

From the Heart of
THE AMAZON



Authentically Healthy. Always Delicious.





BOM DIA!





THE MAGIC OF AÇAÍ

A staple of the South American indigenous diet for centuries, Açaí is a little purple berry that grows on the banks of the Amazon. It packs a powerhouse of totally delicious superfruit nutrition.

BENEFITS

Antioxidants, Immunity, Fiber, Healthy Omegas, Easy Digestion, Glowing Skin, Rejuvenation, Muscle Recovery, Cleansing, Vitamins, Trace Minerals, Plant Protein, Probiotics & Enzymes, Energy , Hydration , and Weight loss.

SUSTAINABILITY

Since Sambazon was founded in 1999, we've been committed to true sustainability and radical transparency. We know that every step, from how we harvest our berries, to the farmers we work with, and all the other steps it takes to get Açaí in your hands, makes a difference. We've always been fair trade, organic, vegan, gluten free, non-GMO and kosher because taking care of the Amazon means doing things right.

By hand harvesting our Açaí, we:

- **Support 10k+ local Brazilian farmers and families**
- **Protect over 10 million acres of Amazon Rainforest**
- **Build schools, medical centers, community buildings, and water filtration systems**
- **Create cleaner and safer practices for everyone in the Amazon**



STOCK YOUR PANTRY

YOU DON'T NEED A LOT, BUT STAYING STOCKED MAKES IT EASY.
THINGS TO KEEP ON HAND FOR HEALTHY BOWLS AND SMOOTHIES:

- Blender
- Sambazon Açai - juices and frozen smoothie packs
- Fruit - a variety of frozen and fresh
- Bananas, fresh and frozen
- Nut Butter - almond, peanut, sunflower seed, cashew
- Non Dairy Milk - coconut, rice, soy, or hemp
- Coconut Water
- Granola - Gluten free
- Cacao Powder
- Greens Mix and Protein Powder
- Coconut Flakes

MAKE A SMOOTHIE

SMOOTHIES ARE SIMPLE THINGS, EASILY ADJUSTED AND SUPER ADAPTABLE. THEY CAN BE SWEET, TART, TANGY, PACKED WITH PROTEIN OR LIGHT AND QUICK.

NO MATTER THE DETAILS, THE BASICS ARE ALWAYS THE SAME:

Create a Base:

Açaí
Frozen Berries
Banana
Ice Cream

Pick a Liquid:

Dairy or Non-Dairy Milk
Water
Juice
Yogurt

Add Flavor:

Fresh Fruit
Chocolate
Nut Butter
Ginger (or other spices!)

- **In a blender, add the liquid, fruits and flavors. Blend it up, starting on low and increasing speed until it's combined.**
- **Next, add your Açaí and additional base ingredients. Keep blending until thick and smooth. Enjoy!**



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PURPLE IMMUNITY

INGREDIENTS:

1 Sambazon Unsweetened Pure Smoothie Pack

1 c Orange Juice

½ Banana, frozen

¼ c Pineapple Chunks, frozen

½ tsp Ginger, ground

Run your Sambazon Smoothie Pack under warm water to release the packaging. Use scissors to cut the top off and set aside.

In a blender, add all the ingredients but the Açai. Blend until smooth. Now, add your smoothie pack, breaking it into the blender as you go. Blend again, and keep going until everything's combined.

Pour in a glass and enjoy!



HYDRATING COCONUT

INGREDIENTS:

1 Sambazon Original Smoothie Pack

¾ c Coconut Water

½ Banana

¼ c Coconut Flakes, unsweetened

½ c Frozen Mixed Berries

Optional: 1 scoop Greens Mix or Vegan Protein Powder

Run your Sambazon Smoothie Pack under warm water to release the packaging. Use scissors to cut the top off and set aside.

In a blender, add all the ingredients but the Açai. Blend until smooth. Now, add your smoothie pack, breaking it into the blender as you go. Blend again, and keep going until everything's combined.

TIP -t Feel free to add some of the leftover ingredients on top!



NĀ PALI GREENS

INGREDIENTS:

1 Sambazon Supergreens Superfruit Pack

½ fresh Mango

¾ c Coconut Milk

1 Banana

¼ in Fresh Ginger

½ c Frozen Mixed Berries

Place all ingredients in a blender and blitz for at least 45 seconds. Check for chunks, pour, enjoy.

For the Sambazon Açai Packs, cut in half with a sharp knife, separate and squeeze the pulp into your blender.



BELGIAN CHOCOLATE PROTEIN

INGREDIENTS:

1 Sambazon Performance Protein Superfruit Pack

1 heaping tsp Belgian Cacao Powder

1/2 tsp Cinnamon

1 Banana

1 c Chocolate Non-Dairy Milk (coconut, hemp or almond)

1 handful Raw Cashews

½ c Frozen Mixed Berries

Place all ingredients in a blender, blitz for at least 45 seconds. Check for chunks, pour, enjoy.

