 19 mg Iron: 1 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



SOY-FREE



PALEO

INGREDIENTS

- 1 cup Romaine hearts, chopped
- 1 apple, small dice
- 2 stalks celery, diced
- 1/2 cup [Living Now® Organic Black Quinoa, cooked](#)
- 1/2 cup [NOW Real Food® Organic Walnuts](#)
- 1/2 cup Concord grapes, halved
- 1/4 cup mayonnaise

DIRECTIONS

1. Combine Romaine hearts, apple, celery, black quinoa, walnuts, and Concord grapes in a bowl.
2. Add mayonnaise and toss until the salad is evenly coated.
3. Serve and enjoy!

13 GARDEN FRESH TOMATO SALAD



Recipe by Suzy Singh

Serves 12

NUTRITION INFO

Calories: 60 calories Fat: 5g Sat Fats: 1g Sodium: 40 mg Carbs: 8g Fiber: 1g Sugar: 1g Protein: 1g Calcium: 3 mg Potassium: 14 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE



SUGAR-FREE



PALEO



KETO

INGREDIENTS

- 6 cups tomatoes, chopped
- 1/4 onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp fresh parsley, chopped
- 1/4 cup [Ellyndale® Organic Extra Virgin Olive Oil](#)
- 2 tsp red wine vinegar
- Salt to taste
- Pepper to taste

DIRECTIONS

1. Combine tomatoes, onion, garlic and parsley in a bowl.
2. In a separate bowl, whisk together oil, vinegar, salt and pepper.
3. Pour oil over the tomato mixture and combine gently.
4. Enjoy!

14 TUNA SALAD LETTUCE WRAPS WITH APPLES AND ALMONDS



Recipe by Marisa Westbrook
@uprootkitchen

Serves 7

NUTRITION INFO

Calories: 260 calories Fat: 11 g Sat Fats: 1.5 g Cholesterol: 20 mg Sodium: 400 mg Carbs: 21 g Fiber: 5 g Sugar: 13 g Protein: 15 g Vitamin A: 270 mcg
Vitamin C: 13.5 mg Calcium: 78 mg Iron: 1.08 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



SUGAR-FREE



PALEO

INGREDIENTS

- 1 can of albacore wild tuna
- $\frac{1}{4}$ cup diced celery
- 1 tsp mayonnaise
- $\frac{1}{2}$ tsp whole grain mustard
- 2 Tbsp [NOW Real Food® Organic & Raw Unsalted Almonds](#), chopped
- Salt and pepper, to taste
- $\frac{1}{2}$ small Granny smith apple, sliced into matchsticks
- Romaine lettuce hearts for serving

DIRECTIONS

1. In a bowl, mash together tuna with diced celery, mayonnaise, whole grain mustard, and chopped almonds.
2. Assemble lettuce wraps by placing a few spoonfuls of tuna into a romaine lettuce heart and topping it with apple matchsticks and additional chopped almonds. Enjoy!

15 ORGANIC GARLIC POTATO SALAD



Recipe by Suzy Singh

Serves 12

NUTRITION INFO

Calories: 90 calories Fat: 6 g Sat Fats: 4.5 g Cholesterol: 5 mg Sodium: 200 mg Carbs: 9 g Fiber: 1 g Sugar: 1 g Protein: 1 g Vitamin A: 18 mcg Vitamin C: 9 mg Calcium: 26 mg Iron:



GLUTEN-FREE



CORN-FREE



SUGAR-FREE



VEGAN

INGREDIENTS

- 2 cups organic fingerling potatoes, chopped and boiled
- 1 shallot, chopped
- $\frac{1}{4}$ cup [Ellyndale® Organic Coconut Infusions™ Garlic-Flavored Coconut Oil](#)
- $\frac{1}{4}$ cup sour cream
- $\frac{1}{4}$ cup chives, chopped
- 1 tsp yellow mustard
- 1 tsp salt
- 1 tsp black pepper

DIRECTIONS

1. In a small bowl, combine garlic-infused coconut oil with sour cream, chives, mustard, salt, and black pepper.
2. Toss in cooked potatoes and shallots.
3. Serve chilled and enjoy!

16 WILD BLUEBERRY VINAIGRETTE



Recipe by Suzy Singh

Serves 16

NUTRITION INFO

Calories: 35 calories Fat: 4 g Sat Fats: 1 g Sodium: 20 mg Carbs: 1 g Sugar: 1g



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE



VEGAN



KETO

INGREDIENTS

- 1 Tbsp wild blueberry preserves
- 2 tsp lemon juice
- $\frac{1}{4}$ tsp mustard
- $\frac{1}{8}$ tsp salt
- $\frac{1}{4}$ cup [Ellyndale® Rice Bran Oil](#)

DIRECTIONS

1. Thoroughly whisk blueberry preserves, lemon juice, mustard, and salt.
2. While continuously whisking, slowly add in the oil until fully combined.
3. Dress and enjoy!

17 GOJI COCONUT DRESSING



Recipe by Suzy Singh

Serves 8

NUTRITION INFO

Calories: 50 calories Fat: 6 g Sat Fats: 6 g Sodium: 75 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



VEGETARIAN



VEGAN

INGREDIENTS

- $\frac{1}{2}$ cup [NOW Real Food® Organic Virgin Coconut Oil](#), melted
- 1 tsp [NOW® Goji Juice](#)
- $\frac{1}{4}$ tsp mustard
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{8}$ tsp black pepper

DIRECTIONS

1. In a small bowl, whisk together goji juice and mustard.
2. Continually whisk and slowly drizzle in melted coconut oil until you have an emulsified vinaigrette.
3. Add salt and pepper to season.
4. Lightly dress salad and serve.

18 HEALTHY PUMPKIN SEED DRESSING IN A MASON JAR



Recipe by Suzy Singh

Serves 8

NUTRITION INFO

Calories: 160 calories Sodium: 140 mg Calcium: 1 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE



LOW-SUGAR



VEGAN



PALEO



KETO

INGREDIENTS

- 1 cup [Ellyndale® Organic Extra Virgin Pumpkin Seed Oil](#)
- 1 Tbsp lemon juice
- 1 tsp mustard
- 1/2 tsp salt
- 1/2 tsp black pepper

DIRECTIONS

1. Place all ingredients in a Mason jar.
2. Mix for one minute or until well blended.
3. Serve and enjoy.
4. Refrigerate up to 1 week.

