



add more
superfoods
to your
everyday

prairie**naturals**[®]

COLOURS OF HEALTH GOURMET RECIPE BOOK

BLUE HAWAII SMOOTHIE



Blue Hawaii Smoothie

Ingredients:

- 1/2 Cup Water
- 1/2 Cup Pineapple Juice
- 2 Scoops Prairie Naturals Organic Hemp French Vanilla Protein Powder
- 1 Scoop Prairie Naturals Organic Spirulina Powder
- 1/4 Cup Frozen Blueberries
- 1/2 Banana
- 1/2 Cup Ice Cubes

Directions:

- 1) Put all ingredients in blender.
- 2) Blend on medium-high speed for 60 seconds until smooth and frothy.
- 3) Drink immediately or pour into popsicle trays and freeze until solid.

CREAMY COCONUT & TURMERIC POPSICLES

Creamy Coconut & Turmeric Popsicles

Ingredients:

- 1 Can Organic Coconut Milk
- 1 TSP Prairie Naturals Fermented & Organic Turmeric Powder
- 1 Scoop Prairie Naturals Organic Rice French Vanilla Protein Powder
- 2 Frozen Peeled Bananas
- 1 TBS Organic Honey
- 1 Cup Frozen Organic Mango

Directions:

- 1) Add all ingredients into a high-speed blender.
- 2) Pour into popsicle molds and add lids.
- 3) Freeze overnight.



SUPERFOOD SANGRIA



SuperFood Sangria

Ingredients:

- 1 Scoop Prairie Naturals Organic Red SuperFoods Powder
- 1 Scoop Prairie Naturals Morning Rise & Shine Powder
- Chopped Fruit
- 400 ml Water
- 100 ml Sparkling Water

Directions:

- 1) Mix juices, sparkling water or ginger ale, Morning Rise & Shine, Red SuperFoods and maple syrup in a large pitcher.
- 2) Add chopped fruit and stir.
- 3) Allow to marinate, chilled, for at least 30 minutes.
- 4) Makes 3-4 full glasses.

ORGANIC RED SUPERFOODS SALAD DRESSING & DIP

Organic Red SuperFoods Salad Dressing & Dip

Ingredients:

- 1 Scoop Prairie Naturals Organic Red SuperFoods Powder
- 1/4 Cup Organic Apple Cider Vinegar
- 1/4 Cup Frozen Raspberries
- 1 TBS Raw Cane Sugar or Maple Syrup
- 1 TBS Organic Coconut Oil
- 3/4 Cup Extra Virgin Olive Oil
- Sea Salt to taste
- Fresh-Ground Black Pepper to taste

Directions:

- 1) Blend Red SuperFoods, apple cider vinegar, raspberries, and cane sugar or maple syrup together in blender or with a hand-held mixer.
- 2) Add to blender coconut oil, olive oil, sea salt and black pepper.
- 3) Puree until smooth and creamy.
- 4) Pour into a glass jar with tight fitting lid.
- 5) Keep refrigerated and enjoy whenever!

* **Note:** olive oil and coconut oil solidify in cool temperatures. Allow to sit at room temperature until liquid again. Shake well before each use.



PH HEALTHY SPARKLER

pH Healthy Sparkler

Ingredients:

- 1/2 TBS Prairie Naturals Organic Spirulina Powder
- 1 Scoop Prairie Naturals Morning Rise & Shine Powder
- 400 ml Water
- 100 ml Sparkling Water

Directions:

- 1) Combine Spirulina, Morning Rise & Shine and water in a shaker cup and mix well.
- 2) Add 100ml sparkling water, stir.
- 3) Garnish with lemon or lime wedge.
- 4) Enjoy!



SUMMER SPIRULINA POPSICLES

Summer Organic Red Superfoods Popsicles

Ingredients:

- 1 TSP Prairie Naturals Organic Red Superfoods Powder
- 1 Tin of Coconut Milk
- 1 TPS of Vanilla Extract
- 1 TPS of Agava Nectar
- 1 Cup of Frozen Berries

Directions:

- 1) Combine and blend together the coconut milk, vanilla extract and agava nectar.
- 2) Poor half of the mixture into a measuring cup and put aside.
- 3) Add the frozen berries and the Organic Red Superfood powder and blende.
- 4) Fill popsicle molds to 2/3 with the berries mixture and freeze for 30 min.
- 5) Take out from freezer and add the remaining of the mixture put aside earlier to fill the the popsicle molds to the brim.
- 6) Freeze for 2 hours and enjoy!



