

Cristiana's Nutella Blend

We think you'll go nuts for nutrition after tasting this delicious spread. Try it on apple slices...kids will love it!

Add 1 tablespoon water to

2 tablespoons Chocolate PaleoMeal until it looks like chocolate sauce (~ 5sec)

Mix in 1 tablespoon almond butter & enjoy

Ground flaxseeds (optional)

PB and J

A unique version of a classic!

Warm frozen strawberries in their own juice (no sugar added)

Stir in Vanilla or Strawberry PaleoMeal

Swirl in 1 tablespoon natural peanut butter

Add xylitol for sweetness if desired

Power Oatmeal

Take your oatmeal from plain to powerful with this recipe!

To one cup of long cooking oatmeal add:

1 scoop Vanilla or Strawberry PaleoMeal

1 tablespoon freshly chopped raw nuts

½ cup berries

Xylitol, cinnamon, and/or vanilla extract to taste