19 HEALTHY SESAME OIL DRESSING IN A MASON JAR



Recipe by Suzy Singh

Serves 9

NUTRITION INFO

Calories: 1000 calories Fat: 11 g Sat Fats: 2 g Sodium: 60 mg Calcium: 2 mg



INGREDIENTS

- 1 cup [Ellyndale® Organic Extra Virgin Sesame Seed Oil](#)
- 1 Tbsp lemon juice
- 1 tsp mustard
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp cinnamon

DIRECTIONS

1. Place all ingredients in a Mason jar.
2. Mix for one minute or until well blended.
3. Serve and enjoy.
4. Refrigerate up to 1 week.

20 LEMON CITRUS VINAIGRETTE



Recipe by Suzy Singh

Serves 6

NUTRITION INFO

Calories: 30 calories Fat: 4 g Sat Fats: Trans Fat: Cholesterol: Sodium: 25 mg Carbs: Fiber: Sugar: Protein: Vitamin C: 1.8 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE



LOW-SUGAR



PALEO



KETO

INGREDIENTS

- 1 Tbsp [NOW® Lemon Flavored Omega 3 Fish Oil](#)
- 2 tsp lemon juice
- 1/4 tsp mustard
- 1/8 tsp salt
- 1/4 cup [Ellyndale® Avocado Oil](#)

DIRECTIONS

1. In a blender, combine omega-3 fish oil, lemon juice, mustard, and salt.
2. While blending on low, slowly add in the avocado oil until fully combined.
3. Dress your favorite salad and enjoy!

21 GARLIC BREAD



Recipe by Suzy Singh

Serves 12

NUTRITION INFO

Calories: 230 calories Fat: 20 g Sat Fats: 16 g Sodium: 240 mg Carbs: 13 g Fiber: 1 g Sugar: 1 g Protein: 2 g Vitamin A: 36 mcg Vitamin C: 3.6 mg
Calcium: 26 mg Iron: 0.72 mg



DAIRY-FREE



CORN-FREE



SUGAR-FREE



VEGAN

INGREDIENTS

- 1 Italian bread loaf, halved horizontally
- 1 cup [Ellyndale® Organic Coconut Infusions™ Garlic-Flavored Coconut Oil](#), melted
- 1 cup chives, chopped
- 2 teaspoons salt

DIRECTIONS

1. Preheat oven to 350F. Line half sheet pan with parchment paper.
2. Place Italian bread on pan and add garlic-infused coconut oil, chives, and salt.
3. Cook for 7 to 10 minutes.
4. Serve warm and enjoy!

22 PUMPED-UP PUMPKIN SOUP



Recipe by Chrissy Carroll
@chrissytherd

Serves 6

NUTRITION INFO

Calories: 190 calories Fat: 13 g Sat Fats: 9 g Sodium: 400 mg Carbs: 13 g Fiber: 2 g Sugar: 6 g Protein: 7 g Vitamin A: 1080 mcg Vitamin C: 13.5 mg
Calcium: 52 mg Iron: 2.7 mg



INGREDIENTS

- 1 Tbsp [Ellyndale® Liquid Coconut Oil](#)
- 1 small onion, diced
- 2 tsp minced garlic
- 15-ounce can of pumpkin puree
- 2 cups vegetable broth
- ½ tsp salt
- 1 tsp curry powder
- ¼ tsp chipotle powder (adjust to spice preference)
- ¼ tsp paprika
- 2 tsp [NOW Real Food® Organic Maple Syrup](#)
- 1 cup canned coconut milk
- ½ scoop [NOW® Organic Plant Protein, Unflavored](#)
- ¼ cup [NOW Real Food® Pumpkin Seeds](#)

DIRECTIONS

1. Heat the coconut oil in a pot over medium high heat. Add onion and sauté for 2 to 3 minutes. Add the garlic and cook for an additional minute.
2. Add the pumpkin puree, broth, salt, curry powder, chipotle pepper, paprika, and maple syrup to the pot. Continue to cook over medium heat for 4 to 5 minutes.
3. Stir in coconut milk and heat for another minute until everything is combined and warm.
4. Remove from heat and whisk in the protein powder.
5. If you like a very smooth soup, give the pot a quick puree with an immersion blender – or skip this if you prefer your soup with a bit more texture! Portion soup into bowls and top with pumpkin seeds.

NOTES

- This recipe makes four meal-sized portions or six side dish-sized portions.
- You can also try other NOW Foods unflavored protein powders in this recipe. Start with a quarter of a scoop and taste as you go. You should be able to add between a quarter and a full scoop without much impact on taste or texture, but only you know your taste buds best!

23 ORGANIC GREEN BEANS ALMONDINE



Recipe by Suzy Singh

Serves 6

NUTRITION INFO

Calories: 220 calories Fat: 21 g Sat Fats: 9 g Sodium: 100 mg Carbs: 7 g Fiber: 3 g Sugar: 2 g Protein: 6 g Vitamin A: 36 mcg Vitamin C: 5.4 mg Calcium: 104 mg Iron: 1.08 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



SUGAR-FREE



VEGAN



PALEO



KETO

INGREDIENTS

- 2 cups organic green beans, ends chopped
- 1 cup [NOW® Real Food Organic Almonds](#), chopped
- $\frac{1}{4}$ cup [Ellyndale® Organic Coconut Infusions™ Garlic](#)
- 1 tsp salt

DIRECTIONS

1. Place pan on medium heat.
2. Add garlic-flavored coconut oil and allow for oil to melt.
3. Add green beans, almonds, and salt.
4. Sauté for five minutes or until the green beans have softened.
5. Serve warm and enjoy!