SUPERFOOD PESTO FLATBREAD

SuperFood Pesto Flatbread

Ingredients:

- 2 Cups Grape Tomatoes, Sliced In Half
- 3 TSP of Olive Oil
- 4 (2-Ounces Each) Multigrain Flatbreads
- 1/4 Cup SuperFood Pesto (see recipe below)
- 4 Ounces Fresh Mozzarella, Shredded
- 4 Cups Loosely Packed Baby Arugula Leaves
- 1/8 TSP Red Pepper Flakes, (Optional)

Directions:

- 1) Preheat the oven to 400°F.
- 2) Combine the grape tomatoes and 1 teaspoon of olive oil, tossing to coat. Place the tomatoes in a single layer on a rimmed baking pan. Bake in the preheated oven for 10 minutes or until softened. Reduce the oven temperature to 375°F.
- 3) Place the flatbreads on 2 baking sheets. Bake at 375°F for 5 minutes or until beginning to crisp. Spread 1 tablespoon pesto on each flatbread. Sprinkle each with 1/4 cup mozzarella cheese and 1/2 cup roasted tomatoes. Bake at 375°F for 8 minutes or until the cheese is melted and bubbly.
- 4) While the flatbreads bake, combine the arugula and remaining 2 teaspoons of olive oil, tossing well. Top the flatbreads evenly with arugula. Sprinkle with the red pepper flakes, if desired.



SUPERFOOD PESTO

SuperFood Pesto

Ingredients:

- 1 Cup Raw Cashews
- 1 Cup Basil Leaves
- 3/4 Cup Olive Oil or Avocado Oil
- 2 TBS Nutritional Yeast
- 2 TSP Prairie Naturals Organic Aqua Greens Powder
- 1 Clove Garlic
- 1/2 a Lemon's Juice
- Pinch of Salt
- Pinch of Pepper

Directions:

- 1) Soak cashews in warm water for 1 hour and 30 minutes.
- 2) Drain cashews. Add to food processor with basil and garlic.
- 3) Pulse until cashews are finely chopped.
- 4) Add yeast, Aqua Greens, lemon juice, salt & pepper.
- 5) Gradually add oil with the food processor running on low.
- 6) Serve as a dip with crackers, add to pasta, flatbreads or spiralize a zucchini to make healthy green noodles.



SUPERFOOD DEVEILED EGGS

SuperFood Deviled Eggs

Ingredients:

- 6 Large Eggs Hard Boiled
- 1/2 Cup Avocado Mayonnaise
- 1 TSP Fermented & Organic Wheat Grass Powder
- Salt & Pepper to Taste
- Paprika for Garnish
- Green Onion for Garnish
- Sesame Seeds for Garnish

Directions:

- 1) Hard boil eggs and chill.
- 2) Cut eggs in half and scoop out the yolk into small mixing bowl.
- 3) Add remaining ingredients and mix well.
- 4) Spoon yolk mixture back into egg whites.
- 5) Add garnishes.
- 6) Serve chilled.



MORINGA GUACAMOLE

Moringa Guacamole

Ingredients:

- 1 Large Ripe Avocado
- 1 Small Tomato, Diced
- 1/2 Small Onion, Minced
- 1/2 a Lime's Juice
- 1 TSP Prairie Naturals Organic Moringa Powder
- Salt & Pepper to Taste

Directions:

- 1) Peel a ripe avocado and smash with a fork.
- 2) Finely chop half onion and dice small tomato.
- 3) Mix well combined ingredients.
- 4) Sprinkle 1 teaspoon of Moringa.
- 5) Squeeze half a lime's juice over the Moringa powder.
- 6) Add salt & pepper to taste.
- 7) Mix well and enjoy



SUPERFOOD SMOOTHIE

Superfood Smoothie

Ingredients:

- 1 Banana
- 1 Cup Unsweetened Cashew Milk
- 1 Cup Water
- 1 Scoop Prairie Naturals Organic Hemp Chocolate Protein Powder
- 1 TBS Sunflower Seeds
- 1 TBS Sesame Seeds
- 2 TSP Raw Cacao Powder or Nibs
- 2 TSP Prairie Naturals Organic Chlorella Powder
- 1 TSP Prairie Naturals Fermented & Organic Maca Powder
- 1 TSP Coconut Oil

Directions:

- 1) Put all ingredients in a blender.
- 2) Blend on medium-high speed for 60 seconds until smooth and frothy.
- 3) Let chill and enjoy!



