

SAMPLE RECIPES



CRYSTAL CLEAR KIDS APPROVED

Chocolate Smoothie Bowl

YOU WILL NEED

- 1/2 ripe avocado
- 1/2 frozen banana
- 3 Prunes or Dates
- 2 t chia seeds
- 1 scoop Plant Fusion chocolate protein powder
- 2 t organic cocoa powder
- 1 C vanilla almond Milk
- 1 C ice cubes

STEPS

1. Place all ingredients in your blender and blend until smooth, pausing a few times to stir mixture if necessary.
2. Transfer smoothie inside a medium bowl and top with your favorite toppings.

TOPPINGS

- | | |
|-----------------------|---------------|
| Whipped Coconut cream | Fresh Berries |
| Sliced banana | Nut Butter |
| Shredded Coconut | Granola |



TOP TIP

Substitute any flavor protein powder you wish

Add in any booster: spiraling powder, amid powder, moringa leaf etc.

CRYSTAL CLEAR KIDS APPROVED GF & DF Crepes

YOU WILL NEED

3/4 C water
3 T melted dairy-free butter
1/8 C sweet white rice flour
3 'eggs' (can sub 3 large eggs)
3/4 C dairy-free milk
1/3 C white or brown rice flour
1/8 C potato starch
1/8 C tapioca flour/starch
1/2 t salt
Oil as needed

STEPS

1. Put the egg, milk, water, butter, flours, starches, & salt in blender. Blend until smooth.
2. Preheat in a heavy duty Teflon-coated, 8-inch omelet pan over medium-high heat. Make sure the pan is fully preheated or the first crepe won't brown.
3. Oil a paper towel and use it to evenly grease the pan.
4. Pour 1/4 C batter into the preheated pan, then lift the pan off of the heat and swirl it until the bottom is covered and the batter has stopped flowing. Set the pan back on the heat and cook for about 1 minute, or until the edges are all curled up away from the pan and the bottom has slightly browned. Gently flip the crepe over and brown the other side for about 1 minute. Remove the crepe from the pan and lay it on plastic wrap or parchment paper.
5. Re-oil the paper towel, as needed, and use it to oil the pan between the crepes. Also layer the cooked crepes with the plastic wrap or parchment paper to keep them soft and to prevent them from sticking to each other.

TOPPINGS

Fresh chopped berries
Chopped apples
Pineapples
Walnuts
Roasted Vegetables
Vegan Cheese
Nutzo Nut Butter
Coconut Whipped cream



TOP TIP

Double the recipe and freeze for future use.

Be patient with these delicate and delectable treats.

Have for dinner as well!

CRYSTAL CLEAR KIDS APPROVED

Mega Overnight Oats

YOU WILL NEED

1/2 C almond milk
1 T chia seeds
2 T natural salted peanut butter
almond butter (creamy or crunchy)
1 T maple syrup (or sub coconut
sugar, organic brown sugar, or stevia
to taste)

STEPS

1. With a mason jar or small bowl, add almond milk, chia seeds, peanut butter, and sweetener. Stir with a spoon to combine.
2. Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk.
3. Cover securely with a lid and set in the refrigerator overnight (or for at least 6 hours).
4. The next day, open and enjoy as is or garnish with desired toppings.



TOP TIP

Add any booster: spiring powder, amid powder, moringa leaf etc.

Top with fresh sliced banana or berries.

CRYSTAL CLEAR KIDS APPROVED

Breakfast Pizza

YOU WILL NEED

- 6 large eggs, whisked
- 1 T butter or oil, for cooking
- 2 Udi's Gluten Free Pizza Crusts or Cauliflower Pizza crust
- 1 C Daiya or vegan cheese

STEPS

1. Preheat the oven to 400F
2. In a large, non-stick skillet, melt butter or oil & add whisked eggs. Cook, lifting gently and stirring slightly to allow uncooked portions to flow underneath, 2-3 minutes until set but not overcooked. Remove from heat, set aside
3. Sprinkle 1/4 C of cheese onto each pizza crust and distribute the egg mixture throughout the crusts
4. Sprinkle remaining cheese evenly onto both pizza crusts, and bake directly on the baking rack for 7 minutes, until the cheese is bubbly and crust is golden brown.
5. Carefully remove from oven and enjoy.



