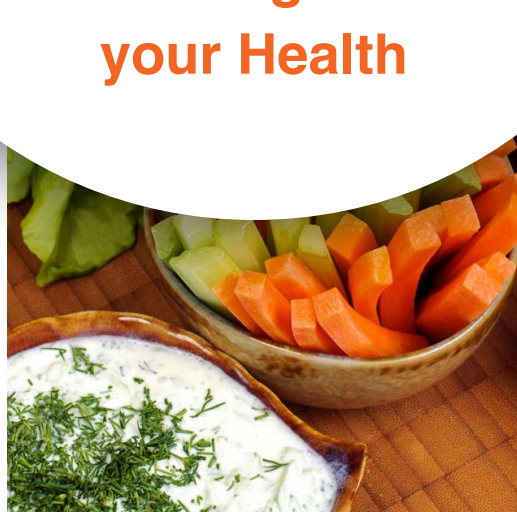




PURATHRIVE

# Rejuvenate your Body

23 Recipes to Makeover  
your Snacking & Reclaim  
your Health



Coming to you from the desks of  
**Team PuraTHRIVE**



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# Healthy eating doesn't have to be that hard -

**especially when so many of your favorites can be re-made with more wholesome ingredients!**

One of the major complaints we hear from customers that are trying to live a healthier lifestyle is that their meals are pretty easy to plan, but they lack healthy snack options.

That, ladies and gentlemen, is the motivation for this ebook. It's time to elevate your snacking and improve your diet with these simple and delicious recipes. PLUS, when you remove processed sugar and other additives from your diet, you're putting yourself on the right path for total body rejuvenation! You'll notice you have more energy, your skin and hair will look and feel better, you'll likely lose weight, and you can say goodbye to brain fog - and that's just the beginning!

This recipe book comes with 23 recipes for healthy snacks - and plenty of variations and alternatives. There's something for everyone - and most of these snacks only require a few ingredients and a little bit of time to whip up.

**Enjoy!**



# Dessert Toast

This one is pretty easy - and you can change it up however you'd like...  
but for example:

## All you need is:

**Toast** (the healthier the bread, the better, whole grain or sprouted make great options)

**Spread** (nut butter, thick greek yogurt, honey, hummus, etc.)

**Toppings** (bee pollen, nuts, dried or fresh fruit, granola, chocolate chips or cacao nibs, seeds, avocado, etc.)

## Instructions:

It probably goes without saying, but all you do is make your toast, smooth on your spread (as thick or thin as you like) and add your toppings. If you're someone that keeps a variety of these things on hand, you could make this for breakfast, lunch or snack, depending on the spread and toppings you choose.



# Tropical Smoothie

**Serves 2** This recipe offers a little something sweet and the goodness of spinach...

## You will need:

- 1 cup papaya
- 1 cup mango
- 1 handful spinach
- 16 pumps [PuraTHRIVE D3](#)
- 1 tbsp [PuraTHRIVE Vitamin C](#)
- 1/2-1 cup of water/juice or almond milk

## Instructions:

Just throw it all in the blender, pulse until it's smooth and enjoy!

You can enjoy it without the supplements too, but the flavors of our D3 and Vitamin C blend beautifully with the tropical tastes of the papaya and mango, and they offer plenty of health benefits.



# Energy Boost Smoothie

**Serves 2** Need a boost of energy? Something to get you going in the morning, or a little boost in the afternoon? Try this smoothie...

## All you need is:

- 1 cup Fresh or Frozen Strawberries
- 1/2 cup Fresh or Frozen Spinach
- 1/2 cup Fresh or Frozen Beets
- 1 Avocado (pitted & peeled)
- 3/4cup Water/Juice/Almond Milk (whichever is your preference)
- 1-2tbsp [PuraTHRIVE Liposomal Active B Complex](#)

## Instructions:

All you need to do is put everything in the blender and pulse until it's smooth - then enjoy! I recommend starting with 1tbsp of Active B, and stir in a second after you've tasted it.



