

A smiling blonde woman with wavy hair, wearing a light blue V-neck shirt, is holding a wooden spoon in her right hand and a glass bowl filled with a mixture of white and brown powders in her left hand. She is standing in a kitchen with wooden cabinets and a window in the background.

LISA RALEIGH

SUPER SCOOP

HEALTHY SWEET TREATS

Hi! I'm Lisa.

A passionate wellness expert, dealing with all things health and fitness for over 17 years. I'm a busy mom to my little girl, Bella, and balance has always been a huge component of my wellness philosophy. That means moderation, flexibility, and – most importantly – quality of life! Life is for thriving, not merely surviving.

I've been a vegetarian for 10 years now, and I pay special attention to including nutrient-rich plant-based foods into my diet. For that reason, I'm a huge believer in supplementation. As much as I'd like to sit down to five or six portions of whole fruit and veggies, this just isn't going to happen on a daily basis! Being realistic about what I can accomplish each day goes a long way towards reaching my health goals.

Carefully chosen supplements have been a part of my daily life for years; they're my insurance policy in case I can't take in the nutrients I need through food alone. I have a somewhat (ok, very) unpredictable schedule, and supplementation plays a huge role in keeping some consistency in my diet.

As moms, we also have that ever-present 'mom guilt' when it comes to what our little ones eat. Are they getting the best quality nutrients in their diets? Super Scoop is my saving grace for so many of my dietary concerns – for both me and my family. In one little scoop, I've made sure that essential vitamins and minerals, fibre, plant protein and even probiotics are ticked off the 'to do' list. In its simplest form, you can drink it with water, or you can get creative and add it to just about anything: yoghurt, oats, smoothies, baked goods – even icing!

I hope these Super Scoop recipes do for you what they have done for me, and make healthy eating one less thing to worry about

Yours in wellness...

Lisa xxx



THE POWER OF PLANTS

It's no secret that plants are good for us. They're the foundation of most research-backed, sustainable healthy diets advised by dietitians, and the main sources of most nutrients you need; think vitamins, minerals, fibre, protein and unsaturated fats. The stats speak for themselves too: a plant-based diet can lower your risk of obesity, many chronic diseases, type 2 diabetes, inflammation and even cancer.

The added bonus? Opting for more plant-based meals is lighter on the pocket, and better for the planet too.



A NOTE ON DIGESTION

Over the years, I've sat with thousands of clients and worked to identify their specific health concerns and challenges. One thing that regularly crops up? Digestion. When you think about it, this is at the root of your health. Every morsel you consume gets handled by your digestive system, and its job is to distribute nutrients around your body. If it's not working efficiently, your health could suffer regardless of how well you eat. Fibre is the secret to healthier digestion, and getting enough of it daily is essential to overall health. That's why I added a little extra fibre into the Super Scoop formula – so that your tummy gets a little extra love each day.





SO, WHAT ARE SUPERFOODS?

Superfoods are generally recognised as foods high in a particular vitamin, mineral or anti-oxidant, or a combination of a few. We have gotten into the habit of viewing less mainstream fruits and vegetables as superfoods, but, the truth is, the majority of plant-based foods are nutrient-dense. Dark leafy greens, broccoli, peppers and other brightly coloured fruits and veggies are your humble homegrown superfoods. They boast just as many (if not more nutrients) than the exotic and pricier – plant foods like chia seeds and moringa berries. The strength therefore lies in variety. The more varied your diet is, the more nutrients you take in. Rather than relying on one or two pricy plant sources, I wanted to squeeze 50 fruits and vegetables into every scoop.



WHAT ELSE IS IN THERE?

Super Scoop has a concentration of high-quality phytonutrients in convenient powder form, specially designed to help you follow a more plant-based diet. It's low in sugar and calories but still super tasty, and dissolves easily into everything from water to cookie batter. I wanted this to be your family's all-in-one simple solution to taking in plenty of nutrients that we need each day, without any harmful, synthetic additives.





