

# ENERGY RECIPES

The image is a vertical composition featuring three distinct food items. In the upper right, a glass bowl contains sliced mango and blueberries. In the lower left, a teal ceramic bowl is filled with fresh blueberries. In the lower right, a glass jar holds a layered dessert: a red fruit puree at the bottom, a white chia seed pudding in the middle, and a top layer of fresh strawberries and raspberries. The background is a dark, textured surface, and some green leafy herbs are visible in the foreground and background.

BIO BABY KITCHEN

# HERE ARE FIVE HEALING SUPERFOOD RECIPES DESIGNED TO NOURISH THE BODY, SUPPORT IMMUNITY, AND PROMOTE OVERALL WELL-BEING:

## 1. MATCHA & MACA POWER SMOOTHIE

### INGREDIENTS:

- 1 TSP MATCHA POWDER
- 1 TSP MACA POWDER
- 1 BANANA
- 1/2 CUP SPINACH
- 1 TBSP CHIA SEEDS
- 1 CUP ALMOND OR COCONUT MILK
- 1 TSP RAW HONEY

### INSTRUCTIONS:

1. BLEND ALL INGREDIENTS UNTIL SMOOTH.
2. SERVE IMMEDIATELY FOR A SUSTAINED ENERGY BOOST.

**BENEFITS:** MATCHA PROVIDES CLEAN CAFFEINE, MACA ENHANCES STAMINA, AND CHIA SEEDS OFFER LASTING ENERGY.



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## 2. QUINOA & ALMOND BUTTER ENERGY BOWL

### INGREDIENTS:

- 1/2 CUP COOKED QUINOA
- 1 TBSP ALMOND BUTTER
- 1 TBSP FLAXSEEDS
- 1/2 TSP CINNAMON
- 1 TBSP GOJI BERRIES
- 1 TBSP PUMPKIN SEEDS
- 1/2 BANANA, SLICED

### INSTRUCTIONS:

1. MIX QUINOA WITH ALMOND BUTTER AND CINNAMON.
2. TOP WITH GOJI BERRIES, PUMPKIN SEEDS, AND BANANA SLICES.

**BENEFITS:** QUINOA IS A COMPLETE PROTEIN, GOJI BERRIES ENHANCE ENDURANCE, AND ALMOND BUTTER PROVIDES HEALTHY FATS FOR SUSTAINED ENERGY.





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## 3. CACAO & COCONUT ENERGY BITES

### INGREDIENTS:

- 1 CUP DATES, PITTED
- 1/2 CUP ALMONDS
- 1/4 CUP RAW CACAO POWDER
- 1/4 CUP SHREDDED COCONUT
- 1 TBSP CHIA SEEDS
- 1 TSP VANILLA EXTRACT

### INSTRUCTIONS:

1. BLEND ALL INGREDIENTS IN A FOOD PROCESSOR UNTIL STICKY.
2. ROLL INTO SMALL BALLS AND REFRIGERATE FOR AT LEAST 30 MINUTES BEFORE EATING.

**BENEFITS:** CACAO BOOSTS MOOD AND ENERGY, DATES PROVIDE QUICK FUEL, AND ALMONDS ADD PROTEIN AND HEALTHY FATS.



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## 4. HEMP & SPIRULINA PROTEIN SHAKE

### INGREDIENTS:

- 1 TBSP HEMP SEEDS
- 1 TSP SPIRULINA POWDER
- 1/2 CUP BLUEBERRIES
- 1 BANANA
- 1 CUP COCONUT WATER
- 1 TBSP ALMOND BUTTER

### INSTRUCTIONS:

1. BLEND ALL INGREDIENTS UNTIL SMOOTH.
2. SERVE IMMEDIATELY FOR A PROTEIN-PACKED ENERGY BOOST.

**BENEFITS:** HEMP SEEDS ARE A PLANT-BASED PROTEIN SOURCE, SPIRULINA PROVIDES ESSENTIAL NUTRIENTS, AND COCONUT WATER HYDRATES THE BODY.



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## 5. SWEET POTATO & AVOCADO SUPERFOOD TOAST

### INGREDIENTS:

- 1 SLICE WHOLE-GRAIN OR SOURDOUGH BREAD
- 1/2 COOKED SWEET POTATO, MASHED
- 1/2 AVOCADO, SLICED
- 1/2 TSP TURMERIC POWDER
- 1/2 TSP SESAME SEEDS
- 1/4 TSP BLACK PEPPER

### INSTRUCTIONS:

1. SPREAD MASHED SWEET POTATO ON TOAST.
2. LAYER WITH AVOCADO SLICES AND SPRINKLE WITH TURMERIC, SESAME SEEDS, AND BLACK PEPPER.

**BENEFITS:** SWEET POTATOES PROVIDE SLOW-BURNING CARBOHYDRATES, AVOCADO OFFERS HEALTHY FATS, AND TURMERIC REDUCES INFLAMMATION FOR SUSTAINED ENERGY.

