

herbs**of**gold™

*Dedicated to your health*

# **superfood** **super snacks**



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## superfood super snacks

Sometimes it's hard to find time to get the right nutrition. We all lead busy lives and quite often have to make compromises in our diet. It's refreshing to find quick and easy healthy recipes packed full of nutrients. These recipes are perfect for busy people on the run or adding extra nutrients for children who may be fussy eaters. Enjoy!

*Dedicated to your health*



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Herbs of Gold is available exclusively in health food stores.  
For more nutrition tips and recipe ideas go to [herbsofgold.com.au](http://herbsofgold.com.au)  
or find us on  

## contents

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### smoothies & juices

Berry Banana Smoothie .....	5
Green Power Protein Vegie Juice .....	6
Bone Builder Juice.....	7
Muscle Recovery Smoothie .....	8
Detox Juice .....	9

### snacks & treats

Beetroot & Cacao Brownies .....	11
Protein Smoothie Paddle Pops .....	12
Easy Organic Superfood Cake .....	13
Almond & Rice Protein Balls .....	14
Nutty Protein Balls .....	15
Organic Phyto Balls .....	16
Post Workout Protein Bar .....	17

# smoothies & juices





## Berry Banana Smoothie

servings: 2 | preparation time: 10 mins

### Ingredients

- 2 scoops (25g) Herbs of Gold Organic Rice Power Protein
- 1 medium banana
- 1-2 cups strawberries
- 1 tsp chia seeds
- 250mLs water
- approx. 6 ice cubes

**Options:** Replace ice cubes with frozen berries.

### Directions

1. Put all ingredients in a blender and place lid on tightly.
2. Blend on medium-high speed for 60 seconds or until smooth and frothy.
3. Pour into glasses, garnish as desired.
4. Serve and enjoy!



### Product Info

[Organic Rice Power Protein](#) is made from organically certified, raw, sprouted wholegrain brown rice yielding 20g of complete protein per 25g serve.





## Green Power Protein Vegie Juice

servings: 2 | preparation time: 10 mins

### Ingredients

1 scoop	(30g) Herbs of Gold Green Power Protein
1 medium	stalk of celery
1 medium	carrot
1 small	beetroot (peeled)
1 small	green apple
½	lemon (with peel)
250mLs	water
approx. 6	ice cubes

**Options:** For an extra kick, add a knob of fresh ginger.

### Directions

1. Put all ingredients in a blender and place lid on tightly.
2. Blend on medium-high speed for 60 seconds or until smooth and frothy.
3. Pour into glasses, garnish as desired.
4. Serve and enjoy!



### Product Info

**Green Power Protein** contains pea protein isolate plus other supportive nutrients to assist weight management, help increase satiety (the feeling of fullness after eating) and thermogenesis (fat burning).



## Bone Builder Juice

servings: 2 | preparation time: 10 mins

### Ingredients

2 tsps	Herbs of Gold Organic Ocean Minerals
1 handful	spinach or kale
1 small	granny smith apple
2	figs (fresh or dried)
1 tbsp	tahini
1 tbsp	chia seeds
2 cups	water

**Options:** For a creamier texture, add 1-2 tbsp natural yoghurt.

### Directions

1. Put all ingredients in a blender and place lid on tightly.
2. Blend on medium-high speed for 60 seconds or until smooth and frothy.
3. Pour into glasses, garnish as desired.
4. Serve and enjoy!



### Product Info

**Organic Ocean Minerals** contains Aquamin™, an all natural powdered multi-mineral supplement derived from seaweed, naturally high in calcium and magnesium plus 74 other trace minerals including zinc, iron and selenium.



## Muscle Recovery Smoothie

servings: 2 | preparation time: 10 mins

### Ingredients

1 scoop	(30g) Herbs of Gold Green Power Protein
5mLs	Herbs of Gold Omega Pure Liquid Fish Oil
1 ripe	banana
2 handfuls	fresh or frozen blueberries
1 tbsp	coconut oil
1 heaped tbsp	cacao powder
2 cups	water
1 cup	ice
Dash	sea salt

### Directions

1. Put all ingredients in a blender and place lid on tightly.
2. Blend on medium-high speed for 60 seconds or until smooth and frothy.
3. Pour into glasses, garnish as desired.
4. Serve and enjoy!