# Chocolate avocado pudding

This recipe results in a pudding that is richer and creamier than your average pudding - it tastes amazing and is truly a treat for your tastebuds.

## You will need:

- 2 ripe avocados
- 1/4 cup organic cocoa powder
- 1/4 cup dark chocolate chips
- 3-4 tbsp almond milk (or other milk option)
- 1/2 tsp pure vanilla extract.
- 1/8 tsp salt.
- Sweetener of choice (you could try a 1/4 cup of honey or maple syrup, monk fruit or stevia sweetener, etc.)

## Instructions:

Combine ingredients in a food processor or blender until smooth. If you opt for a powdered sweetener, you may need to add a little more milk to blend it properly.

## Pro-tip

Try blending in a tbsp of [PuraTHRIVE's Keto Balance](#) to add a chocolate caramel flavor to your pudding - as well as a healthy dose of collagen and Omega 3.



# Fruit Bars

You've probably had dried fruit bars before, and you've likely noticed how expensive they are... but goodness, so delicious! Well good news, you can make them yourself more reasonably.

## All you need is:

- 1 cup Medjool dates
- 1 cup dried cherries
- 1 cup pistachios

## Instructions:

Put all 3 ingredients into a food processor and pulse until they are blended and start to form a ball. Remove the mixture and press it out onto a pan lined with parchment. Chill it in the fridge until the mixture hardens some, and then it can be cut into bars.





# Carrot Cake Granola

Granola in a trail mix or on top of yogurt (coconut yogurt is my favorite) is a delicious snack. Unfortunately, a lot of the granola you can buy in stores is loaded with added sugar. That's why it pays to make it yourself. There are plenty of recipes out there, but this one is particularly good...

## You will need:

- 2 cups old-fashioned oats
- 1 cup grated or shredded carrots
- 2 cup pecans
- 1/2 cup shredded coconut (you can omit this if you're not into coconut)
- 1/4 cup maple syrup
- 1/4 cup melted coconut oil
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- pinch of cloves (optional)
- 1/2 cup raisins

## Instructions:

Preheat oven to 350 degrees.

Add the oats, carrots, pecans, coconut, maple syrup, coconut oil, cinnamon, salt, ginger, nutmeg, and cloves together in a large mixing bowl. Toss until thoroughly combined.

Spread the mixture out evenly on a baking sheet and bake for 25 minutes, pulling the mixture out at the halfway point and giving it a good stir before the final round of baking. Remove and let cool until the granola reaches room temperature. Then add raisins and toss to combine.

Can be stored up to 2 weeks in a sealed container.



# Chocolate Chia Pudding

Chia pudding is delicious, and a great alternative to eggs in the morning, or as a nice afternoon snack. There are so many variations on this recipe - like adding fruit, making it vanilla flavored, adding protein powders, etc. But this recipe is a great start:

## You will need:

- 2 cups unsweetened almond milk
- 1/4 cup + 2 tablespoons chia seeds
- 1/3 cup 100% cocoa/cacao powder
- 1/4 – 1/3 cup pure maple syrup
- 2 teaspoons vanilla extract
- pinch of mineral salt

## Instructions:

All you do is combine these ingredients in a mason jar, stir thoroughly, and wait at least two hours, or overnight, for it to thicken to pudding texture.

## Pro-tip

Stir in 1 tbsp of [PuraTHRIVE's Keto Balance](#) to add a hint of caramel flavor, as well as a healthy dose of collagen and Omega 3.



# Overnight Oats

This does make a delicious breakfast, but it's also an excellent snack - and with the addition of B12, it's also a pleasant boost of energy

## You will need:

- 1/2 cup old fashioned rolled oats (not quick oats)
- 1/2 cup almond milk (or alternative preference)
- 1 tsp maple syrup
- 8 pumps [PuraTHRIVE Micelle Liposomal B12](#)
- Dash cinnamon
- Pinch salt
- 1/4 cup vanilla yogurt

## Instructions:

- Combine oats, almond milk, maple syrup, cinnamon, salt & [Micelle Liposomal B12](#) in a mason jar or small bowl.
- Stir well, cover & refrigerate overnight.
- Before enjoying, stir oats and add yogurt and blueberries.



