



# Colours of Health

Gourmet Recipe book



prairienaturals®

ADD MORE SUPERFOODS TO YOUR EVERYDAY

# PALEO SUPERFOOD PANCAKES

## Paleo Superfood Pancakes

### Ingredients:

- ½ Cup Applesauce
- 3 - 4 Eggs or Egg Whites
- 1 Scoop Prairie Naturals Fermented & Organic Barley Grass Powder
- ¼ Cup Melted Coconut Oil
- 1 Cup Coconut Flour
- 4 Scoops Prairie Naturals Organic Vanilla Whey Protein 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.



# 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!



# SUPERFOOD ENERGY BALLS



## Superfood Energy Balls

### Ingredients:

- 1 TSP of Prairie Naturals Fermented & Organic Superfood 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 COCONUT PROTEIN 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
- ½ 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.

# 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 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 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 above)
- 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.





# TURMERIC CAULIFLOWER RISOTTO

## Turmeric Cauliflower Risotto

### Ingredients:

- 1 Head Cauliflower, Riced (In a Food Processor, or 12-16 oz Pre-Riced)
- 2 Kale Leaves, Chopped & Destemmed
- 1/2 Cup White Mushrooms, Sliced
- 1/2 Yellow Onion, Diced
- 2 Cloves Garlic, Minced
- 1/2 Cup Prairie Naturals Beef Bone Broth Powder
- 2 TSP Prairie Naturals Fermented & Organic Turmeric Powder
- 1 TSP Sea Salt
- 1/2 TSP Pepper
- 1 TBS Fresh Parsley, Chopped
- 1 TBS Coconut Oil

### Directions:

- 1) Melt the coconut oil in a deep skillet on medium heat.
- 2) Add the yellow onion and sauté until the soft and transparent.
- 3) Stir in the garlic and cook for 1-2 minutes.
- 4) Add in the mushrooms and kale and sauté for 3-4 minutes or until soft.
- 5) Pour in the beef bone broth and cauliflower rice and season with salt, pepper and turmeric. Stir to ensure they're evenly combined.
- 6) Reduce heat to medium-low and allow to simmer for 8-10 minutes or until the broth is mostly absorbed by the cauliflower.
- 7) Remove from heat and place in a serving bowl. Top with fresh parsley and extra salt to taste if desired.



# TURMERIC CHILI



## Turmeric Chili

### Ingredients:

- 2 Carrots, Peeled and Cut in Pieces
- 7 Oz Canned Black Beans
- 1/2 Cup Green Peppers, Diced
- 1/2 Cup Celery, Sliced
- 1/4 Cup Onions, Diced
- 1 Clove Garlic, Chopped
- 1/2 TSP Grated Ginger
- 1/2 Cup Tomatoes, Diced
- 1 TBSP Tomato Paste
- 1/2 TSP Curry
- 1 TSP Paprika
- 1 1/2 Tsp Chilli Powder
- 1/2 TSP Prairie Naturals Fermented & Organic Turmeric Powder
- 1/4 TSP Cayenne
- 1/4 TSP Peppercorn Medley
- 1/4 TSP Cumin
- 500 mL Prairie Naturals Bone Broth (Chicken or Beef)

### Directions:

- 1) Add all content to slow cooker and set on low for 4-6hrs.

**Option:** You may add your choice of meat or additional beans for vegetarians.



## Hearty Superfood Stew

### Ingredients

- 2 TBS Olive Oil or Coconut Oil
- 2 Large Garlic Cloves, Crushed
- 1/2 Large Red Onion, Diced
- 1/2 TSP Ground Coriander
- 1 Heaping TSP Prairie Naturals Fermented & Organic Turmeric Powder
- 1/2 TSP Cayenne Pepper
- 1 Pinch Chili Flakes
- 1/2 TSP Paprika
- 1 TBS Prairie Naturals Fermented & Organic Barley Grass Powder
- 1 TSP Prairie Naturals Organic Moringa Powder
- 2 Large Sweet Potatoes (approx. 800g) Peeled & Chopped Into Small Cubes
- 1 TBS Tomato Puree
- 2x 400g Cans Tomatoes
- 2x 400g Cans Black Beans, Drained & Rinsed
- 400 mL Water
- 4 Scoops Prairie Naturals Chicken Bone Broth Powder
- 2-3 Handfuls Fresh Spinach or Kale
- Salt & Pepper

### Directions:

- 1) Peel and chop the sweet potatoes into small cubes and dice the red onion.
- 2) Heat a large pot on medium heat with olive oil, garlic and onion with a pinch of salt & pepper and fry for a couple minutes.
- 3) Add all the spices and mix together before adding the sweet potato along with a pinch of salt & pepper. Fry together for a couple minutes making sure to stir.
- 4) Add the tinned tomatoes, tomato puree, black beans, chicken bone broth, water and a pinch of pepper and mix together.
- 5) Bring to a boil then reduce to a low heat placing the lid on the pan for 20 to 25 minutes until your desired consistency, I like mine fairly thick.
- 6) Add the spinach or kale and stir through, allowing it to wilt before taking off the heat.