### Product Info

[Omega Pure Liquid Fish Oil](#) may assist in the management of arthritis by helping to reduce joint inflammation and swelling and may help increase joint mobility associated with arthritis.





## Detox Juice

**servings:** 2-4 | **preparation time:** 10 mins

### Ingredients

2 tsps	Herbs of Gold Organic Phyto Greens
2 cups	pineapple (core included)
1 small	lebanese cucumber
1 small	medium green apple
1 ½ cups	baby spinach leaves
4 cm piece	fresh ginger
¼ bunch	mint leaves
1 tbsp	chia seeds
Juice of 1	lime
250mLs	water

### Directions

1. Put all ingredients in a blender and place lid on tightly.
2. Blend on medium-high speed for 60 seconds or until smooth and frothy.
3. Pour into glasses, garnish as desired.
4. Serve and enjoy!



### Product Info

**Organic Phyto Greens** is a potent combination of 46 of nature's most nourishing, cleansing and powerful superfoods with 41 naturally occurring minerals, amino acids and vitamins to create a balanced, nutrient rich, natural daily superfood.

# snacks & treats





## Beetroot & Cacao Brownies

servings: 12 | preparation time: 30 mins

### Ingredients

¼ cup	Herbs of Gold Organic Rice Power Protein
1 cup	baked beetroot
½ cup	dates
1 tbsp	raw cacao powder
¼ cup	melted dark chocolate (85% cacao)
2	organic eggs
½ cup	raw walnuts

### Directions

1. Preheat oven to 160°C (fan forced) or 180°C standard oven.
2. Line a brownie or cake tin with baking paper.
3. Place beetroot & dates into blender or food processor – blend until they form a paste.
4. Add raw cacao, melted dark chocolate, eggs and Herbs of Gold Organic Rice Power Protein to the mixture and blend until smooth.
5. Fold in raw walnuts.
6. Pour mixture into the tin and bake for 15-20 minutes or until firm to touch.
7. Cool for 5-10 minutes, remove from tin, slice and serve with coconut yoghurt.



### Note:

These brownies are not only delicious and nutritious but they are also gluten free & dairy free. Beetroot and cacao provide an antioxidant boost and have been linked to improved energy levels.



## Protein Smoothie Paddle Pops

servings: 6 | preparation time: 5 mins

### Ingredients

2 scoops	(25g) Herbs of Gold Organic Rice Power Protein
2 cups	plain low fat yoghurt
2 cups	frozen berries
1/4 cup	agave nectar

**Options:** Replace berries with banana, mango or pineapple. Add crushed nuts or raw cacao to add beneficial antioxidants and magnesium. If you don't have agave on hand you can use stevia, honey or maple syrup or skip the sweetener altogether if you don't like your treats super sweet!

### Directions

1. Place all ingredients in the bowl of a food processor or blender.
2. Process until just combined.
3. Pour into paddle pop moulds or small cups with a paddle pop stick centered in the mixture.
4. Freeze until set.



### Product Info

Another great Herbs of Gold product to use in ice blocks is [Muscle Resuscitation](#). Great for those who need magnesium and enjoy a tropical taste.





## Easy Organic Superfood Cake

**servings:** 16 | **preparation time:** 30 mins

### Ingredients

4 scoops	(50g) Herbs of Gold Organic Rice Power Protein
2 tsps	Herbs of Gold Organic Ocean Minerals
4 tbsps	chia seeds, soaked
½ cup	cacao powder
125g	coconut oil
5	medium to large eggs
175g	almond meal
½ cup	coconut sugar (or your choice of sugar)
1 pinch	sea salt
1 tsp	bicarb
1 cup	fresh/thawed frozen raspberries
½ cup	shaved coconut

