



juiceplus+[®]
Summer Recipes
2023





Magnum-Style Ice Cream Bars

By Maria Del Mar Martin
Senior Sales Coordinator

INGREDIENTS

Ice Cream:

1 cup oats
1 cup ice
1 serving Complete by Juice Plus+
Dutch Chocolate
2 frozen bananas
1 tbsp peanut butter
5 Medjool dates, pitted
1 tsp vanilla
1 cup cashew milk

Chocolate Coating:

1/4 cup coconut oil, melted
1 serving Complete by Juice Plus+
Dutch Chocolate
1/4 cup dark chocolate cacao
powder
1/2 cup walnuts or pistachios,
chopped

Materials:

Magnum silicone mold
Popsicle sticks
Parchment paper

DIRECTIONS

Make the ice cream: Add all ice cream ingredients to a blender and blend about 1 minute. Pour ice cream mixture into magnum silicone mold, add popsicle sticks, and freeze for 2 hours.

Make the coating: In a deep mixing bowl, combine chocolate coating ingredients thoroughly.

Assemble the bars: Remove ice cream from freezer and separate Magnum bars from mold. Dip each Magnum bar in chocolate coating and sprinkle with chopped walnuts or pistachios.

Freeze: Line cookie sheet with parchment paper and place Magnum bars on sheet. Freeze overnight, then enjoy.



Mango Smoothie or Sorbet

By Sony Boiteaux
Sales Coordinator

INGREDIENTS

1/2 cup diced mango (fresh or frozen)
1 cup fresh squeezed orange juice
1 serving Complete by Juice Plus+ French Vanilla
1 tbsp black chia seeds
1 tbsp coconut cream
1/2 cup baby spinach or kale (if you want to add some veggies)

DIRECTIONS

Blend ingredients together in a high-speed blender. Drink immediately as a smoothie or put in the freezer and eat later as a sorbet.



Sunshine Lemon Cookies

By Sabrina Schottenhamel
Sales Coordinator

INGREDIENTS

1 cup almond flour
1/4 cup coconut sugar
2 tbsp ground chia seeds
1 serving Complete by Juice Plus+ French Vanilla
Dash of sea salt
Zest of 1 lemon
Juice of 1 Meyer lemon
1/3 cup avocado oil

DIRECTIONS

Set oven to 350 degrees. Zest a lemon into a bowl. Then, squeeze the juice of a whole lemon and add to the zest. Add the remaining ingredients into the bowl. Use a fork to break up the lumps and mix until well combined. You can refrigerate the cookie dough for 30 minutes prior to baking, but it's not necessary. Scoop dough into individual cookies onto a baking sheet. Use a fork to press down in a criss-cross pattern on each cookie. Bake 4 minutes, turn pan and then bake 3 minutes more. Let cool on pan for 3-5 minutes before transferring to a cooling rack.



Post Workout Punch

By Tara Knowles
Senior Sales Coordinator

INGREDIENTS

2 cups coconut water
Handful frozen pineapple
Handful frozen strawberries
1 serving Juice Plus+ Perform

DIRECTIONS

Combine all ingredients in a blender, mix until smooth, and enjoy.



Raw Cashew Blueberry Pie

By Donna Browning
Qualifying Sales Coordinator

INGREDIENTS

Crust:

1/4 cup unsweetened finely shredded coconut
1/2 cup fresh Medjool dates, pitted
1/2 cup Brazil nuts or almonds
1/2 tsp vanilla
1 tbsp water

Materials:

8-inch springform pan
Parchment Paper

Pie Filling:

3 cups raw cashews (soaked in water for 8 hours or boiled for 1 hour)
1/4 cup maple syrup
2 cups blueberries
1 tbsp coconut oil
1/4 cup water
6 Juice Plus+ Essentials Berry Blend Capsules (powder only, not the capsule shell)

DIRECTIONS

Using a food processor, combine all ingredients for the crust. Pulse on low for 1-minute to incorporate the ingredients. Use a spatula to remove ingredients from the side of food processor. Pulse on high for 2 minutes or more to form a sticky, workable dough. Use an 8-inch springform pan. Cover the bottom of the springform pan with parchment paper. Pour the crust batter into pan and spread evenly on bottom and along the sides of the pan.

Clean the food processor and add all pie filling ingredients. Pulse on low for 1 minute to incorporate ingredients. Use a spatula to remove ingredients from the side of food processor. Pulse on high for at least 2-4 minutes. When pulverized, the cashews will create a creamy texture. There should be no chunks.

Pour the pie filling over the crust mixture in the pan. Tap the pan to level out the mixture and remove any bubbles. Refrigerate for at least 8 hours or overnight. Decorate with fresh blueberries (optional) and serve.



Blueberry Basil Lemon Smoothie

By Deborah Derr

Qualifying National Marketing Director

INGREDIENTS

1 cup frozen blueberries

1/2 of a fresh lemon, peeled

3/4 cup coconut water

1 serving Complete by Juice Plus+ French Vanilla

Fresh basil, to taste (from your Tower Garden, if you have one)

DIRECTIONS

Combine all ingredients in a blender, mix until smooth, and enjoy.