## SUPERFOOD CORN CHOWDER

### Superfood Corn Chowder

#### Ingredients:

1 TBS Olive Oil  
 1 Onion, Diced  
 2 Stalks Celery, Diced  
 2 Cloves Garlic, Finely Chopped  
 1 Medium Sweet Potato Peeled  
 & Cut Into Small Cubes  
 350 g Corn Kernels Fresh or Frozen  
 465 ml Vegetable Stock  
 1 Can Coconut Milk (400ml/14 Oz Cans)  
 1 - 2 TSP Finely Chopped Red Chilli or to Taste  
 Sea Salt & Freshly Ground Black Pepper  
 1/2 TSP Prairie Naturals Fermented & Organic Turmeric Powder  
 1/2 TSP Prairie Naturals Fermented & Organic Wheat Grass Powder  
 To Serve (All Optional): Fresh Lime, Chopped Red Pepper

#### Directions:

- 1) In a large saucepan, heat the oil over a medium heat, then sauté the onion and celery for a few minutes until softened. Add the garlic, sweet potato, corn, coconut milk, stock, chilli, wheat grass, turmeric, salt & pepper and stir well. Reduce to low and simmer the soup for 20 minutes or until the vegetables are all soft.
- 2) Transfer to a blender or use an immersion blender to roughly blitz the chowder but allow some chunks to remain.
- 3) Pour into bowls and serve with a squeeze of fresh lime juice and topped with chopped coriander and red pepper.



## CHICKEN NOODLE SOUP

### Chicken Noodle Soup

#### Ingredients:

About 2 Cups Rotisserie Chicken, Pulled from the Bone and Shredded  
 12 Cups Water  
 8 Scoops Prairie Naturals Chicken Bone Broth Powder  
 2 TBS Salted Butter  
 1 1/2 Cups Carrots, Coined  
 1 Large Onion, Diced  
 3 Stalks Celery, Sliced  
 2 Cloves Garlic, Minced  
 2 TSP Fermented & Organic Wheat Grass Powder  
 Salt & Pepper  
 4-6 Oz of your Favorite Small Bite Pasta, Uncooked

#### Directions:

- 1) In a large pot, add the butter and sauté the onion until soft, about 5 minutes. Add carrots and sauté until tender.
- 2) Add 8 scoops of chicken bone broth and water together in a shaker cup and shake. Pour bone broth overtop carrots and turn to medium heat. Add the garlic, wheat grass, celery, cooked vegetables, salt & pepper. Simmer about 10 minutes. Add chicken and simmer about 10 more minutes or until all ingredients are warm.
- 3) Meanwhile, in a separate pot, boil water and prepare your noodle as directed.
- 4) Serve scoop of piping hot pasta and ladle with bone broth soup mixture.







## Broccoli and Cheese Keto Soup

### Ingredients:

3 TBS Unsalted Butter  
1 Small White or Yellow Onion, Diced  
2 Cloves Garlic, Minced  
4 Scoops Prairie Naturals Organic Chicken or Beef Bone Broth Powder  
4 Cups Water  
2 Cups Coconut Milk  
2 Small Heads Broccoli, Cut Into Florets; Stems Cut Into 1-In. Pieces (8 to 10 C.)  
3 Oz. Sharp White Cheddar, Grated (1 1/2 Cups)  
Kosher Salt  
Freshly Ground Black Pepper  
1/2 TSP Prairie Naturals Fermented & Organic Turmeric Powder  
1 TSP Prairie Naturals Organic Chlorella Powder  
Greek Yogurt or Sour Cream, for Garnish (Optional)

### Directions:

- 1) In a large pot, melt butter over medium-high heat. Add onion and cook until soft, (5 minutes). Add garlic and stir until fragrant, (1 minute). Add flour and cook, stirring constantly, until it turns golden, (3 minutes).
  - 2) Add Bone Broth, water and coconut milk and bring to a boil. Reduce heat to medium and add broccoli. Simmer until broccoli is bright green, (4 minutes), then remove four pretty pieces of broccoli (for garnish) and rinse under cold water. Reduce heat to low and cover partially; simmer until broccoli is tender, (15 minutes).
  - 3) If you have an immersion blender, puree soup in pot. Otherwise, working in batches, carefully puree soup in a blender (holding down lid with an old towel to prevent hot liquid from spurting out the top). Pour pureed soup into a large bowl.
- \* Note:** Immediately whisk in cheddar and season with salt & pepper, turmeric and chlorella.
- \* Note:** Ladle soup into bowls and garnish with Greek yogurt or sour cream (optional), black pepper, and reserved broccoli.

# 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 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

# 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.

## 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!



## PERUVIAN HOT CHOCOLATE

### Peruvian Hot Chocolate

#### Ingredients:

- 1/2 Cup Unsweetened Organic Cocoa Powder
- 1 TSP Fermented & Organic Maca Powder
- 1/2 - 2/3 Cup Sugar – or to Taste
- 1/4 TSP Salt
- 1 TSP Ground Cloves
- 1 TSP Ground Cinnamon or 2" Stick
- 3 Cups Water
- 2 (12 Oz) Cans Evaporated Milk

#### Directions:

- 1) Whisk dry ingredients together in a medium saucepan then slowly whisk in water.
- 2) Place saucepan over medium-high heat and continue to whisk until cocoa and sugar are dissolved.
- 3) Bring to a soft boil.
- 4) Slowly whisk in milk and reheat gently.
- 5) Serve hot with a slice of Panettone.





## 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  
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 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!



# Add more 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!

	Alkalizing & 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 Alfalfa	•	•		•	•		•
Fermented, Organic Kale	•	•		•	•		•
Fermented, Organic Turmeric		•	•	•			•
Fermented, Organic Maca	•		•			•	
Lemon, Aloe & Minerals Morning Rise & Shine	•	•	•	•	•	•	•



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