TOP TIP

Add roasted veggies or additional protein as desired.

Get your littles to help with toppings this is a great 'involve me' recipe!

CRYSTAL CLEAR KIDS APPROVED GF Power Pancakes

YOU WILL NEED

- 1 C GF all-purpose flour
- 1 T ground flaxseed (flax meal)
- 2 t baking powder
- 2 t ground cinnamon
- 1/4 t salt
- 2 T maple syrup or honey
- 1 t vanilla
- 1/4 C unsweetened apple sauce
- 1 C almond milk
- 1 T Chia seeds

STEPS

1. Grease a griddle and preheat over medium heat.
2. In a medium mixing bowl, sift together the flour, flax meal, baking powder, cinnamon, chia seeds, & salt.
3. In a separate bowl, combine the maple syrup, vanilla, applesauce, and milk. Slowly mix half the liquid into the dry ingredients, stirring continuously and rest the 1/4 C at a time to avoid a runny batter. Mix until you get the lumps out of the batter.
4. On your griddle, begin to cook the pancakes, using about 1/4 C of the batter for each one.
5. Cook for 1-2 minutes until they start to bubble around the edges and flip. Cook for another 1-2 minutes. Remove from griddle and serve.
6. Top with organic maple syrup, fresh berries, and coconut whipped cream,



TOP TIP

Freeze leftovers for quick before-school breakfast, just pop in the toaster!

CRYSTAL CLEAR KIDS APPROVED

Butternut Chili

YOU WILL NEED

- | | |
|---------------------------------|--------------------------|
| 1 3lb butternut squash | 1 T chili powder |
| 3 carrots | 1 t cinnamon |
| 1 t extra virgin olive oil | 1 t cumin |
| 4 peppers | 1/2 t salt (or to taste) |
| 1 large onion, chopped | 1/2 t garlic powder |
| 12 garlic cloves, minced | 1/2 t smoked paprika |
| 2 T tomato paste | 1/2 t coriander |
| 2-3 C vegetarian broth | 1/2 t regular paprika |
| 2 (10oz) cans of diced tomatoes | 1/2 T brown sugar |
| 2 15oz cans of black beans | 1/8 t cayenne |
| 2 cups frozen organic corn | 1/2 T brown sugar |

STEPS

1. Peel the squash and cut into 1 in. pieces
2. Peel the carrots and cut into 1 in. pieces
3. In a large soup pot, heat the olive oil over medium heat
4. Stir in the butternut squash, carrots, bell peppers, onion, garlic, and tomato paste. Cook, stirring frequently, for about 10 minutes.
5. Add the broth, diced tomatoes, bean, and corn.
6. Stir in all the spices (chili powder through cayenne).
7. Bring back to a simmer then reduce the heat and cook for at least 1 hour, or until the squash and carrots are tender.



TOP TIP

The longer it simmers the better the flavors will be!

Top with chopped green onion and Daiya cheese

CRYSTAL CLEAR KIDS APPROVED

Creamy Tomato Soup

YOU WILL NEED

1 T organic canola oil
1 1/2 C chopped red onion
1/2 t ground cumin
1/4 t sea salt
4 minced garlic cloves
28oz can diced unsalted tomatoes
1/2-1 C vegetable stock
1/4 cup canned coconut milk

STEPS

1. Heat a medium saucepan over medium heat. Add canola oil, chopped red onion, cumin, and salt to the pan. Cook 8 minutes, stirring. Increase heat to medium high.
2. Add minced garlic cloves, saute 1 min.
3. Add diced tomatoes, undrained, and vegetable stock. Bring to a boil. Reduce heat to a simmer for 15 min.
4. Remove from heat, stir in coconut milk.
5. Use an immersion blender to blend the soup to the consistency you like.