24 HERBED CARROT SPAGHETTI WITH PINE NUTS



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 230 calories Fat: 20 g Sat Fats: 2.5 g Sodium: 125 mg Carbs: 9 g Fiber: 3 g Protein: 5 g Calcium: 22 mg Iron: 3 mg



INGREDIENTS

- 1 tsp. [NOW Real Food® Organic Virgin Coconut Oil](#)
- 3 cups carrots, peeled and ribboned
- 2 tsp. chopped tarragon
- 1 tsp. [NOW Real Food® Organic Light Agave Nectar](#)
- 1/4 tsp. salt
- 2 cups broccoli, large chop
- 1 cup [NOW Real Food® Pine Nuts](#), toasted

DIRECTIONS

1. In a wok, place 1 teaspoon of coconut oil on medium heat.
2. Place 3 cups of ribboned carrots in the pan.
3. Continue to cook until carrots have reduced to half original amount.
4. Toss in tarragon, agave nectar, and salt until carrots are fully coated.
5. Add broccoli and pine nuts.
6. Continue to cook for 5 minutes and serve.

25 SUNDRIED TOMATO HERBED PASTA



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 370 calories Fat: 16 g Sat Fats: 2.5 g Sodium: 160 mg Carbs: 53 g Fiber: 2 g Sugar: 6 g Protein: 6 g Calcium: 27 mg Potassium: 484 mg Iron: 3 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE



SUGAR-FREE



VEGAN

INGREDIENTS

- 1 Box of [Living Now® Organic Quinoa Penne Pasta](#)
- 1 cup sundried tomatoes, chopped
- 1/2 cup fresh basil leaves, chopped
- 1 clove garlic
- 1 tsp fresh sage
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 cup [Ellyndale® Organic Extra Virgin Olive Oil](#)

DIRECTIONS

1. Bring a large pot of water to a boil.
2. Add gluten-free penne pasta and cook for 10 minutes.
3. While pasta is cooking, place sundried tomatoes, basil leaves, garlic, sage, salt, and pepper in a blender.
4. Pulse until ingredients begin to combine, then slowly pour in organic olive oil while continuing to blend.
5. Blend until thick paste is formed.
6. Drain pasta and toss with sundried tomato sauce.
7. Serve warm and enjoy!

26 GLUTEN-FREE PASTA WITH SAUTÉED VEGETABLES



Recipe by Suzy Singh

Serves 8

NUTRITION INFO

Calories: 210 calories Fat: 9 g Sat Fats: 1.5 g Sodium: 390 mg Carbs: 29 g Fiber: 1 g Protein: 4 g Calcium: 26 mg Iron: 1 mg



INGREDIENTS

- 4 cups water
- 3 Tbsp [Ellyndale® Organic Extra Virgin Olive Oil](#)
- 1 1/4 tsp salt
- 2 cups [Living Now® Organic Quinoa Spaghetti](#)
- 1 medium eggplant, cubed
- 2 summer squash, cubed
- 1/4 cup [NOW Real Food® Sunflower Seeds](#)
- 3 cloves garlic, minced
- 1 tsp fresh oregano, chopped
- 1 tsp lemon juice

DIRECTIONS

1. In a large pot, bring 4 cups water to a boil.
2. Season water with 1 tablespoon extra virgin olive oil and 1 teaspoon salt.
3. Add gluten-free spaghetti and cook for 10 minutes.
4. While spaghetti is cooking, place remaining 2 tablespoons olive oil in a large sauté pan over medium heat.
5. After 2 minutes, add eggplant, summer squash, sunflower seeds, garlic, oregano, and remaining 1/4 teaspoon salt.
6. Sauté for 8 minutes, or until vegetables are tender.
7. Drain spaghetti and add to the pan.
8. Add lemon juice and sauté an additional 2 minutes.
9. Serve warm and enjoy!

27 QUINOA SESAME GINGER-CRUSTED SALMON



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 200 calories Fat: 8 g Sat Fats: 1.5 g Cholesterol: 25 mg Sodium: 90 mg Carbs: 12 g Fiber: 2 g Protein: 15 g Vitamin A: 36 mcg Vitamin C: 3.6 mg
Calcium: 52 mg Iron: 0.72 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE

INGREDIENTS

- 8 oz. fillet wild salmon, cut into 4 2 oz. fillets
- 1 [Ellyndale® Organic Quinoa Q Cup™](#)
- 1 tsp [Ellyndale® Organic Sesame Seed Oil](#)
- 1 tsp soy sauce
- 1 tsp ginger powder
- 1 tsp lime juice
- 1/2 tsp lime zest
- 3 Tbsp cilantro, chopped
- 1/4 cup scallions
- 1/4 cup [NOW Real Food® Hulled Sesame Seeds](#)

DIRECTIONS

1. Preheat grill to 350° F
2. In Organic Quinoa Q Cup™ place sesame seed oil, soy sauce, ginger powder, lime juice, lime zest, and 1/2 cup of hot water.
3. Stir, cover with lid, and steep for 5 minutes.
4. Combine with cilantro, scallions, and sesame seeds.
5. Place 1/4 cup on salmon fillet, skin side down.
6. Place on grill and cook for 8 to 10 minutes.
7. Serve and enjoy!

28 FRESH PESTO BAKED WILD COD



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 410 calories Fat: 24 g Sat Fats: 4 g Cholesterol: 105 mg Sodium: 250 mg Carbs: 2 g Protein: 45 g Calcium: 123 mg Iron: 2 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



LOW-SUGAR



KETO

DID YOU KNOW?

The high smoke point of avocado oil means its heart-healthy nutrients won't be destroyed in cooking.

INGREDIENTS

- 1 cup basil leaves
- $\frac{1}{4}$ cup [NOW Real Food® Pine Nuts](#)
- $\frac{1}{4}$ cup parmigiano-reggiano cheese, freshly grated
- 1 clove garlic
- $\frac{1}{8}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{4}$ cup [Ellyndale® Avocado Oil](#)
- 4 cod fillets (4 oz. each)

DIRECTIONS

1. Preheat oven to 300° F.
2. In a food processor, combine basil, pine nuts, parmesan cheese, garlic, salt, and pepper.
3. Drizzle in avocado oil until fully incorporated.
4. Place each cod fillet with 2 tablespoon of pesto in an even layer.
5. Place onto a baking sheet with pesto side up and bake in preheated oven for 15 minutes.
6. Serve warm and enjoy!