This is what you can expect from every Super Scoop serving:

50 superfoods

High fibre

100% vegan-friendly

Dairy-free probiotics

Preservative-free

37.5 calories

Fat-free

Here's a closer look at what's inside.

50 Superfoods

There are an impressive 50 superfoods in every Super Scoop – a powerful blend of greens and reds to boost your immune system. The greens blend is packed with dark leafy greens, wheatgrass, broccoli, kale, barley grass, spirulina, cabbage and spinach, with some sprouts and herbs thrown in too. The reds blend is home to just about every berry you can imagine, with raspberries, cranberries, strawberries, blueberries and even blackberries in the mix. There's a broad fruit offering here as well, with everything from peach and papaya to pomegranate and pear making the cut.

100% Vegan-Friendly

Super Scoop excludes meat, poultry, seafood, eggs and other animal-derived ingredients. Every item on the ingredients list is straight out of nature.

USDA Organic

The USDA Organic stamp tells you that over 95% of the Super Scoop superfood blend ingredients are certified organic. That means no synthetic additives like pesticides, chemical fertilizers, and dyes, and that ingredients may not be processed using industrial solvents, irradiation, or genetic engineering. That remaining 5% has to behave as well. These may only be foods that can be found on a USDA-approved list.

Dairy-Free Probiotics

Super Scoop is enriched with a healthy dose of dairy-free probiotics. More specifically, 100 million CFUs. Super Scoop is also dairy-free overall, not just the probiotic.

Natural Sweetener

Added sugar be gone! The sweetness of Super Scoop comes from the much-hailed stevia leaf.

Hypo-Allergenic Ingredients

Sensitive users can consume Super Scoop confidently. Apart from a large supply of fruit and veggies, you'll only find a handful of equally nutritious ingredients in our products, like acacia soluble fibre, vitamin C and dehydrated coconut nectar.

While Super Scoop is proudly allergen-free, it has been manufactured in a facility that uses eggs, dairy, soy, wheat (gluten) and nuts.





SUPER SCOOP

RECIPES FOR THE FAMILY



RECIPE LIST

These blissfully tasty recipes will satisfy any sweet tooth, while providing you with a wealth of superfoods and other healthy nutrients.



1. Super Chocolate Mug Cake
2. Banana Crunch Granola
3. Spiced Superfood Cake
4. Purple Rain Smoothie
5. Chocolate Berry Blender Muffins
6. Coco-Carrot Smoothie
7. Chocolate Superfood Energy Bites
8. Vegan Chocolate Mousse
9. Superfood Baby Marrow Bread
10. Nutty Chocolate Smoothie
11. Sweet Potato Crumpets
12. Super Berry Chocolate Mousse
13. Breakfast Biscuits
14. Chai Superfood Smoothie
15. Vegan Superfood Banana Bread
16. Superfood Chocolate Bark
17. Pina Colada Smoothie
18. Skinny Superfood Crepes
19. Turkish Delight Smoothie
20. Superfood Berry Cheesecake
21. Peanut Butter Biscuits



SUPER CHOCOLATE MUG CAKE

MAKES 1 LARGE MUG CAKE

Ingredients:

1 scoop Very Vanilla or Very Berry Super Scoop
2 heaped tbsp wholewheat flour
1 tsp cocoa
½ tsp stevia, or 2-3 tbsp coconut sugar or xylitol
1 tsp baking powder
A pinch of salt
1 egg
2 tbsp unsweetened almond milk, or milk of choice

Toppings: Coconut yoghurt, fresh or frozen berries, sliced banana or melted nut butter

Method:

- Add all of the ingredients to a bowl and mix together with a fork.
- Place the bowl in the centre of the microwave and bake for 2 minutes, stopping to check the texture every 30 to 45 seconds.
- Add the optional toppings if using them and enjoy.

FEEL FREE TO SUBSTITUTE THE WHOLEWHEAT FLOUR WITH
SPELT OR OAT FLOUR IF YOU PREFER.