ORGANIC TAHINI COCO BITES

Organic Tahini Coco Bites

Ingredients:

- 1 Scoop Prairie Naturals Fermented & Organic Prairie Grasses Powder
- ¼ Cup Organic Dark Cocoa Powder
- ½ Cup Organic Sesame Tahini
- 1 TBS Organic Coconut Oil
- ½ Cup Naturally Crystallized or Creamed Honey
- 1 TSP Pure Vanilla Extract
- Shredded Coconut

Directions:

- 1) Mix together in a large bowl the prairie grasses and dark cocoa powder.
- 2) Add to bowl the sesame tahini, coconut oil, honey and vanilla extract.
- 3) Mix together with a large spoon until too hard to mix.
- 4) Knead with clean, dry hands until the mixture becomes smooth and less sticky.
- 5) Pinch off pieces half the size of a golf ball and roll until evenly round between the palms of your hands.
- 6) Roll each fudge ball in finely shredded coconut until well-coated.
- 7) Refrigerate for 30 mins and enjoy!



SPIRULINA ENERGY BALLS



Spirulina Energy Balls

Ingredients:

- 1 TSP of Prairie Naturals Organic Spirulina Powder
- 1 TBS of Prairie Naturals Organic Hemp Protein Powder
- 1 TBS Cacao Powder
- 1 TBS Maple Syrup or Agave Syrup
- 1 TBS Nut Butter
- 4 x Pitted Dates
- 1/4 Cup Chopped Almonds or Cashews
- Handful of Hemp Hearts

Directions:

- 1) Blend all ingredients into food processor until sticky texture is formed.
- 2) Scoop out a teaspoon at a time and roll into balls.
- 3) Roll in Hemp Hearts.
- 4) Place on baking sheet and place in freezer for 15-20 minutes.

CREAMY MACA NUT CHOCOLATE PUDDING



Creamy Maca Nut Chocolate Pudding

Ingredients:

- 1 ripe avocados pitted
- 1/4 cup unsweetened cocoa powder
- 2 TBS Almond Butter or Peanut Butter
- 1/4 teaspoon salt
- ½ teaspoon of Prairie Naturals Fermented & Organic Maca Powder
- ¼ cup honey or maple syrup

Directions:

1. Add everything to a blender or food processor and mix on high until smooth and creamy.
2. Pudding will keep in the fridge for 2 days.

MINI SUPERFOOD CHEESECAKES



Mini SuperFood Cheesecakes

Ingredients:

- 1 Cup Dates, Pitted
- 1 Cup Almonds, Walnuts or Macadamia Nuts, or a Combination
- 1/2 Cup Unsweetened Flaked Coconut
- 2 Cups Raw Cashews, Soaked Overnight Or 1 Hour in a Bowl with Boiling Water Poured Over
- 1/4 Cup Coconut Oil, Melted
- 1/3 Cup Coconut Syrup or Honey
- 1 Lemon's Juice
- 3/4 Cup Coconut Milk (The Cream from the Top is Best)
- 1 Vanilla Bean, Seeds Scraped Out
- 2 TBS Prairie Naturals Organic Red SuperFoods Powder
- 6 Oz Raspberries (Fresh or Frozen)

Directions:

- 1) Line a loaf pan with plastic wrap or parchment paper. Set aside.
- 2) In the bowl of a food processor or heavy-duty blender, pulse dates, nuts and flaked coconut until the mixture comes together into a ball of dough. If the mixture is too dry, add another date or a few drops of water. Press this crust into the bottom of the prepared loaf pan.
- 3) Place the drained cashews, coconut oil, coconut syrup or honey, lemon juice, Red SuperFoods and coconut milk into the food processor or blender and puree until very smooth and creamy. Stir in the vanilla bean seeds and discard the pod. Pour roughly 2/3 of the cashew "cream" over the crust. Press 1/3 of the berries into the vanilla cream. Place pan into the freezer.
- 4) Add the remaining 2/3 berries to the food processor with the remaining 1/3 vanilla cream. Puree until smooth. Pour the raspberry cream over vanilla layer and place back in the freezer for several hours until completely frozen.
- 5) Serve chilled or frozen.