TOP TIP

Top with Daiya shredded cheese

Dip Grilled Cheese Panini

Come back for 3rds

CRYSTAL CLEAR KIDS APPROVED

Lasagne Cuppers

YOU WILL NEED

1 C Beyond Meat Crumbles	1 T tomato paste
1 C Daiya Shredded Mozzarella	1/4 C grated carrot
1 C tofu, crumbled	1 zucchini, peeled and sliced into 1/4 -in thick rounds
1 large egg, beaten (or substitute)	12 slices mushroom
1 C pasta sauce	
1 T tomato paste	

STEPS

1. Preheat the oven to 325F. Coat silicone muffin cups with cooking spray inside your muffin tin.
2. In a medium bowl, mix together the shredded cheese, tofu, & egg.
3. In another medium bowl, mix together the pasta sauce, tomato paste, and carrot.
4. In the bottom of each muffin cup, place either a zucchini or yellow squash round or mushroom slice into each cavity.
5. Top with a spoonful of the sauce, then a spoonful of the beef crumbles.
6. Cover with a spoonfull of the cheese mixture.
7. Place another veggie slice on top (mushroom, zucchini, or squash), then repeat the process.
8. Once the cup is filled, make sure the exposed top layer is the cheese mixture.
9. Bake for 20 minutes, then top with additional shredded cheese, and return to the oven to cook for an additional 10 min.
10. Remove from the oven, and let it cool for 10-15 minutes.



TOP TIP

Steam and Puree the veggies for a smoother consistency

CRYSTAL CLEAR KIDS APPROVED

Sneaky Good Pasta

YOU WILL NEED

8oz Red or Green Lentil Penne
1 jar Organic Tomato Sauce
1 6oz box chopped Baby Spinach
2 Red Bell Peppers, diced
1/4 of a Red Onion, diced
1 zucchini, diced
5 cloves garlic, minced
Italian seasoning, salt, & pepper to taste

STEPS

1. Cook the pasta according to package directions.
2. In a medium sized pot, saute the peppers, onion, zucchini, spinach, garlic, and spices (Italian seasoning, salt, crushed red pepper) for about 5-10 minutes until soft.
3. Combine the cooked veggie mixture with 1 jar Tomato Sauce in a blender.
4. Blend until smooth. (Alternatively you can add the sauce to the pot, and use an immersion blender to blend it together).
5. Combine the cooked pasta with the superfood sauce mixture.



TOP TIP

Top with Daiya shredded cheeze!

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Cinnamon Bun Smoothie

YOU WILL NEED

1/2 t Cinnamon
1 T Maple Syrup
1 Medium Banana
1/4 C Oats
1 C plant base Milk
Handful of ice cubes

STEPS

Blend and enjoy!



TOP TIP

Best mix-ins:

1 T Maca powder
1 T plant based Yogurt
1 T Ground Flax

CRYSTAL CLEAR KIDS APPROVED

Avo Smoothie

YOU WILL NEED

1/2 ripe Avocado
1 Medium banana
1-2 T local organic honey
1 C plant base Milk
Handful of ice cubes

STEPS

Blend and enjoy!



TOP TIP

Best mix-ins:

1 T Chia seeds
1 T Spirulina
1 T Ground Flax

CRYSTAL CLEAR KIDS APPROVED

PB & J Smoothie

That everyone will love!

YOU WILL NEED

- 1 C Strawberries
- 3 T Organic peanut butter or nut butter of choice
- 1 Medium banana
- 1/4 C Oats
- 2 T Coconut Oil
- 1 C plant base Milk
- Handful of ice cubes

STEPS

Blend and enjoy!