BANANA CRUNCH GRANOLA

MAKES 6 TO 7 CUPS

Ingredients:

- ½ banana, mashed
- ¼ cup coconut oil
- ¼ cup honey, agave or maple syrup
- 2 tbsps xylitol or coconut sugar
- 3 scoops Very Berry Super Scoop
- 3 cups rolled oats
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ¼ cup coconut flakes
- ½ cup dried mixed berries (we recommend cranberries, goji berries and raisins)

Method:

- Preheat oven to 180°C and spray a baking tray with cooking spray.
- Add the banana, coconut oil, sweetener and coconut sugar to a blender and blend until smooth.
- Add the Super Scoop, oats, sunflower seeds, pumpkin seeds, coconut flakes and dried fruit to a bowl and mix until combined.
- Pour the banana mixture into the oats and mix until all the oats have been coated.
- Pour into the prepared baking tray and spread evenly.
- Bake until golden brown (for about 30 minutes).
- The granola will harden as it cools.
- Store in an airtight container.

This granola will last a month, if you eat ¼ cup each day.



SPICED SUPERFOOD CAKE

MAKES 1 LARGE CAKE OR 4 BUNDTLETS

Ingredients:

For the cake:

- 2 scoops Very Vanilla Super Scoop
- 1 ½ cups wholewheat spelt flour
- ½ cup coconut sugar or xylitol
- 1 tsp cinnamon
- ½ tsp ginger
- ½ tsp nutmeg
- 2 tsp baking powder
- ½ tsp bicarb
- ½ cup light coconut milk or unsweetened almond milk
- 1 tsp vanilla essence
- ¼ cup coconut oil, melted
- 2 ripe bananas, mashed
- 1 large carrot (about 1 cup when grated)

Optional: ¼ cup raisins and ¼ cup pecan nuts, chopped

For the icing:

- 1 cup fat-free yoghurt
- ½ tsp cinnamon
- 3 tbsp agave or honey, or ½ tsp stevia powder
- 1 tsp vanilla essence

Method:

- Preheat oven to 180°C and lightly spray a cake tin or silicone cake mould with some cooking spray.
- Add the Very Vanilla Super Scoop, spelt flour, coconut sugar/xylitol, cinnamon, ginger, nutmeg, baking powder and bicarb to a bowl and stir until combined. Set aside.
- Add the coconut milk/almond milk, vanilla essence, melted coconut oil and mashed banana to a food processor and blend until smooth and creamy.
- Pour into the dry ingredients and gently fold the two together.
- Stir in the carrots, and the optional raisins and pecan nuts.
- Pour into the cake mould and bake for 40 minutes.
- Allow to cool fully before icing.

This cake tastes wonderful without the icing, however, the icing definitely gives it something extra.

To make the icing:

- Add all of the ingredients to a bowl and stir until thoroughly mixed.
- Spread over the baked cake.





PURPLE RAIN SMOOTHIE

MAKES 2 SMOOTHIES

Ingredients:

1 scoop Very Berry Super Scoop
½ cup blueberries, frozen
½ cup strawberries, fresh or frozen
1 tbsp goji berries
1 tsp chia seeds
¼-½ avocado, depending on size
½ cup water
½ cup ice

Method:

- Add all the ingredients to a blender and blend until completely smooth.
- Pour into glasses and drink immediately.

IF YOU ONLY HAVE FRESH BLUEBERRIES, ADD A LITTLE MORE
ICE TO CREATE A MORE 'SLUSHY' CONSISTENCY.





CHOCOLATE BERRY BLENDER MUFFINS

MAKES 8 MEDIUM-SIZED MUFFINS OR 16 MINI MUFFINS

Ingredients:

2 scoops Very Berry Super Scoop
½ cup instant oats
¼ cup coconut flour
2 tbspcocoa
1 tsp baking powder
⅓ cup honey
1 egg
¼ cup unsweetened almond milk, or milk of your choice
15 strawberries, fresh or frozen

Method:

- Preheat oven to 180°C and spray a muffin tray with cooking spray or line it with cupcake holders.
- Add all of the ingredients to a food processor or blender and blend until smooth.
- Spoon the muffin mixture into the muffin tray, until each holder is three-quarters full.
- Bake for 12 to 15 minutes.