# Dried fruit and veggie chips

We know that potato chips are bad for us, but thankfully there are homemade alternatives that're pretty decent...

## You will need:

**Your chosen fruit or veggies** (potatoes, sweet potatoes, carrots, parsnips, cassava, apple, persimmon, pineapple, kiwi, mangoes, etc.)

**Oil** (avocado oil is an excellent healthy option)

**Seasonings of choice** (garlic, chili powder, salt, cinnamon, etc.)

## Instructions:

All you do is cut up the fruit or veggies into slices, brush them with oil, sprinkle on seasonings and bake - baking times will vary depending on how moist the slices are. For most chips, you can heat at 350 degrees, and watch closely to pull them out of the oven when they are crisp (or in the case of pineapple, at least reasonably dehydrated and on their way to crisp).



# Yogurt Dip

To go along with those fruit and veggie chips, why not some healthy dip? This too comes with many alternatives, but this one is a favorite around the office:

## You will need:

- 1 cup Greek or Coconut yogurt
- 1 tbsp dark chocolate chips
- 1 TBS peanut butter
- 1/2 tsp vanilla extract
- 1 TBS honey

**Possible variations include:** adding cinnamon, trying different nut butters, use maple syrup instead of honey, or another sweetener (like Monk fruit sweetener), etc.)

## All you do is:

So simple: mix and enjoy!

## Pro-tip

Add a tbsp of [PuraTHRIVE's Keto Balance](#) for a hint of caramel flavor and a healthy dose of collagen and Omega 3.



# Yogurt bark

This is a seriously delicious snack that doesn't take long to make at all, and has plenty of variations...

## You will need:

1 container of Greek or Coconut yogurt

Selected toppings (nut butter, fruit, seeds, nuts, dried fruit, chocolate chips, cacao nibs, bee pollen, honey, etc.)

## All you do is:

Spread the yogurt out on a parchment paper lined pan or tray, spread toppings on the yogurt (all the same topping, or for pros, try making multiple kinds of bark on one tray), and then pop the tray in the freezer.

When the yogurt is frozen, lift the parchment off the tray and break it into chunks, then store in a container in the freezer.



# Popsicles

Nothing beats a cold treat on a hot day - but have you read the nutritional information on the back of a box of popsicles lately? They basically freeze sugar and dye... But you can do better.

## You will need:

- Frozen fruit
- Ripe bananas
- Spinach (or kale, broccoli, cucumber, etc.)
- Coconut yogurt or almond milk
- Honey, maple syrup or sweetener of your choice

[PuraTHRIVE Micelle Liposomal Vitamin C](#)

## All you do is:

Blend all ingredients in a blender and pour into popsicle molds (silicone molds work best). Variations include skipping the frozen fruit in the blend and focussing on yogurt with fruit chunks in it as the base of your popsicle.



# Black Bean Brownies

There are many healthier brownie recipes out there that, honestly, are kind of dry, or lacking in flavor. This is NOT one of those. This recipe yields a tray of ooey-gooey, delicious brownies that you won't believe you can enjoy guilt-free.

## You will need:

- 1 1/2 cups black beans (1 15-oz can drained and rinsed)
- 2 tbsp organic cocoa powder
- 1/2 cup quick oats
- 1/4 tsp salt
- 1/3 cup pure maple syrup, honey, or agave syrup
- 1/4 cup coconut oil
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 3/4 cup dark chocolate chips (try for chips with less sugar)

## Instructions:

Preheat oven to 350 F. Combine all ingredients except chips in a good food processor and blend until completely smooth. Blend well. Stir in the chips, then pour into a greased 8x8 pan.

Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before cutting. Makes 9-12 brownies.

## Pro-tip

Add a few extra **chocolate chips** on top of the brownies after you smooth them into the pan.





# Granola Bars

Just like with the popsicles, if you read the boxes on store-bought granola bars, the sugar and other additives included in them is alarming. Luckily it doesn't take long to make them yourself.

## You will need:

- 2 1/2 cups old fashioned rolled oats
- 1/2 cup nuts, roughly chopped
- 1/4 cup honey
- 1/4 cup unsalted butter
- 1-2 tbsp sweetener of choice (I like Monk fruit)
- 1 teaspoon vanilla extract
- 1/4 teaspoon Himalayan salt
- 3/4 cups total extra mix-ins (about 1/4 cup of 3 different ingredients such as dried fruits, coconut, chocolate chips, etc.)

## Instructions:

Preheat the oven to 350 degrees. Line a 9-inch square baking dish with parchment and brush with avocado oil.

Place the oats and nuts on a rimmed baking sheet and bake for 8-10 minutes until lightly toasted and then transfer them to a large bowl.

Add the honey, butter, and sweetener to a small saucepan. Cook over medium heat until the butter melts and the sweetener dissolves, stirring occasionally. When butter mixture is ready, remove it from the heat and stir in the vanilla and salt.

Pour the liquid mixture over the oat and nut mixture and stir to combine. Add any extra ingredients (except for chocolate) and mix thoroughly. Make sure none of the oats are dry.

If you are adding chocolate, wait about 15 minutes for the mixture to cool a bit before adding the chocolate and then stirring to combine.

Next, press the granola mixture into the bottom of a parchment lined pan using the bottom of a measuring cup, and allow it to chill and set for 2 hours at least. Then, lift the paper to move the bars to a cutting board and slice into bars. Store in a sealed container for up to 2 weeks - best in the fridge.



## 3 ingredient oatmeal chocolate chip cookies

These cookies may not be quite as satisfying as biting into a warm chocolate chip cookie, they are a little chewier, but they are delicious, and they hit the spot when it comes to appeasing your sweet tooth.

### You will need:

- 2 ripe bananas
- 1 and ½ cups oats
- 1 cup of dark chocolate chips

### Instructions:

Mash the bananas, mix in oats and chocolate chips. Brush your cookie tray with avocado oil and scoop the batter onto the sheet in teaspoon size balls. Press down on the ball with a spoon to flatten it. Bake at 350 for 10-15 minutes until the cookies begin to brown a little. Then move the cookies from the sheet to a cooling rack. Store in a sealed container for up to 5 days.



# Banana pancakes

These make a great breakfast, like a few of our other recipes - but they can also be made ahead and enjoyed as a snack - maybe with a little nut butter or jam spread on them.

## You will need:

- 2 ripe bananas
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup quick-cook oats (70 g)
- 1 teaspoon cinnamon
- ½ tsp ginger \*optional

## Instructions:

Mix all ingredients in a bowl. Use a ¼ measuring cup to get the batter onto the warmed pan (greased with avocado oil) and brown each side. This will make about 8 pancakes - use a ½ cup to get larger pancakes.



# Nice Cream

Ice cream is undeniably the dessert of summer - and we love it so much we tend to enjoy it all year long. But the sugar content - ouch! You won't regret giving Nice Cream a try!

## You will need:

- 2 ripe bananas
- 2/3 cup of frozen strawberries

## All you do is:

Peel the bananas and cut them into chunks, put these in a bag and freeze them. Once frozen, pop them into a food processor with the strawberries and vanilla and blend until smooth. Pour this mixture into a pan or bowl that can go into the freezer, and smooth the top - add a few strawberry slices on top if you like. Freeze the mixture until it reaches ice cream consistency, which takes 30 minutes or so - then scoop and enjoy!

There are so many ways to adjust this recipe - change out the fruit, add nut butter, use almond milk to get a creamier consistency, or include other toppings of your choice.