ORGANIC WHEY CO-CO-YOGURT

Organic Whey Co-Co-Yogurt

Ingredients:

1 Scoop Prairie Naturals Organic Whey French Vanilla Protein Powder
1 Cup Vanilla Coconut Yogurt
Organic Coconut Chips

Directions:

- 1) Combine Whey protein powder and yogurt in a bowl, mix well (add water for desired consistency).
- 2) Top with coconut chips of choice.



FENNEL, GINGER & CHLORELLA SMOOTHIE

Fennel, Ginger & Chlorella Smoothie

Ingredients:

1 Banana
1 Cup of Almond Milk
1 TSP Prairie Naturals Organic Chlorella Powder
1 TSP Ginger
1 TPS Fennel Seeds
Juice of 1/2 a Lime
1 Cup of Frozen Pineapple

Directions:

- 1) Combine all ingredients and blend together.
- 2) Poor into your favorite mug.
- 3) Top with your favorite toppings (Mint , seeds, nuts, etc.).
- 5) Enjoy!



Summer Spirulina Popsicles

Ingredients:

- 1 TSP Prairie Naturals Organic Spirulina Powder
- ½ TSP Stevia
- ½ Cup Coconut Water
- 1 Cup Frozen Mango
- Juice of 1 Lime
- 1 Kiwi

Directions:

- 1) Combine and blend together Spirulina powder, stevia, coconut water, frozen mango and juice of lime.
- 2) Slice kiwi and add to popsicle molds.
- 3) Fill molds with mixture of other ingredients.
- 4) Freeze until solid.
- 5) Enjoy!



SUMMER SPIRULINA
POPSICLES

PEANUT BUTTER BANANA OVERNIGHT OATS

Peanut Butter Banana Overnight Oats

Ingredients:

- 1 Scoop Prairie Naturals Fermented & Organic Turmeric Powder
- 1 Scoop Prairie Naturals Organic Rice French Vanilla Protein Powder
- ½ Banana
- 1 TBS Nut Butter
- ¾ Cup Non-Dairy Milk
- 1 TSP Vanilla
- ½ Cup Organic Oats
- 1 ½ TSP Organic Chia Seeds
- ½ TSP Cinnamon

Directions:

- 1) Mix all ingredients together.
- 2) Chill overnight.
- 4) Enjoy hot or cold!



VEGAN AVOCADO CHOCOLATE BROWNIES

Vegan Avocado Chocolate Brownies

Ingredients:

- 1 Ripe Avocado
- 2-1/3 Cups Unsweetened Plant Milk
- 1/2 Cup Maple Syrup
- 3/4 - 1 Cup Unrefined or Coconut Sugar
- 2 Cups Flour
- 1 Cup Cocoa Powder
- 2 TSP Baking Soda
- 1 TSP Salt
- 1 - 2 TSP Prairie Naturals Fermented & Organic Barley Grass Powder

Optional Extras:

- 1 Cup Vegan Chocolate Chips
- 1 Cup Walnuts
- 1 Cup Pecans

Directions:

- 1) Preheat the oven to 180° celsius and line a baking dish with baking paper.
- 2) In a blender combine the avocado, maple syrup, milk, and sugar for about half a minute or until you can't see lumps. Leave aside.
- 3) To a mixing bowl, add the flour, cocoa, baking soda, Barley Grass Powder, salt and mix until well combined. Add in the wet ingredients along with any add-ins and fold the mixtures together. Pour into the baking dish, sprinkle with extra nuts and bake for about 15-20 minutes.
- 4) Cool completely and enjoy!



CHOCOLATE CHLORELLA ENERGY BALLS

Chocolate Chlorella Energy Balls

Ingredients:

- 2 TSP of Prairie Naturals Organic Chlorella
- 1 Cup of Raw Cashews
- 1 TBS of Chia Seeds
- 1 TBS of Hemp Hearts
- 1/2 TSP Vanilla Extract
- 4 TBS of Agave Nectar or Honey
- 1/4 Cup of Cacao
- 6 Pitted dates

Topping option: Dessicated Coconut and/or Carob Powder

Directions:

- 1) Add cashews to a food processor and chop into tiny pieces.
 - 2) Add all other ingredients and mix together.
 - 2) Use a teaspoon to form into balls and place on tray.
 - 3) Roll and coat balls in the dessicated coconut and/or carob powder to taste.
 - 4) Refrigerate for 1 hour.
- Can be stored in freezer or fridge and enjoy when needed.