IF YOU'RE USING FROZEN STRAWBERRIES, DEFROST THEM
SLIGHTLY BEFOREHAND TO REDUCE LIQUID.





COCO—CARROT SMOOTHIE

MAKES 2 SMOOTHIES

Ingredients:

1 scoop Very Vanilla Super Scoop
¼ cup rolled oats
2 tbsp desiccated coconut
2 tbsp raisins
¼ tsp cinnamon
½ cup carrots, grated
1 tbsp honey
½ cup plain yoghurt
½ cup milk of choice (we recommend light coconut milk)
½ cup ice

Method:

- Add all of the ingredients to a blender and blend until smooth and creamy.
- Pour into a glass and serve immediately.

THE OATS, CARROTS, RAISINS AND COCONUT MAKE THIS A
HIGH FIBRE MEAL.



CHOCOLATE SUPERFOOD ENERGY BITES

MAKES 16 MEDIUM-SIZED BALLS

Ingredients:

1 scoop Very Vanilla Super Scoop
1 cup pitted dates
2 tbsp cocoa
1 tbsp instant coffee, dissolved in $\frac{1}{4}$ cup boiling water
1 tbsp coconut oil
 $\frac{3}{4}$ cup mixed nuts (almonds and cashew nuts are delicious)

Optional: Sugar-free and/or dark chocolate and goji berries

Method:

- Add the nuts to a blender or food processor and process until relatively fine – not yet flour.
- Put the dates in a microwave-friendly bowl and heat for 45 seconds. This helps to soften the dates.
- Add the rest of the ingredients to the chopped nuts and process until a sticky dough starts to form (if the dough is too sticky, refrigerate for 15 minutes or add an extra tbsp of cocoa).
- Roll the dough to form balls.
- Top with a drizzle of chocolate and goji berries if you're using them.
- Store in an airtight container in the refrigerator.

UPGRADE YOUR COCOA TO RAW CACAO POWDER FOR AN
EXTRA SUPERFOOD BOOST.





VEGAN CHOCOLATE MOUSSE

SERVES 2

Ingredients:

1 large, ripe avocado
1 scoop Very Vanilla Super Scoop
¼ cup cocoa
¼ cup maple syrup, honey or agave
1 tbsp vanilla essence
3 tbsp unsweetened almond milk, or milk of choice
Pinch xanthan or guar gum (optional)

Method:

- Add the avocado to a food processor and blend until smooth.
- Add the rest of the ingredients (except the optional xanthan or guar gum) and blend for 30 to 45 seconds.
- If adding the optional xanthan or guar gum, add this once all the other ingredients have been blended together.
- Spoon into a bowl or serving dish and leave to set in the refrigerator for a minimum of 1 hour.

IF HONEY IS USED, NOTE THAT THIS DESSERT WILL NOT BE
CONSIDERED AS VEGAN.



SUPERFOOD BABY MARROW BREAD

MAKES 1 REGULAR LOAF

Ingredients:

- 2 scoops Very Vanilla Super Scoop
- 1 ¼ cups oat flour
- 1 tsp baking powder
- 1 tsp bicarb
- 3 egg whites
- 1 tbsp vanilla essence
- ¼ tbsp honey or stevia powder
- ¼ cup water
- 1 cup baby marrow, grated (about 3 medium baby marrows)

Method:

- Preheat oven to 180°C and spray a regular loaf tin with cooking spray.
- Add the Very Vanilla Super Scoop, oat flour, baking powder and bicarb to a bowl and mix together.
- Add the egg whites, vanilla essence, honey and water to a blender or food processor and mix until light and frothy.
- Squeeze the baby marrow to remove as much water as possible.
- Add to the egg whites and mix until all of the baby marrow has been coated with the egg white mixture.
- Pour this into the dry ingredients and stir until well combined.
- Pop into the oven and bake for 20 minutes.
- Turn the oven off and allow the loaf to cool in the oven for a further 10 minutes.

THIS IS A SWEET LOAF. IF YOU'D LIKE A SAVOURY ONE, SKIP THE SWEETENER AND VANILLA ESSENCE, AND ADD IN 2 TSP DRIED HERBS OF YOUR CHOICE.