29 GINGER-GLAZED MAHI-MAHI



Recipe by Suzy Singh

Serves 8

NUTRITION INFO

Calories: 400 calories Fat: 11 g Sat Fats: 2.5 g Cholesterol: 75 mg Sodium: 380 mg Carbs: 52 g Fiber: 3 g Sugar: 16 g Protein: 22 g Calcium: 22 mg Potassium: 429 mg Iron: 2 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE

INGREDIENTS

- 1 cup [NOW Real Food® Crystallized Ginger Dices](#)
- $\frac{1}{4}$ cup [Ellyndale® Organic Extra Virgin Olive Oil](#)
- 1 clove garlic, finely chopped
- 1 tsp. [NOW Real Food® Organic Light Agave Nectar](#)
- 1 tsp. salt
- 1 tsp. white pepper
- 4 Mahi-mahi fillets (4-6 oz. filets)
- 2 tsp. [NOW Real Food® Organic Virgin Coconut Oil](#)
- 2 cups [NOW Real Food® Organic Sprouted Brown Rice](#), cooked

DIRECTIONS

1. In a large bowl, combine ginger dices, olive oil, garlic, agave nectar, salt, and white pepper until fully incorporated.
2. In a shallow glass dish place four fillets of mahi-mahi.
3. Pour the ginger marinade over the fish.
4. Heat a large griddle on medium heat.
5. Spread 2 teaspoon of coconut oil on the griddle.
6. Place glazed mahi-mahi on the hot griddle and cook for 4 minutes on first and flip.
7. Cook mahi-mahi on second side for 3 minutes.
8. Place each fillet on top of $\frac{1}{2}$ cup cooked sprouted brown rice and serve warm.

30 CASHEW CHICKEN STIR FRY



Recipe by Chrissy Carroll
@chrissytherd

Serves 4

NUTRITION INFO

Calories: 240 calories Fat: 7g Sat Fats: 3g Cholesterol: 55 mg Sodium: 250 mg Carbs: 11g Fiber: 3g Sugar: 3g Protein: 31g Vitamin A: 90 mcg
Vitamin C: 63 mg Calcium: 52 mg Iron: 1.8 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



PALEO



KETO

INGREDIENTS

- 1 Tbsp [Ellyndale® Organic Coconut Infusions™ Garlic](#)
- 1 lb. chicken breast, chopped into 1-inch pieces
- 16-ounce bag of frozen stir-fry vegetables
- 2 tsp lower sodium soy sauce (or coconut aminos)
- 1 tsp rice wine vinegar
- $\frac{1}{3}$ cup [NOW Real Food® Roasted & Salted Cashews](#)

DIRECTIONS

1. Place the garlic pepper coconut oil in a large skillet over medium heat.
2. Meanwhile, chop your chicken breast into 1-inch pieces. Add to the skillet with hot oil.
3. Add your frozen vegetable blend to the same skillet. Increase the heat to medium-high and continue cooking everything for 5 more minutes.
4. Meanwhile, lightly crush the cashews into smaller pieces. (One easy way to do so is by placing them in a plastic baggie and crushing them with a rolling pin or meat tenderizer a few times).
5. Add the soy sauce, rice wine vinegar, and cashews to the skillet. Cook for 2 more minutes until everything is evenly coated and cooked through. Enjoy!

NOTES

- This dish can be served as-is, or can also be served over rice or quinoa.
- The vegetable blend that was used here contained green beans, broccoli, carrots, peppers, onions, snap peas, and water chestnuts. However, you can choose any frozen vegetable blend or individual vegetable of your choice.
- You can also use fresh vegetables; however you would need to account for the additional preparation time to chop them.

31 FRENCH VANILLA COCONUT ENERGY BITES



Recipe by Suzy Singh

Serves 10

NUTRITION INFO

Calories: 200 calories Fat: 17 g Sat Fats: 4.5 g Sodium: 35 mg Carbs: 11 g Fiber: 1 g Sugar: 2 g Protein: 5 g Calcium: 13 mg Potassium: 115 mg Iron: 1 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



SUGAR-FREE



VEGAN



PALEO

INGREDIENTS

- 1 cup cashew butter, refrigerated
- 1/2 cup [NOW Real Food® Dry Roasted and Salted Macadamia Nuts](#)
- 1/4 cup [NOW Real Food® Organic Coconut Flour](#)
- 4 drops [BetterStevia® Liquid Extract, French Vanilla](#)
- 1/4 cup [NOW Real Food® Shredded Coconut](#)

DIRECTIONS

1. Place parchment paper on 1/2 sheet pan.
2. In a chilled bowl combine cashew butter, macadamia nut, organic coconut flour, and French vanilla liquid.
3. Using a small scoop, roll mixture into 1/2 inch balls.
4. Roll balls in shredded coconut until evenly coated.
5. Place balls 1 inch apart on sheet pan.
6. Place in refrigerator for a minimum of one hour.
7. Serve and enjoy for up to 2 weeks.

32 CASHEW BUTTER & BERRIES ENERGY BITES



Recipe by Suzy Singh

Serves 7

NUTRITION INFO

Calories: 480 calories Fat: 34 g Sat Fats: 4 g Sodium: 10 mg Carbs: 36 g Fiber: 1 g Protein: 10 g Calcium: 21 mg Iron: 2 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



SOY-FREE



VEGAN

INGREDIENTS

- 1 cup cashew butter, refrigerated
- 1 cup [NOW Real Food® Honey Roasted Pecans](#), chopped
- 1/2 cup [NOW Real Food® Organic Rolled Oats](#)
- 1/4 cup [NOW Real Food® Organic Golden Berries](#), chopped
- 4 drops [BetterStevia® Liquid, Cinnamon Vanilla](#)
- 1/4 cup [NOW Real Food® Date Sugar](#)

DIRECTIONS

1. Place parchment paper on 1/2 sheet pan.
2. In a chilled bowl combine cashew butter, honey roasted pecans, organic rolled oats, organic golden berries, and cinnamon vanilla liquid.
3. Using a small scoop, roll mixture into 1/2 inch balls.
4. Roll balls in date sugar until evenly coated.
5. Place balls 1 inch apart on sheet pan.
6. Place in refrigerator for a minimum of one hour.
7. Serve and enjoy for up to 2 weeks.