### Directions

1. Preheat oven to 180°C (or 170°C fan forced). Line a spring form cake tin with non-stick baking paper.
2. Soak chia seeds in 1 cup of water for 15 minutes, stirring regularly.
3. In the meantime place cacao, eggs, almond meal, coconut sugar, salt, bicarb, shaved coconut, Herbs of Gold Organic Rice Power Protein, Herbs of Gold Organic Ocean Minerals and coconut oil in a bowl. Whisk to combine well and break up any lumps (at least 1 minute). Add chia seed jelly and whisk until well combined. Fold in raspberries. Pour into lined cake tin.
4. Bake in oven for 35-40 minutes or until it bounces back when pressed in the middle. Let the cake cool for 5-10 minutes in the tin. Finish cooling on a wire cooling rack. Serve warm or cold with some extra raspberries and yummy coconut yoghurt.





## Almond & Rice Protein Balls

**servings:** 15 balls | **preparation time:** 20 mins

### Ingredients

4 scoops	(50g) Herbs of Gold Organic Rice Power Protein
150g	raw almonds
16	pitted dates
½ tsp	ground cinnamon
2 tbsps	sesame seeds
1-2 tbsps	water (or more if required)
1 ½ tbsps	raw cacao powder
1 ½ tsp	vanilla extract
½ cup	shredded coconut (for rolling balls in)

### Directions

1. Blend almonds in a food processor until finely ground.
2. Add all other ingredients, except coconut (half of water first). Mix until it starts to come together. Add the rest of the water if the mixture is too dry.
3. Using a tablespoon, scoop out the mixture and shape into small balls about the size of a walnut.
4. Place shredded coconut on a dinner plate and roll the balls until coated.



### Note:

This mix should make about 15 balls and can be stored covered in the fridge for 1-2 weeks. You can also freeze them.





## Nutty Protein Balls

**servings:** 15 balls | **preparation time:** 20 mins

### Ingredients

2 scoops	(25g) Herbs of Gold Organic Rice Power Protein
½ cup	hulled tahini
¼ cup	raw honey
½ cup	desiccated coconut
½ cup	LSA (ground linseeds, sunflower seeds & almonds)
1 cup	dried fruits (apricots, figs and sultanas)
¼ cup	raw almonds (soaked and chopped)

### Directions

1. Mix all ingredients together in a bowl to a firm consistency.
2. Roll into walnut sized balls.
3. Toss lightly in your favourite crushed nuts or cacao nibs.
4. Store in the refrigerator.



### Note:

You can also roll and coat balls with coconut or raw cacao powder.



## Organic Phyto Balls

**servings:** 20 balls | **preparation time:** 15 mins

### Ingredients

1 tbsp	Herbs of Gold
	Organic Phyto Greens
6 tbsps	ABC nut spread (Almond, Brazil & Cashew)
4 tbsps	raw cacao
2 tbsps	coconut oil
1 tbsps	ground flax, chia or almond meal
15 drops	stevia or 1 tbsp honey or agave
Sprinkle	sea salt
Water	as needed for consistency

### Directions

1. Combine all ingredients in a large bowl.
2. Mix together and slowly add water (approx. 6 tbsps water) until you reach the desired consistency. Ingredients should stick together but not be too wet so you can roll into a ball. If you need more water, add it slowly.
3. Shape into little balls and place on a baking tray or wax paper.
4. Roll and coat with raw cacao or coconut.
4. Freeze for 10-15 minutes.



## Post Workout Protein Bar

servings: 10 slices | preparation time: 30 mins

### Ingredients

1/4 cup	Herbs of Gold Green Power Protein
1/2 cup	hulled tahini
1/4 cup	coconut oil
1/4 cup	dessicated coconut (for topping)
1/4 cup	LSA (ground linseed, sunflower seeds and almonds)
1 cup	dried fruits (goji berries, cranberries, apricots)
1/4 cup	raw almonds (soaked and chopped)
2 tbsps	raw cacao
1 tsp	ginger

### Directions

1. Mix all ingredients together in a bowl to a firm consistency.
2. Press firmly and evenly into baking dish.
3. Sprinkle coconut on top.
4. Cut into bars. Store in the refrigerator.



### Note:

These can be made as bars or balls and are perfect for a healthy lunch box snack.