No-Bake Coconut Vanilla Protein Bars

Ingredients:

Bars

- 1 Cup Pitted Dates
- 1/2 Cup Rolled Oats
- 3 Scoops Prairie Naturals Fermented & Organic Prairie Grasses Powder
- 2 TBS Coconut Oil
- 2 TBS Smooth Natural Almond Butter
- 4 Scoops Prairie Naturals Organic Rice French Vanilla Protein Powder
- 1/4 TSP Sea Salt

Chocolate Drizzle

- 1 TBS Coconut Nectar
- 1 TBS Melted Coconut Oil
- 1 TBS Cocoa Powder

Directions:

- 1) Melt together coconut oil and almond butter and whisk to combine into an even mixture.
- 2) In a food processor, add dates and rolled oats, pulse to combine.
- 3) Once the dates and oats are somewhat combined and even in texture, add the rice protein, prairie grasses, sea salt, and process on low, while slowly pouring in the coconut oil and almond butter mixture.
- 4) Keep processing until the mixture is uniform in texture. It should feel like wet sand and you should be able to pinch it together and have it stick together.
- 5) In a lined loaf pan, evenly spread out protein bar mixture and press down into the pan until smooth, even and firm.
- 6) Refrigerate bars for one hour to set. Once set, turn the protein bars out so the bottom is now the top (this results in a smoother surface).
- 7) To make the chocolate drizzle, whisk together the melted coconut oil, coconut nectar, and cocoa powder until smooth.
- 8) Drizzle the chocolate otop of the bars.
- 9) Slice into 8 squares, serve and enjoy!

* **Note:** If your dates aren't fresh, soak them in boiling water for 20 minutes before use to soften. Make sure to drain them.

* **Note:** Any liquid sweetener may be substituted for coconut nectar.

GOLDEN TURMERIC & MACA CHAI TEA

Golden Turmeric & Maca Chai Tea

Ingredients:

- 1 Cup Organic Coconut Milk
- 1 TSP Cinnamon
- 1 TSP Prairie Naturals Fermented & Organic Turmeric Powder
- 1 TSP Prairie Naturals Fermented & Organic Maca Powder
- 1 TSP Organic Honey
- 1/4 TSP Ginger
- Hot Cups

Directions:

- 1) Warm coconut milk.
- 2) Add other ingredients (turmeric, maca, cinnamon, honey, ginger) and whisk until blended.



Lemon-Lyte Refresher

Ingredients:

- 1 Scoop Prairie Naturals Morning Rise & Shine Powder
- 1/8 TSP Prairie Naturals Fermented & Organic Turmeric Powder
- 1/8 TSP Organic Ginger Powder
- 1/8 TSP Natural Sea Salt (Himalayan, Redmond, Celtic)
- 500 mL of Pure Water (Vary to Taste)
- Sweeten to Taste with Stevia (Optional)

Directions:

- 1) Put all ingredients in a shaker cup.
- 2) Shake well and serve with or without ice.

This electrolyte-rich lemonade drink is loaded with electrolytes, alkaline minerals, trace minerals, as well as powerful antioxidants. The lemon hydrates, energizes and oxygenates our cells. Just one drink has the equivalent of the juice of 1/2 a lemon, 1 oz of Aloe Vera juice and all the needed electrolytes: Potassium 140 mg, Magnesium 100 mg, Sodium 308 mg, Chloride 462 mg and Calcium 90 mg. Net carbs about 4 gm. Perfect for pre and post-exercise, after a long walk on a hot summer day, or anytime one needs an electrolyte pick-me-up. Effective hydration, anytime and as often.



LEMON-LYTE REFRESHER

Moringa Ice Cream

Ingredients:

- 1 Can of Coconut Cream
- 1/3 Cup of Cacao Nibs
- 1 TSP of Peppermint Extract
- 1 TBS of Agave Nectar
- 3 Heaped TSP of Prairie Naturals Organic Moringa Powder

Directions:

- 1) Combine together well and freeze.
- 2) Whisk briefly every 30 mins, then return to the freezer.
- 3) Repeat 4-5 times or until desired consistency.