33 POM-BERRY NUT ENERGY BITES



Recipe by Suzy Singh

Serves 12

NUTRITION INFO

Calories: 90 calories Fat: 7g Sat Fats: 1g Carbs: 7g Fiber: 1g Sugar: 4g Protein: 2g Calcium: 10 mg Potassium: 72 mg Iron: 1 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



VEGAN

INGREDIENTS

- 1 cup cashew butter, refrigerated
- 1 cup [NOW Real Food® Raw Energy Nut Mix](#)
- 4 drops [BetterStevia® Liquid, Pomegranate Blueberry](#)
- $\frac{1}{4}$ cup [NOW Real Food® Organic Coconut Sugar](#)

DIRECTIONS

1. Place parchment paper on $\frac{1}{2}$ sheet pan.
2. In a chilled bowl combine cashew butter, raw energy nut mix and pomegranate blueberry liquid.
3. Using a small scoop, roll mixture into $\frac{1}{2}$ inch balls.
4. Roll balls in organic coconut sugar until evenly coated.
5. Place balls 1 inch apart on sheet pan.
6. Place in refrigerator for a minimum of one hour.
7. Serve and enjoy for up to 2 weeks.

34 LEMON COCO-NUTTY ENERGY BITES



Recipe by Amber Battishill
@mommygonehealthy

Makes 15-18 balls

NUTRITION INFO

Calories: 30 calories Fat: 2 g Sat Fats: 1 g Carbs: 4 g Sugar: 3 g Protein: 1 g Vitamin C: 1.8 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



VEGAN

INGREDIENTS

- 1 cup [NOW Real Food® Raw Almonds](#)
- 1/4 cup [NOW Real Food® Coconut Flour](#)
- 1/4 cup [NOW Real Food® Organic Shredded Coconut](#)
- 1/4 cup lemon juice
- 2 Tbsp [NOW Real Food® Light Agave Nectar](#)
- 1 Tbsp [NOW Real Food® Organic Virgin Coconut Oil](#)
- 1 tsp vanilla extract
- Lemon zest

DIRECTIONS

1. Add almonds to food processor and process until fine crumbs form.
2. Add remaining ingredients and process until well mixed.
3. Roll the dough into one-inch balls.
4. Roll in more coconut flakes, if preferred.
5. Store in refrigerator for up to 7 days.

35 CACAO & CHIA ENERGY BITES



Recipe by Suzy Singh

Serves 7

NUTRITION INFO

Calories: 90 calories Fat: 7g Sat Fats: 15g Carbs: 5g Fiber: 2g Protein: 3g Calcium: 20mg Iron: 1mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



SUGAR-FREE



PALEO



KETO

INGREDIENTS

- 1 cup cashew butter, refrigerated
- 1/2 cup [NOW Real Food® Tamari Almonds](#), chopped
- 1/4 cup [NOW Real Food® Organic Cacao Nibs](#)
- 2 Tbsp [NOW Real Food® Organic Milled Chia Seed](#)
- 4 drops [BetterStevia® Liquid, Hazelnut](#)
- 1/4 cup [NOW Real Food® Organic Cocoa Powder](#)

DIRECTIONS

1. Place parchment paper on 1/2 sheet pan.
2. In a chilled bowl combine cashew butter, tamari almonds, organic cacao nibs, organic milled chia seed, and hazelnut liquid.
3. Using a small scoop, roll mixture into 1/2 inch balls.
4. Roll balls in organic cocoa powder until evenly coated.
5. Place balls 1 inch apart on sheet pan.
6. Place in refrigerator for a minimum of one hour.
7. Serve and enjoy for up to 2 weeks.

36 MINT CHOCOLATE PROTEIN BARS



Recipe by Nicole Handler
@fitfulfocus

Makes 10 bars

NUTRITION INFO

Calories: 150 calories Fat: 7 g Sat Fats: 1.5 g Sodium: 65 mg Carbs: 17 g Fiber: 2 g Sugar: 12 g Protein: 6 g Calcium: 52 mg Iron: 2.7 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



VEGAN



PALEO

INGREDIENTS

- 1 cup pitted Medjool dates (about 10)
- $\frac{3}{4}$ cup [NOW® Sports Egg White Protein Powder](#)
- $\frac{1}{2}$ cup [NOW Real Food® Raw Almonds](#)
- $\frac{1}{2}$ cup [NOW Real Food® Raw Cashews](#)
- 2 Tbsp [NOW Real Food® Organic Cocoa Powder](#)
- 20 to 30 drops liquid peppermint stevia (or peppermint extract)
- 3 Tbsp dairy free, semi-sweet chocolate chips
- Optional: a small handful of almonds & cashews to add at the end for texture

DIRECTIONS

1. Place dates, protein power, almonds, cashews, cocoa power, and peppermint stevia in a food processor.
2. Process until everything begins to stick together to form a sticky ball of dough. You may need to stop every few minutes to push everything down with a spatula.
3. Right before your dough is finished, add your chocolate chips and extra nuts (if adding) and pulse a few times. This will give your bars nice chunks for texture.
4. Remove your dough from the food processor and press or roll it into a parchment-lined 8x8 baking dish. Refrigerate for 30 minutes. (TIP: Place a piece of plastic wrap over your ball of dough as you press or roll to avoid your hands or roller sticking to the dough.)
5. Slice into 10 bars and enjoy!
6. Store in the refrigerator for up to a week or freeze.

37 BLUEBERRY CHIA SEED JAM



Recipe by Chrissy Carroll
@chrissytherd

Makes 12 Servings

NUTRITION INFO

Calories: 20 calories Carbs: 5 g Fiber: 1 g Sugar: 3 g Vitamin C: 3.6 mg



INGREDIENTS

- 2 cups organic blueberries
- 2 tsp [NOW Real Food® Organic Maple Syrup](#)
- 2 1/2 Tbsp [NOW Real Food® Organic Black Chia Seeds](#)

DIRECTIONS

1. Place the blueberries in a small pot over medium heat. Cook for 5 minutes, stirring occasionally, until they have started to break down and release their juices.
2. Mash the blueberries with the back of a fork or a potato masher.
3. Stir in the maple syrup, cook for another minute or so, and then remove from heat.
4. Mix in the chia seeds and let sit for 5 minutes. The jam will thicken up. Use it on toast, in your PB&J, or on top of frozen yogurt!