TIP - For the Sambazon Açaí Packs, cut in half with a sharp knife, separate and squeeze the pulp into your blender.







THE ORIGINAL RIO

INGREDIENTS:

2 Sambazon Original Smoothie Packs

½ Frozen Banana (or fresh)

¼ - ½ c Water, Non-Dairy Milk or Apple Juice

TIP - The trick to making Açai bowls is adding just a little liquid at a time.

First, run your Sambazon Smoothie Pack under warm water to release the packaging.

Next, blend the liquid and banana. After that, add your Açai bricks, breaking them in the blender as you go.

Blend again, adding more liquid if you need it — but be careful! You want to keep it thick.

Once combined, spoon into a bowl, top with granola and fresh fruit.

TIP - In Brazil, it can be as simple as just banana on top, but you can add just about anything! If you end up using too much liquid, try adding more Açai or frozen fruit (like banana).

SAMBAZON



PBJ PROTEIN

INGREDIENTS:

2 Sambazon Original Smoothie Packs

1/2 Frozen Banana

½ c Chocolate Non-Dairy Milk

½ c Frozen Mixed Berries

1 Tbsp Nut Butter

1 Tbsp Cacao Powder

First, run your Sambazon Smoothie Packs under warm water to release the packaging.

Next, blend together: banana, milk, frozen berries, nut butter, cacao powder and your liquid.

Once combined, add your açai bricks, breaking them into the blender as you go.

Blend again. Add more liquid as you need.

Spoon into a bowl and top with granola, fresh berries, cacao nibs (or chocolate chips) and any other toppings you're into.



HYDRATING BERRY

INGREDIENTS:

2 Sambazon Pure Unsweetened Superfruit Packs

1/8 – 1/4 c Coconut Water*

1 Banana

1/2 c Frozen Mixed Berries

1/2 c Frozen Watermelon Chunks

Optional: 1/4 c Non-Dairy Coconut Yogurt

TOPPINGS:

Granola or Toasted Buckwheat

Fresh Strawberries

Fresh Kiwi

Fresh Banana

Bee Pollen

Cut your Sambazon Superfruit Packs in half and break into blender. Add all other ingredients, using 1/8 c liquid to start. Blend thick, stirring as needed. Pour into a bowl, top with your favorites and enjoy!

***If you use a fresh young coconut, use both the liquid and coconut meat**



BALANCE DETOX

INGREDIENTS:

2 Sambazon Pure Unsweetened Superfruit Packs
1/8 – 1/4 c Coconut Water or Coconut Milk
1 Banana
1/2 c Mango
1/2 c Frozen Mixed Berries
Small handful Greens (like Kale or Spinach)
Sprigs fresh Mint
1 tsp Maca Powder

TOPPINGS:

Granola
Sliced Banana
Mango Chunks
Cacao Nibs
Coconut Shreds

Cut your Sambazon Superfruit Packs in half and break into blender. Add all other ingredients, using 1/8 c liquid to start. Blend thick, stirring as needed. Pour into a bowl, top and enjoy!



CHOCOLATE AÇAÍ

TRUFFLE BITES

INGREDIENTS:

FOR THE CENTER

1 Sambazon Original Smoothie Pack
1/4 c Coconut Oil, melted
1/2 c Medjool Dates, pits removed
1/4 c Coconut Flakes
1/4 c Hemp Seeds
2 tbsp Cacao Powder
2 tbsp Honey
Pinch of Sea Salt

TO ROLL THEM IN

Basic Chocolate Sauce: 2 parts
cacao to 1 part coconut oil

TO TOP THEM WITH

Bee Pollen
Coconut Flakes
Cacao Nibs
Cayenne Powder

In a food processor, combine Açai, coconut oil, dates, coconut flakes, hemp seeds, cacao powder, honey, and salt. Put the mix in a bowl, cover and chill for at least an hour.

Once your mix has hardened, scoop out teaspoon sized balls. Roll each ball in chocolate sauce. Make sure they're completely covered, then set aside (on wax paper) to harden.

Before the chocolate completely sets, sprinkle with whatever topping you'd like.



COOKIE SANDWICHES

INGREDIENTS:

1 pint Sambazon® Sorbet with your favorite cookie...

Coconut?

Gingersnaps?

Double Chocolate?

So many choices!

For workability's sake, let your sorbet soften just a little. Grab two cookies (two of the same flavor, or one of one and one of another). Top one cookie with a hearty scoop of sorbet. Close the deal by topping with another cookie. BOOM. Sorbet Sandwich.

Want to make it SUPER?

KEEP STACKING!





TCHAU!



SAMBAZON



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