



MANGO VANILLA BERRY SMOOTHIE

VEGAN, GLUTEN FREE, DAIRY FREE
SERVES: 1 TIME: 5 MIN

INGREDIENTS:

- 1 cup of fresh mango chopped
- 1/2 cup of frozen black/blueberries
- 1/2 cup fresh raspberries/strawberries
- 1 cup chopped frozen strawberries
- 2 scoops of [Nuzest](#) Smooth Vanilla Clean Lean Protein
- 1 cup of ice
- 1 1/2 cups of fresh coconut water

METHOD:

Add all ingredients into the blender, with the soft items first. Blend the entire mix until smooth. Enjoy!

GINGER & TURMERIC SOUP

VEGAN, SUGAR FREE, GLUTEN FREE
SERVES: 4 TIME: 35MIN

INGREDIENTS:

- 1 brown onion
- 3 cups chopped pumpkin
- 1 cup chopped potato
- 2-3 garlic cloves, minced
- 1 thumb sized piece of ginger, grated
- 1 thumb sized piece of turmeric, grated
- 3 cups vegetables stock, salt reduced
- 1 cup coconut milk
- 3 tbsp extra virgin olive oil
- Salt and pepper

Optional for topping:

- Coconut yogurt
- Pumpkin (pepita) seeds

METHOD:

1. Heat the oil in a large, deep saucepan. Add the onion and sauté until translucent.
2. Add the pumpkin and potato, garlic, ginger and turmeric and sauté for a few more minutes.
3. Add the broth and coconut milk to the pot and mix well. Season with salt and pepper and bring to the boil. Once boiling, reduce heat to a simmer and place lid on the pot to cook for 20 minutes or until the vegetables are soft.
4. Once the soup is cooked, blend the mixture using an immersion (handheld) blender. Alternatively, you could transfer the mixture to a high-speed blender.
5. Taste and adjust seasoning to your taste.

Serve topped with a dollop of coconut yogurt and pumpkin seeds.