NOTES

- One serving = approximately 1 tablespoon.
- This jam can be stored in the refrigerator for 4 to 5 days.
- You can also make this recipe using raspberries or strawberries rather than blueberries. With those fruits, you may only need 2 tablespoons of chia seeds rather than 2.5 tablespoons.

38 HONEY PECAN CHOCOLATE CHIP PROTEIN BROWNIES



Recipe by Kasey Brown
@powercakes

Makes 12 Brownies

NUTRITION INFO

Calories: 140 calories Fat: 6 g Sat Fats: 3 g Cholesterol: 60 mg Sodium: 130 mg Carbs: 16 g Fiber: 2 g Sugar: 5 g Protein: 5 g Vitamin A: 180 mcg
Vitamin C: 1.8 mg Calcium: 3.6 mg Iron: 1.8 mg



GLUTEN-FREE



KETO

DID YOU KNOW?

Reducing sugar intake can be easy with alternative sweeteners like stevia. Sugarless Sugar, what a concept!

INGREDIENTS

- 3 eggs
- 1 cup pumpkin puree
- 1/2 cup [Ellyndale® Foods Sugarless Sugar™](#)
- 2 Tbsp [Ellyndale® Organic Virgin Coconut Oil](#), melted
- 1 Tbsp vanilla
- 2 scoops [NOW® Sports Grass Fed Whey Protein, Chocolate](#)
- 3/4 cup oat flour
- 1/2 cup [NOW Real Food® Organic Cocoa Powder](#)
- 1/2 tsp baking powder
- 1/2 tsp pink or sea salt
- Toppings:
 - 1/2 cup semi-sweet chocolate chips
 - 1/2 cup [NOW Real Food® Honey Roasted Pecans](#)
 - extra sea salt or pink salt

DIRECTIONS

1. Preheat oven to 325° F.
2. Combine your wet ingredients with your Sugarless Sugar™ and whisk thoroughly.
3. Add in your dry ingredients and combine.
4. Pour batter into your greased 13x9 baking pan and top with chocolate chips and whole honey pecans.
5. Bake at 325° F for 15 to 18 minutes until desired doneness (poke a toothpick in the middle and you want it to be partly clean on the way out).
6. Let cool in pan before cutting into squares.
7. Store sealed in the refrigerator for 4 to 5 days.

39 PEAR AND MAPLE BREAKFAST CRUMBLE



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 160 calories Fat: 4 g Sat Fats: 2 g Sodium: 15 mg Carbs: 31 g Fiber: 6 g Sugar: 16 g Protein: 2 g Vitamin C: 9 mg Calcium: 26 mg Iron:



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



VEGETARIAN



VEGAN

DID YOU KNOW?

Delicious Coconut Infusions — used as cooking oils or nondairy spreads — make it easy to reap the health benefits of coconut oil.

INGREDIENTS

- 1 [Ellyndale® Q Cup™ Organic with Sea Salt](#), rehydrated
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 tsp nutmeg
- 2 pears, sliced
- 2 Tbsp [NOW Real Food® Maple Syrup](#)
- 1 tsp [Ellyndale® Organic Coconut Infusions™ Non-Dairy Butter-Flavored Coconut Oil](#)

DIRECTIONS

1. In a cast iron skillet on medium heat, place sliced pears with $\frac{1}{2}$ cup of water
2. Allow for all of the water to evaporate then add rehydrated Q Cup™, cinnamon, vanilla, nutmeg, maple syrup and butter-flavored coconut oil.
3. Allow mixture to cook for 5 minutes, serve warm, and enjoy!

40 ALMOND BUTTER OATMEAL COOKIES



Recipe by Marisa Westbrook
@uprootkitchen

Makes 12 Cookies

NUTRITION INFO

Calories: 80 calories Fat: 6 g Sat Fats: 1 g Cholesterol: 20 mg Sodium: 55 mg Carbs: 5 g Fiber: 1 g Sugar: 2 g Protein: 3 g Calcium: 52 mg Iron: 0.72 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



VEGAN

INGREDIENTS

- 1/2 cup creamy almond butter
- 1/4 cup [NOW Real Food® Organic Rolled Oats](#)
- 3 Tbsp [NOW Real Food® Organic Turbinado Sugar](#)
- 1 large egg
- 1/4 tsp vanilla extract
- 1/8 tsp salt
- optional: flaky sea salt, for topping

DIRECTIONS

1. Preheat the oven to 350° F and line a baking sheet with parchment paper or a silicone baking mat.
2. In a bowl, mix together all ingredients, stirring well to combine.
3. Using your hands, form 12 tablespoon-sized balls of cookie dough and flatten them a bit onto the cookie sheet. Use a fork to make cross-hatches in the tops of the cookies. Sprinkle flaky sea salt overtop, if desired.
4. Bake for 8 to 9 minutes, until the bottoms are lightly golden.
5. Allow the cookies to cool on the baking sheet before enjoying or storing in an airtight container in the refrigerator for up to 5 days.

41 EDIBLE WHITE CHOCOLATE MACADAMIA COOKIE DOUGH



Recipe by Nicole Handler
@fitfulfocus

Serves 12

NUTRITION INFO

Calories: 100 calories Fat: 6 g Sat Fats: 3 g Sodium: 90 mg Carbs: 12 g Fiber: 1 g Sugar: 4 g Protein: 1g Calcium: 26 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE



VEGAN

INGREDIENTS

- $\frac{3}{4}$ cup [Living Now® Gluten Free Baking & Pancake Mix](#)
- $\frac{1}{4}$ cup [NOW Real Food® Organic Maple Syrup](#)
- 6 Tbsp almond milk
- $\frac{1}{4}$ cup [Ellyndale® Coconut Infusions™ Non-Dairy Butter-Flavored Coconut Oil](#)
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{4}$ cup [NOW Real Food® Roasted & Salted Macadamia Nuts](#), chopped
- $\frac{1}{4}$ cup vegan white chocolate chips, chopped

DIRECTIONS

1. Combine baking mix and sugar in a medium bowl.
2. In a separate bowl, combine your almond milk, coconut spread and vanilla extract and whisk to combine.
3. Pour your liquids into your dry ingredients and stir until a dough forms.
4. Fold in your macadamia nuts and white chocolate chips.
5. Enjoy by the spoonful. (Store in the fridge for up to a week or freeze into an ice cube tray for later use.)