TOP TIP

Best mix-ins:

1 T Chia seeds

1 T Maca Powder

CRYSTAL CLEAR KIDS APPROVED

Pink Breakfast Smoothie

YOU WILL NEED

1 C Strawberries
1/2 C Almond Butter
1 Medium banana
1/2 C Oats
1 T raw local organic honey
1 C plant base Milk
Handful of ice cubes

STEPS

Blend and enjoy!



TOP TIP

Best mix-ins:

1 T Flax

1 T Maca Powder

CRYSTAL CLEAR KIDS APPROVED

The Go-To Smoothie

YOU WILL NEED

1 frozen banana
2 C frozen strawberries
1/2 C organic baby spinach
1 C almond milk
1 scoop Plant Fusion
Chocolate Protein Powder
3/4 C plain Coconut Milk
yogurt

STEPS

Blend and enjoy!



TOP TIP

Add in extra boosters such as chia seeds or ground flax seeds!

CRYSTAL CLEAR KIDS APPROVED

Sunshine Babe Smoothie

YOU WILL NEED

1 C frozen pineapple chunks
1/2 C baby Carrots
1/2 C organic orange juice
1/2 C frozen mango chunks
1 T raw local organic honey
3/4 C plain Coconut Milk yogurt
1 t ground turmeric

STEPS

Blend and enjoy!



TOP TIP

Add in extra boosters such as chia seeds or ground flax seeds!

CRYSTAL CLEAR KIDS APPROVED

Coconut Whipped Cream

YOU WILL NEED

1 can full-fat coconut milk, chilled for 24 hours*

1-2 T of sweetener (maple syrup, stevia, coconut sugar, etc) to taste

1 vanilla bean, scraped or 1/2 t pure vanilla extract (optional)

STEPS

1. Chill the can of coconut milk in the fridge for at least 24 hours
2. After chilling the can, open and scoop the solid white coconut cream into the bowl. Discard the coconut water.
3. Whisk until fluffy and smooth. Add in sweetener to taste and vanilla.
4. Return whipped cream to fridge until ready to use. It will firm when chilled and soften at room temperature. This will keep in the fridge in a sealed container for up to one week



TOP TIP

Licking the bowl is encouraged!

Dallop with glee on berries, baked goods, and atop smoothies

CRYSTAL CLEAR KIDS APPROVED

Quinoa Power Bites

YOU WILL NEED

1 1/2C GF rolled oats

1 Medium banana

1 Small Apple

STEPS

1. Preheat the oven to 350 F & line baking tray with parment paper
2. Add Quinoa and Oats to bowl
3. Mash banana and add to bowl
4. Grate apple and add to bowl
5. Mix all ingredients and roll into balls
6. Bake for 15 minutes, let cool and store in air tight container in the fridge for up to 4 days



TOP TIP

Add chia seeds or maca powder for an extra boost!

CRYSTAL CLEAR KIDS APPROVED

Clean Snack List

EASY PEASY

Annie's GF Chocolate Chip
Granola Bars

Bare Snacks Apple Chips

KIND Bars

Mamma China-Squeezy Pouches

RX Bars

Tree Top Organic Apple Sauce

Organic Popcorn sprinkled with
cinnamon

Frozen Grapes- halved



TOP TIP

Offer 2 options, 3
tops which allows
your child to feel
safe and involved

CRYSTAL CLEAR KIDS APPROVED

Power Bites

YOU WILL NEED

- 1 C GF rolled oats
- 1/2 C Peanut or Almond Butter
- 1/3 C Honey or Maple Syrup
- 1 scoop Plant Fusion Protein (any flavor you prefer)
- 1/4 t sea salt
- 2 T chia seeds
- 1/2 C Chocolate Chips

STEPS

1. Mix all the ingredients in a medium bowl.
2. Chill in the fridge for 20 minutes.
3. Roll into bite sized balls.



TOP TIP

Sub flax meal for chia seeds if you desire

Add any other creative mix-ins you like!