

EMPOWERPLUS RECIPES

A collection of carefully crafted, Truehope-approved recipes designed to provide additional ways to intake the essential vitamins & minerals found in EMPowerplus.



EMPOWERPLUS POWDER RECIPES

Either flavour of the EMPowerplus Powder will work with any of our recipes. We find that some recipes are better with a specific flavour which is why we have chosen that one in the recipe. Feel free to try either flavour as you desire.

**Please note that all of the drink recipes can be made into homemade popsicles. Mix all ingredients, except for the EMPowerplus Powder, and pour into popsicle moulds. Next, pour desired EMPowerplus Powder into each mold. This allows you to control the amount of EMPowerplus Powder in each popsicle.*

SMOOTHIES, DRINKS & BOWLS

Orange Yogurt Smoothie

- 2 Tbsp frozen orange juice
- 1 cup low fat frozen yogurt ice cream
- 1 cup milk of your choice
- 1 Tbsp honey
- 5-7 ice cubes

Empowerplus powder dosage as required.

Put all ingredients in blender. Blend until uniform. These are simple ingredients most people have on hand. You don't have to be particular with measurements.

Maple Strawberry Smoothie

- 1/2 cup frozen strawberries
- 1/2 banana
- 2 Tbsp maple syrup
- 1 container strawberry Activia yogurt
- 1/2 cup 1% milk

Blend in blender until well mixed, then add 1 scoop Empowerplus powder, blend again, drink immediately.

Purple Frenzy

- 1/2 orange peeled and split apart
- 1/2 banana
- 1/4 cup frozen Blueberries
- 1/4 cup lemon Juice
- 1/3 cup water
- 1/4 cup ice
- 1 scoop of EMPowerplus Mandarin Orange powder

Blend all ingredients together until smooth and drink.

Just Peachy

- 3/4 cup peach yogurt
- 1/2 cup granola
- 1/4 cup raw almonds
- 1 scoop Mandarin Orange powder

Mix all ingredients together in a bowl and eat. This would be a healthy breakfast, or afternoon treat.

Strawberry Delight

- 1/2 cup strawberries
- 1/2 banana
- 1/4 cup blueberries
- 2 ice cubes
- 1/4 cup water
- 1 scoop EMPowerplus Berries and Banana powder

Blend all ingredients together until smooth, then drink.

Creamy Treat or Frozen Fun

- 1/4 cup frozen strawberries
- 1/2 banana
- 1/4 cup mangos
- 1/2 cup creek yogurt
- 2 ice cubes
- 1 scoop EMPowerplus Berries and Banana powder

Blend all ingredients together until smooth and drink.

**This mix tastes great as a frozen popsicle. Mix all ingredients except for the EMPowerplus powder and pour into popsicle molds. Next pour desired EMPowerplus powder into each mould. This allows you to control the amount of EMPowerplus powder in each popsicle.*

Green Delight

- 2 spinach leaves
- 1/4 cup almond milk
- 1/4 banana
- 2 slices fresh pineapple
- 2 ice cubes
- 1 scoop of EMPowerplus Mandarin Orange powder

Blend all ingredients together until smooth and drink.

Tropical Sensation

- 1/4 cup pineapple juice
- 1/4 cup water
- 1 cup green grapes
- 1/4 cup pineapple chunks
- 1/2 banana
- 3 spinach leaves
- 1/4 cup frozen mango chunks
- 2 ice cubes
- 1 scoop of the EMPowerplus Mandarin Orange powder

Blend all ingredients until smooth, then drink.

Strawberry Lemonade

- 1 cup lemonade
- 3/4 cup frozen strawberries
- 1/2 banana
- 1 Tbsp cashews
- 1 scoop of EMPowerplus Mandarin Orange powder

Blend all ingredients together until smooth and drink.

Simplicity

- 1/2 banana
- 1/2 cup frozen blueberries
- 1/2 cup greek yogurt
- 1/4 cup granola
- 1 scoop of EMPowerplus Berries and Banana powder

Blend above ingredients together. Pour the blended mix into a bowl and add 1/4 cup of raw almonds. You can eat this right away, or chill and eat later.

Fruit Cocktail with a Twist

- 1/4 pear, peeled and chopped
- 1 banana chopped
- 1/4 peach chopped
- 1 cup fresh strawberries cut into pieces
- 1/4 cup peach yogurt
- 1/4 cup greek yogurt
- 1 scoop of EMPowerplus Mandarin Orange powder

Mix all ingredients and enjoy.

Cookies & Other Treats

Protein Isolate Treat

- 1 scoop chocolate whey protein isolate (or your choice of flavour)
- 1/4 cup frozen strawberries
- 1/2 cup orange juice
- 2 ice cubes
- 2 Tbsp greek yogurt
- 4 frozen mango chunks
- 1 scoop of EMPowerplus powder

Blend all ingredients together until smooth. The whey protein isolate makes this thick, so some may want to eat it by using a spoon.