42 SEA SALT CHOCOLATE PROTEIN GLAZED DONUTS



Recipe by Kasey Brown
@powercakes

Serves 12

NUTRITION INFO

Calories: 140 calories Fat: 6 g Sat Fats: 4.5 g Cholesterol: 55 mg Sodium: 200 mg Carbs: 14 g Fiber: 3 g Sugar: 1 g Protein: 4 g Vitamin A: 180 mcg
Vitamin C: 1.8 mg Calcium: 52 mg Iron: 1.8 mg



GLUTEN-FREE



DAIRY-FREE



VEGAN

DID YOU KNOW?

Organic protein powder, snuck into recipes, delivers the day's protein in fun and creative ways!

INGREDIENTS

- 1 cup pumpkin puree
- $\frac{1}{2}$ cup [Ellyndale® Organic Virgin Coconut Oil](#), melted
- 3 whole eggs
- 1 Tbsp vanilla extract
- 1 cup oat flour (rolled oats ground into flour)
- $\frac{3}{4}$ cup [Ellyndale® Sugarless Sugar™](#)
- $1\frac{1}{2}$ scoops [NOW® Sports Organic Plant Protein, Chocolate](#)
- $\frac{1}{4}$ cup [NOW Real Food® Organic Cocoa Powder](#)
- 1 tsp ground coffee (optional but brings out chocolate flavor!)
- 1 tsp pink salt in the batter (and sprinkle some on top before baking!)
- $\frac{1}{4}$ tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- Glaze:
 - $\frac{1}{4}$ cup [Ellyndale® Virgin Coconut Oil](#), melted
 - 2 Tbsp [Ellyndale® Sugarless Sugar™](#)
 - 2 Tbsp cashew or almond milk
 - 1 tsp vanilla

DIRECTIONS

1. Preheat oven to 350° F.
2. In a bowl, combine your wet ingredients with your Sugarless Sugar™ and whisk thoroughly.
3. Add in your dry ingredients and combine with spoon.
4. Using an ice cream scoop or spoon, add batter into your greased donut baking pan (or make into muffins!) and then sprinkle with some pink salt on top.
5. Bake at 350° F for 10 to 11 minutes.
6. Let cool, and the donuts will lower to a normal size before you pop them out!
7. After cooled, add your glaze on top and store in the fridge.
8. Glaze:
 - Combine all ingredients thoroughly and let sit to thicken.
 - Drizzle on donuts after they have cooled as the coconut oil will want to melt right into the warm donut.

43 BERRY BLAST SMOOTHIE



Recipe by Suzy Singh

Serves 2

NUTRITION INFO

Calories: 210 calories Fat: 8 g Sat Fats: 6 g Sodium: 5 mg Carbs: 26 g Fiber: 3 g Protein: 14 g Calcium: 165 mg Iron: 1 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



LOW-SUGAR



VEGETARIAN



VEGAN



PALEO

INGREDIENTS

- 3 cups unsweetened organic coconut milk
- 1 scoop [NOW® Sports Plant Protein Complex, Creamy Vanilla](#)
- 1 banana
- 1/2 cup organic blueberries

DIRECTIONS

1. In a blender, combine until smooth.
2. Serve chilled and enjoy!

44 GREEN SMOOTHIE



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 190 calories Fat: 11 g Sat Fats: 1 g Sodium: 30 mg Carbs: 20 g Fiber: 2 g Protein: 6 g Calcium: 109 mg Iron: 2 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



NUT-FREE



EGG-FREE



SOY-FREE



PALEO

INGREDIENTS

- 1 cup organic bananas
- 1 cup organic kale leaves
- $\frac{3}{4}$ cup hemp milk
- $\frac{3}{4}$ cup ice
- $\frac{1}{2}$ cup organic spinach
- $\frac{1}{4}$ cup organic avocado
- $\frac{1}{4}$ cup [NOW Real Food® Organic Raw Sunflower Seeds](#)
- 1 Tbsp [NOW Real Food® White Chia Seed Meal](#)
- 1 Tbsp [NOW Real Food® Organic Golden Flax Seed Meal](#)
- 2 drops [BetterStevia® Lemon Twist Liquid](#)

DIRECTIONS

1. In a blender, combine all smoothie ingredients.
2. Blend at medium speed until smooth.
3. Serve immediately and enjoy!

45 SUPER ANTIOXIDANT PROTEIN SHAKE



Recipe by Suzy Singh

Serves 2

NUTRITION INFO

Calories: 220 calories Fat: 2.5 g Sodium: 210 mg Carbs: 38 g Fiber: 4 g Protein: 13 g Calcium: 200 mg Iron: 4 mg



INGREDIENTS

- 1 banana
- 1 orange (peeled & sliced)
- 3 Tbsp [NOW® Goji Juice](#)
- 2 Tbsp [NOW® Sports Pea Protein](#)
- 1 cup rice milk
- 1 cup ice

DIRECTIONS

1. Place all ingredients in blender.
2. Pulse on low until mixture is smooth.
3. Serve cold and enjoy!

46 CREAMY VANILLA TURMERIC SMOOTHIE



Recipe by Suzy Singh

Serves 2

NUTRITION INFO

Calories: 200 calories Fat: 8 g Sat.Fats: 6 g Cholesterol: Sodium: 150 mg Carbs: 23 g Fiber: 2 g Protein: 12 g Calcium: 169 mg Iron: 2 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



LOW-SUGAR



VEGETARIAN



VEGAN



PALEO

INGREDIENTS

- 3 cups unsweetened organic coconut milk
- 1 scoop [NOW® Sports Plant Protein Complex, Creamy Vanilla](#)
- 1 banana
- 1 Tbsp turmeric
- 1 tsp vanilla extract