MORINGA ICE CREAM

Raw Wheat Grass & Avocado Cake

Ingredients:

Base:

- 1 Cup Rolled Oats
- ¼ Cup Pecans
- 1 TBS Cacao Powder
- 1 TBS Almond Meal
- 2 Pitted Dates
- 1 TSP Vanilla Extract
- 2 TBS Coconut Milk
- 1 Scoops Prairie Naturals Fermented & Organic Wheat Grass Powder

Filling:

- 1 TBS Agave Nectar
- ¼ Cup Coconut Milk
- 1 Ripe Avocado
- 1 TSP Vanilla Extract
- ½ TSP Peppermint
- 2 TSP Lemon or Lime Juice
- 1 TBS Coconut Oil
- 3 Scoops Prairie Naturals Fermented & Organic Wheat Grass Powder

Directions:

- 1) In a food processor, combine all the ingredients for the base. Mix together until blended evenly.
- 2) Press mixture evenly into the bottom of cake pan.
- 3) Freeze 2-3 hours.
- 4) In a food processor, combine all ingredients for the filling. Mix together until blended and smooth.
- 5) Pour filling mixture into the cake pan. Evenly layering over the base.
- 6) Freeze 2-3 hours.
- 7) Serve and enjoy!



RAW WHEAT GRASS & AVOCADO CAKE

PALEO SUPERFOOD PANCAKES

Paleo Superfood Pancakes

Ingredients:

- 1 Scoop Prairie Naturals Fermented & Organic Barley Grass Powder
- 1/2 Cup Applesauce
- 3 - 4 Eggs or Egg Whites
- 1/4 Cup Melted Coconut Oil
- 1 Cup Coconut Flour
- 4 Scoops Prairie Naturals Organic Beef Bone Broth Powder
- 1/8 TSP Himalayan Salt

Directions:

- 1) In a medium bowl, whisk applesauce, eggs, and coconut oil together thoroughly.
- 2) Stir in coconut flour, Bone Broth, Barley Grass, Himalayan salt and allow the pancakes ingredients to sit for 5 minutes.
- 3) Heat coconut oil in a large skillet over medium-low heat.
- 4) Once hot, drop batter into skillet and fry until bubbles form on one side.
- 5) Flip, finish cooking and enjoy breakfast.



CHOCOLATE & PRAIRIE GRASSES SMOOTHIE

Chocolate & Prairie Grasses Smoothie

Ingredients:

- 1 Cup of Almond Milk
- 1 TBS of Cacao Powder
- 1 TBS of Nut Butter
- 1 Scoop Prairie Naturals Fermented & Organic Prairie Grasses Powder
- 1 TBS of Hemp Hearts
- 1 Banana
- 1 Pitted Datte
- Pinch of Cinnamon

Directions:

- 1) Put all ingredients in a blender.
- 2) Blend on medium-high speed for 60 seconds or until smooth and frothy.
- 3) Let chill and enjoy!



Fermented Turmeric Invigorating Body Scrub

Ingredients:

- 1 TSP Prairie Naturals Fermented & Organic Turmeric Powder
- 1 TSP Raw Honey
- 1 TSP Full-Fat Yogurt or Nourishing Oil
(e.g. almond oil or coconut oil)
- 1 TSP Pink Himalayan Sea Salt

Directions:

- 1) Whisk ingredients together.
- 2) Put mixture onto dark cloth and gently rub on dry skin in the shower.
- 3) Rinse off immediately with warm water.



Spirulina Glow Face Mask

Ingredients:

- 1 TBS Organic Honey
- 1 TBS Prairie Naturals Organic Spirulina Powder

Directions:

- 1) Mix ingredients together to form a paste.
- 2) After cleansing your skin, apply paste with finger tips or facial brush to face and neck.
- 3) Leave mask on for 20 minutes.
- 4) Rinse off with warm water and wash cloth.
- 5) Once removed, follow with your favorite serum and moisturizer for added hydration.

Benefits of the Spirulina Glow Mask:

- Reduces fine lines and encourages cell turnover.
- Fights acne with antibacterial properties.
- Leads to overall healthier skin due to Spirulina's high protein content.