## Pro-tip

Add a tbsp of [PuraTHRIVE's Active B complex](#) - it compliments the strawberry banana flavor and provides a healthy boost of energy!



# Chia Seed Jam

Are you a lover of jam and toast? I always have been. But the hardest thing about enjoying jam is getting past the amount of sugar in it. Then I discovered chia jam, which takes less than 30 minutes to make!

## You will need:

- 1 lb blackberries, fresh or frozen
- 2-3 tbsp maple syrup or honey (sweeten to preference)
- 4 tbsp chia seeds
- 1 tsp vanilla extract

## Then, all you do is:

In a medium-sized pan boil the blackberries until they come to a boil and soften. Then remove from heat, mash the berries with a potato masher, and stir in the maple syrup (or honey) and chia seeds.

Return the mixture to the heat and stir continuously for 5 minutes or so, until the jam thickens.

Remove the jam from the heat at this point and stir in the vanilla extract. Allow the mixture to cool before jarring it. It will last in the fridge for about 2 weeks.



# Hummus

Who doesn't love some hummus and crackers? I can't resist it. You can get some great hummus from the store - but in just a few minutes you could have some homemade hummus, and you can flavor it to your preference. Check it out:

## You will need:

- 1 15-ounce can chickpeas
- 3 cloves garlic
- 1/4 cup avocado oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons tahini (sesame seed paste; optional)
- 1 teaspoon ground cumin
- 1/4 teaspoon paprika
- A pinch of Himalayan pink salt

## This is all you do:

Add all of the ingredients to your food processor, blend until smooth, put it in a bowl or container, and enjoy!

You can add other flavors (roasted red peppers, sundried tomatoes, beets, etc.) or toppings (a little oil on top, some seeds, chili flakes, etc.) so you can enjoy your hummus your way!

## Pro-tip

Add a tbs of [PuraTHRIVE's Micelle Liposomal Curcumin Gold](#) for a little flavor kick and some anti-inflammatory benefit!



# Flax Seed Crackers

It can be hard to find a healthy cracker - one not too high in omega 6, one that lacks additives, added sugar and other less than ideal ingredients. But with this recipe, you can make your own...

## You will need:

- 1 cup whole flax seeds
- 1/2 cup Water
- 1 tsp Dried Rosemary
- 1/2 tsp garlic powder
- 1/4 tsp Pink Himalayan Salt

**You could add** onion powder, chili flakes, cayenne pepper, roasted red pepper spice, etc. to personalize the flavor to your liking. Add about 1/2 each.

## All you do is:

Combine flax seeds, water and seasonings in a bowl, mix well and then refrigerate for 12 hours. When you remove the mixture from the fridge, stir well, and then place it between two sheets of parchment paper so you can roll it out. How thin you make your crackers is up to you.

Peel off the top layer of parchment carefully, and place the crackers on a baking sheet. Bake at 250 degrees for 1 hour - or until the crackers are crispy.

When the sheet is cool, break the crackers into chunks and store in a sealed container. You could also choose to sprinkle some additional spice or Himalayan salt on top of your finished crackers.



# Mango Salsa

Pretty much any kind of salsa is a yes from Team PuraTHRIVE, but we all agree that this mango salsa is incredible! You've got to try it...

## You will need:

- ½ pineapple, cut into pieces
- 1 mango cut into pieces
- 1 red bell pepper diced
- 3 tablespoons minced jalapeno
- ½ red onion diced
- 2 tablespoons chopped cilantro
- Juice from two limes
- Juice from half a lemon
- 1 teaspoon Himalayan pink salt
- ¼ teaspoon fresh ginger, finely grated
- 16 pumps [PuraTHRIVE's Micelle Liposomal Turmeric formula](#)

## This is all you do:

Combine all ingredients in a bowl, and serve! OR, we found that making this salsa ahead and letting it sit overnight really gave the flavor some added kick!