Oatmeal Treat

- 3 Tbsp milk (or milk substitute)
- 1/3 cup white sugar
- 1/3 cup peanut butter (or almond butter)
- 1 1/4 cup oatmeal
- 2 tsp vanilla
- 1 Tbsp cocoa powder
- EMPowerplus powder (either flavour will work)

1. Over heat, mix sugar, cocoa powder and milk until melted.
2. Take off heat, and mix in the peanut butter and vanilla. Do this until the peanut butter has melted.
3. Pour in oatmeal and mix thoroughly (once the oatmeal is mixed, the mixture has cooled almost completely).
4. We mix 1/4 scoop of EMPowerplus powder into each oatmeal ball, but you can choose to do more or less as per your discretion. (EMPowerplus is heat sensitive due to the minerals, please ensure mixture is cool before adding)
**Tip: Take your tablespoon and scoop out oatmeal balls. Cut the ball in 1/2 and mix that half with the EMPowerplus powder. Sprinkle the EMPowerplus powder over the top of this half, and continue to mix until desired EMPowerplus dose is mixed. Next, take the other half of the oatmeal ball and mix it with the half that has the EMPowerplus powder. This will help the powder to be spread more evenly throughout the treat.*
5. After making each oatmeal treat, place on wax paper. You can eat immediately, or chill and save. Makes about 10-12 oatmeal balls depending on size.

Scrumptious Spread

- 2 Tbsp almond butter
- 2 Tbsp honey
- 1 scoop of EMPowerplus powder (either flavour will work)

Mix above ingredients.

This can spread can be made as a sandwich, or as a dip for desired fruits/vegetables. **Feel free to add more Honey for desired consistency.*

EMPowerplus Powder Brownies

Heat until just melted:

2 cups of semi-sweet chocolate chips

1/2 cup of butter or margarine

Then add 1 tsp of vanilla, stir then set aside to cool.

**EMPowerplus is heat sensitive due to the minerals, please ensure mixture is cool before adding.*

Put 8 scoops of EMPowerplus powder in a 2 cup measuring cup. Add enough crushed chocolate chip cookies to make 2 cups

In another bowl, add 3/4 cup of graham crumbs and 1 cup of Rice Krispies. Mix all dry ingredients with one can of sweetened condensed milk (we use Eagle Brand) then add melted chocolate (from above) and stir until combined. Spoon into an 8x8 pan

Cut into 16 pieces

Each piece = 1/2 scoop of EMPowerplus powder

**Note: this recipe is adapted from Eagle Brand recipe.*

No Bake EMPower Advanced CAPSULE Brownies

1 cup of semi-sweet chocolate chips

1 cup of milk chocolate chips

1/2 cup of butter or margarine

Heat just until melted, then add 1 tsp of vanilla. Let cool just until you can touch with your finger. Set aside.

Open 48 EMPower Advanced capsules and place powder in a 3 cup measuring cup. Add enough crushed chocolate chip cookies to make 3 cups. Place in bowl.

Add 1 cup of Rice Krispies then mix all dry ingredients with one can of sweetened condensed milk (like Eagle Brand).

Once that is mixed well, add melted chocolate (from above). Mix until combined and spoon into 8x8 pan.

Let cool completely, then cut in 12 pieces

Each piece = 4 capsules

**Note recipe was adapted from Eagle Brand milk recipes*

No Bake Peanut Butter Cookies 1

- 3 cup oat flour
- 1/2 tsp salt
- 3/4 cup peanut butter
- 1 tsp vanilla extract
- 1/4 cup milk
- 1/2 cup honey
- 3/4 cup chocolate, melted

Recipe makes 16 cookies, we added 32 capsules for 2 per cookie.

1. Line a cookie sheet with parchment paper, set aside.
2. In a large microwave-safe bowl melt together the peanut butter and honey, this should take roughly 1 minute. Add the vanilla and whisk until evenly combined and smooth
3. Next add the Empower Advanced, oat flour, milk and salt and mix until a sticky dough is formed. (If your dough is too wet or dry add in more oat flour or more milk until you get stoppable dough
4. Using a cookie scoop or a large spoon, scoop 2 tablespoons of the dough into your hand and roll into a ball. Gently press the ball of dough between your palms to form a flat disc about 1/2 inch thick.
5. Place the cookie onto the lined cookie sheet and repeat the process until all of the dough has been used.
6. Using a fork press into the top of the cookie to form that classic peanut butter crosshatch pattern.
7. Place in the fridge to set for 10-20 minutes while preparing the chocolate.
8. In a medium microwave-safe bowl melt the chocolate in 30-second increments until fully melted, this should take 1 1/2 to 2 minutes.
9. Once the cookies have set, dip 1/2 of each in the melted chocolate then return to the lined baking sheet to allow the chocolate to set. Once the chocolate has set enjoy! These can be kept covered and stored in the fridge for up to 10 days.

No-Bake Peanut Butter Cookies 2

- 1 scoop EMPowerplus powder
- 2 Tbsp peanut butter (or almond butter)
- 1 Tbsp honey
- 1 Tbsp oatmeal

Mix and form into balls.

Optional: Roll in Ovaltine mix and eat.