ROXY'S HOMEMADE (DOG) PUPSICLES



Roxy's Homemade (Dog) Pupsicles

Ingredients:

3 Scoops Prairie Naturals
Organic Chicken Bone Broth
Powder
6 Cups Water
1/2 Can Pure Organic
Pumpkin

Directions:

- 1) Whisk together all ingredients until smooth.
- 2) Pour mixture into dog treat silicone molds.
- 3) Freeze overnight.

BELL'S TURMERIC BUTTER FOR DOGS

Bell's Turmeric Butter for Dogs

Ingredients:

1/2 Cup Prairie Naturals Fermented & Organic Turmeric Powder
2 Cups Warm Water
1/2 Cup Extra Warm Water (if needed)
1 1/2 TSP Freshly Ground Black Pepper
70ml Cold Presses Olive or Coconut Oil

Directions:

- 1) Mix all ingredients into a smooth paste.
- 2) Mix twice daily into your dogs' food.

*** Note:** Begin with 1/4 TSP to 1/2 TSP for smaller dogs, slowly increasing up to 1 TBS for larger dogs. Store in the refrigerator for up to 2 weeks.



LUCY'S SUPERFOOD (DOG) BISCUITS



Lucy's Superfood (Dog) Biscuits

Ingredients:

- 1 TSP Prairie Naturals Fermented & Organic Turmeric Powder
- 2 ½ Cups Sprouted Whole Wheat Flour or Oat Flour
- 1 TSP Baking Powder
- 1 Cup Organic No Sugar Peanut Butter
- 1 Cup Warm Water
- 1 Scoop Prairie Naturals Organic Chicken or Beef Bone Broth Protein Powder
- 2 TBS Organic Honey
- 1 Large Egg

Directions:

- 1) In a large bowl combine flour, baking powder and egg. Mix together until blended.
- 2) Mix together warm water and Bone Broth until dissolved.
- 3) Add to large bowl mixture, peanut butter, water/Bone Broth mixture and honey.
- 4) Stir until dough is stiff. You may need to use your hands!
- 5) Roll out dough on floured surface.
- 6) Cut dough with cookie cutters of your choice.
- 7) Bake for 20 minutes in a preheated 350°F oven.
- 8) Cool on wire rack.

* **Note:** Store in air tight container to freeze.

BENTLEY'S GREEN TREATS

Bentley's Green Treats

Ingredients (Makes 12 servings):

- 3 tsp. Organic Spirulina
- 1 cup yogurt
- 1 tsp cinnamon
- 12 blueberries
- 1 Ice cube tray

Directions:

Mix yogurt, Spirulina, and cinnamon in a bowl. Fill ice cube tray with the mixture. Add one blueberry to each cube. Freeze overnight. Serve to your pup!



SuperFoods

Add More Fermented & Organic SuperFoods To Your Everyday

Add more SuperFoods to your everyday. That's the continuous message we're getting from nutritional scientists who study the health effects of foods. The wider the variety of colours we eat, the better our chances of being healthy. Prairie Naturals has researched and

formulated all the Colours of Health SuperFoods into tasty blends for daily use. Our concentrated powders deliver premium quality, nutrient-dense superfoods, fruits, berries and greens that make it easy to add more superfoods to your day!



	Alkalinizing & Energizing	Inflammation & Joint Pain	Brain & Stress Support	Heart Health & Cholesterol	Skin, Hair, Nails	Hormonal Balance	Digestive Health
Organic Spirulina	•	•		•	•		•
Organic Chlorella	•	•		•	•		•
Organic AquaGreens	•	•		•	•		•
Organic Moringa	•	•	•	•	•	•	•
Organic Red SuperFoods	•		•	•			
Fermented, Organic Barley Grass	•	•		•	•		•
Fermented, Organic Wheat Grass	•	•		•	•		•
Fermented, Organic Green Superfoods	•	•		•	•		•
Fermented, Organic Prairie Grasses	•	•		•	•		•
Fermented Organic Turmeric		•	•	•			•
Fermented Organic Maca	•		•			•	
Lemon, Aloe & Minerals Morning Rise & Shine	•	•	•	•	•	•	•



Live the Healthy Life®
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 ○ ● ○ ● ○ ● ○ ●