# Veggie sticks and homemade tzatziki sauce

For this recipe, you can use whatever kind of veggies you want for dipping - but make sure you have plenty on hand, because this sauce is incredible, and you won't be able to get enough...

## You will need:

- 1 cup of Greek yogurt (you could use coconut yogurt if you prefer)
- 1/2 cup English cucumber, diced
- 1 tbsp dill
- 3 cloves pressed garlic
- 1 1/2 tbsp avocado oil
- 2 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp garlic powder
- 1 tsp Himalayan pink salt

## Instructions:

You can either combine your prepared ingredients as is, stir and enjoy - OR you could put them in the blender and mix them up for a smoother texture. If you blend them, hold some dill back to garnish with.



# Vegan Eggplant Jerky

This is a delicious alternative to treated meats, but it still delivers on that distinctive jerky flavor!

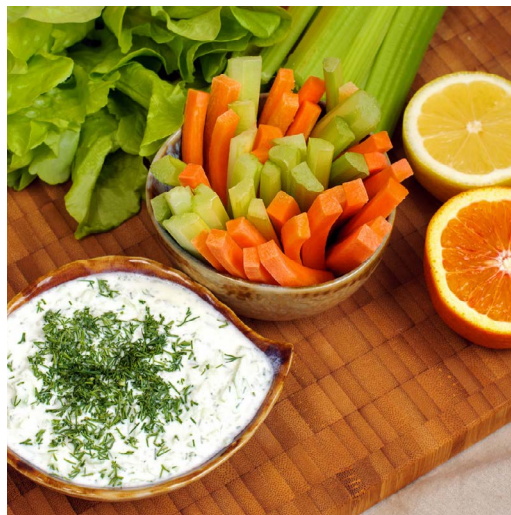
## You will need:

- 2 medium Japanese eggplant
- 2 tbsp apple cider vinegar
- 2 tbsp sesame oil
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp agave syrup (or substitute maple syrup or honey)
- 1/2 tsp liquid smoke

## Instructions:

Wash and then slice the eggplant into strips, about 1/4 thick. Then, combine all other ingredients in a bowl to make the marinade.

Coat the eggplant in the marinade, and lay it out on a baking pan lined with parchment. Cook at 125 degrees for about 3 hours - though it may take longer, and you'll be able to decide on the texture you prefer. At the 3 hour mark the texture changes quickly, so if you leave it in longer, check it often.



# We sincerely hope you enjoy these delicious recipes

- use them to help you re-imagine your diet, improve your health, and THRIVE.

After all, helping you thrive is our mission statement at PuraTHRIVE...

You deserve real results from your supplements - and that's why PuraTHRIVE exists.

PuraTHRIVE has a simple goal: We aim to provide high-quality, guaranteed products that enable people to lead healthier lives. We want to help people be their best...we want to empower people to thrive physically, mentally and spiritually!

One of the ways that we ensure you get the most from your supplements is by utilizing Micelle Liposomal technology. This is a patented delivery method that involves protecting the nutrients within specialized fat cells. They act as bodyguards, giving safe passage to these vital nutrients while they travel through your digestive system and bloodstream, delivering them to exactly where they are needed in your body. You're guaranteed maximum absorption with every dose!

**PuraTHRIVE is a partnership founded by 3 health enthusiasts committed to formulating the products that we wanted, and sharing them with others.**

Whenever possible, **we source organic, non-GMO, gluten-free ingredients.** PuraTHRIVE products are made in the USA in an FDA compliant and GMP certified facility.



We want our customers to Thrive! And we want to help people take action to improve their health. That's why we insist on removing any risk, and protecting our customers with a full 180 days, 100% Money Back Guarantee.

We're here to serve you, and we'd love to hear from you. If you've got questions or if there's any problem, please let us know. We'll listen and make sure we understand what you need. If there's an issue, we'll solve it and make sure it doesn't happen again. We appreciate you giving us the chance to serve you and we're committed to making our relationship last a lifetime.

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Cheers to your health!