



EARTHRISE NUTRITIONALS LLC

Super Smoothie

Spirulina is a nutritious addition to your favorite smoothie recipe. This creamy fruit smoothie, rich in fiber plus antioxidants, then super-charged with some Spirulina for a super-healthy, on the go breakfast or anytime mini-meal.

- 1 cup frozen berries (strawberries, blueberries or raspberries)
- 1 medium banana
- 2 ½ cups low-fat soy milk
- 2 tablespoons soy protein powder
- 2 teaspoons Spirulina powder

Combine all ingredients in a blender and puree until smooth.

Be creative – try any of your favorite fruits and yogurts

SIP IT – CHUG IT!

A3018 (0904)



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Earthrise[®] Spirulina Popcorn

- 16 Oz. of Fresh or Pre-Popped popcorn
- 3 to 4 Tablespoons of nutritional yeast (such as Red Star[®] – Vegetarian Support)
- 2 teaspoons of Spike[®] Seasoning
- 1 teaspoon of garlic granules
- 1 to 2 Tablespoons of Earthrise[®] Spirulina Powder (either Natural or Organic)

First, sprinkle all of the ingredients over the popcorn in a large bowl and toss with two big spoons until the popcorn is completely coated. Another easy way to “cook up” this recipe is by putting all of the ingredients into a “zipper” style bag and shake everything up.

Do you like a little bit of zest? Try sprinkling a little bit of chili powder onto the popcorn!

ENJOY!



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