DIRECTIONS

1. In a blender combine until smooth.
2. Serve chilled and enjoy!

47 SPICED GINGER CHAI SMOOTHIE



Recipe by Suzy Singh

Serves 2

NUTRITION INFO

Calories: 200 calories Fat: 8 g Sat.Fats: 6 g Sodium: 5 mg Carbs: 23 g Fiber: 2 g Protein: 14 g Calcium: 186 mg Iron: 1 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



LOW-SUGAR

INGREDIENTS

- 3 cups unsweetened organic coconut milk
- 1 scoop [NOW Sports® Plant Protein Complex, Creamy Vanilla](#)
- 1 banana
- 1 tsp black pepper
- 1 tsp cardamom
- 1 tsp cinnamon
- 1 tsp ginger

DIRECTIONS

1. In a blender, combine until smooth.
2. Serve chilled and enjoy!

48 SPIRULINA MACA LATTE



Recipe by Amber Battishill
@mommygonehealthy

Serves 1

NUTRITION INFO

Calories: 90 calories Fat: 3 g Sodium: 180 mg Carbs: 12 g Fiber: 2 g Sugar: 9 g Protein: 4 g Vitamin A: 630 mcg Calcium: 260 mg Iron: 0.72 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



VEGETARIAN



VEGAN

INGREDIENTS

- 1 cup vanilla almond milk, sweetened
- 1 tsp [NOW® Organic Spirulina Powder](#)
- 1/2 tsp [NOW® Organic Maca Powder](#)
- 1/2 tsp ground ginger
- 1/4 tsp ground cardamom
- 1/4 Tbsp [NOW Real Food® Organic Light Agave Nectar](#)

DIRECTIONS

1. Heat almond milk until hot.
2. Add all ingredients and mix extremely well.
3. If desired, use frother.

49 MOCHA ESPRESSO SMOOTHIE



Recipe by Suzy Singh

Serves 2

NUTRITION INFO

Calories: 220 calories Fat: 10 g Sat Fats: 8 g Sodium: 10 mg Carbs: 25 g Fiber: 2 g Protein: 14 g Calcium: 165 mg Iron: 1 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



LOW-SUGAR



VEGETARIAN



VEGAN

INGREDIENTS

- 3 cups unsweetened organic coconut milk
- 1 scoop [NOW Sports® Plant Protein Complex, Creamy Vanilla](#)
- 1 banana
- 2 Tbsp [NOW Real Food® Organic Cocoa Powder](#)
- 2 tsp organic instant espresso

DIRECTIONS

1. In a blender, combine until smooth.
2. Serve chilled and enjoy!

50 ORGANIC CHOCOLATE ALMOND MILK



Recipe by Suzy Singh

Serves 4

NUTRITION INFO

Calories: 240 calories Fat: 18 g Sat Fats: 1.5 g Sodium: 150 mg Carbs: 16 g Fiber: 4 g Sugar: 8 g Protein: 8 g Calcium: 120 mg Iron: 2 mg



GLUTEN-FREE



DAIRY-FREE



CORN-FREE



VEGETARIAN



VEGAN

INGREDIENTS

- 1 cup [NOW Real Food® Organic Almonds](#)
- 3 cups water
- 2 Tbsp [NOW Real Food® Organic Light Agave Nectar](#)
- 1 pinch salt
- 1/2 tsp [NOW Real Food® Organic Cocoa Powder](#)

DIRECTIONS

1. Put almonds in a small bowl and add enough water to just cover the almonds; let them soak for a full 24 hours.
2. Drain the water and rinse almonds with fresh water.
3. In a blender combine almonds, water, agave and salt; blend well.
4. With a cheese cloth strain the milk into a bowl.
5. Whisk in cocoa, refrigerate and enjoy!

CONTRIBUTORS

SUZY SINGH

Chef Suzy Singh joined NOW® Foods as the R&D Corporate Chef in 2013 to drive new product development and create healthy solutions for existing products in the Food category. Her talent for cooking is matched only by her passion and commitment to helping people live healthier lives through food.



As a mother of two, Suzy understands the concept of fast, functional, and healthy foods. She has formulated products as well as recipes that embody these important characteristics for the busy mom. Suzy is an integral part of the food team and oversees all new product research, product development and recipe development, while staying true to her commitment to helping people live healthier lives through food.

AMBER BATTISHILL

Amber is a 30-something-year-old wife and mama of two wonderful, energetic children. She's fueled by coffee, re-energized with yoga, loves a good mind-clearing run, gardening, creating recipes in the kitchen and unwinding with a glass of wine. She began writing *Mommy Gone Healthy*, a lifestyle and motherhood blog, to inspire mothers and women to find balance and lead healthier lives.



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KASEY BROWN

Kasey Brown is a Certified Personal Trainer, Blogger, Best Selling Author of *BODYpeace*, and creator and voice behind the motto "be true to you!" through her *POWERCAKES* blog and website since 2010.



Kasey has a great passion and enthusiasm for fitness, coaching, teaching, nutrition, cooking and baking while empowering women to love themselves while finding inspiration through fitness and food.

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CHRISSY CARROLL

Chrissy Carroll is a vibrant RD blogger and social media enthusiast. On her blog, Snacking in Sneakers, she shares posts about balancing food, fun, and fitness. Much of her content is centered on running and triathlons – including training tips and meals for active women – as Chrissy is a marathoner and triathlete herself, as well as a USAT Level I Triathlon Coach. Combining her professional and personal passions, she authored "Eat to Peak: Sports Nutrition for Runners and Triathletes."



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NICOLE HANDLER

Nicole is a freelance creative director for advertising agencies. By day, at least. By early morning, evening, and any free time in between, she's a NASM certified personal trainer who blogs over at *fitfulfocus.com*. There, she shares her adventures with food and fitness, creating allergy-friendly recipes and sweat-drenching workouts, and shares tips for how to get fit, keep your tummy full and stay focused on leading a happy, healthy life.



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MARISA WESTBROOK

Marisa Westbrook, MPH, is a public health professional, seasonal recipe developer and food photographer inspired by fresh, local produce. She is currently pursuing her PhD in Denver, Colorado, seeking to bring more community voice into the field of public health. She spends her free time cooking for friends and gardening in her backyard. You can visit her website - Uproot Kitchen - for simple and healthy recipes made with whole ingredients, and monthly seasonal produce lists with food prep inspiration.



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