NUTTY CHOCOLATE SMOOTHIE

MAKES 2 SMOOTHIES

Ingredients:

1 scoop Very Vanilla Super Scoop
1 tsp cocoa
1 banana, preferably frozen
1 large handful baby spinach
2 tbsp peanut butter
1 tbsp honey
½ cup plain yoghurt
½ cup water
½ cup ice

Method:

- Add all the ingredients to a blender and blend until creamy and smooth.
- Pour into glasses and serve immediately.

WHEN USING VEGETABLES, ALWAYS MAKE SURE THAT THEY ARE
THOROUGHLY RINSED.



SWEET POTATO CRUMPETS

MAKES 6 TO 8 MEDIUM-SIZED CRUMPETS

Ingredients:

- 1 heaped scoop Very Vanilla Super Scoop
- ¼ cup oat flour
- ½ large sweet potato, peeled
- 2 egg whites
- 1 egg
- 2 tbsps honey
- 1 tsp cinnamon
- ½ tsp baking powder

Optional: Yoghurt, honey, melted nut butter or fresh fruit

Method:

- Steam the sweet potato and, once cooled, mash it up or add it to a food processor and blend until a purée starts to form.
- Add the egg whites, whole egg and honey to the sweet potato and mix until smooth and creamy.
- Gently fold in the Very Vanilla Super Scoop, oat flour, cinnamon and baking powder.
- Put the crumpet mixture in the refrigerator for 15 minutes to thicken.
- While the mixture thickens, spray a non-stick pan with cooking spray and allow the pan to heat thoroughly.
- Spoon the mixture onto the heated pan and wait until little bubbles start to appear on the surface of the crumpets. Flip them over to cook on the other side.
- Serve with your choice of optional toppings.

MAKE YOUR OWN OAT FLOUR BY BLENDING REGULAR OATS IN
A BLENDER UNTIL FINE.





SUPER BERRY CHOCOLATE MOUSSE

SERVES 4

Ingredients:

2 scoops Very Berry Super Scoop
2 tbsp cocoa
¼ tsp xanthan or guar gum
500g pumpkin, cooked and cooled (roughly 3 cups)
¼ tsp stevia powder, or ¼ cup honey, maple syrup, xylitol syrup or agave
1 tsp vanilla essence
2-3 tbsp unsweetened almond milk, or milk of choice, if needed

Optional: Sliced strawberries

Method:

- Add the pumpkin to a blender or food processor and blend until a smooth purée starts to form.
- Add the Very Berry Super Scoop, cocoa, vanilla and sweetener to the pumpkin and blend again.
- Add the xanthan or guar gum and blend for 1 minute. The mixture should be silky and thick. If the mixture is too thick, add milk 1 tbsp at a time.
- Spoon into ramekins and leave in the refrigerator for a few hours.
- Top with some sliced berries before serving, if using them.

IF YOU'D PREFER LESS OF A BERRY FLAVOUR, USE THE VERY
VANILLA SUPER SCOOP.





BREAKFAST BISCUITS

MAKES 12 MEDIUM-SIZED BISCUITS

Ingredients:

2 ripe bananas
1 egg
¼ cup peanut butter
1 scoop Very Berry Super Scoop
¾ cup oat flour
¼ cup rolled oats
1 tsp baking powder

Optional: 2 tbsp honey and ¼ cup cranberries or goji berries

Method:

- Preheat oven to 180°C and line a baking tray with some baking paper.
- Add the ripe banana, egg and peanut butter to a blender and blend until smooth. (You can melt the peanut butter slightly if it is not already runny.)
- Add the Very Berry Super Scoop, oat flour, rolled oats and baking powder to the banana mixture and mix until well combined. Add the honey if you're using it.
- Add the dried fruit if you're using them.
- Allow the mixture to chill in the refrigerator for 15 to 30 minutes.
- Spoon onto the prepared baking tray and bake for 12 minutes.
- Store in an airtight container.

OAT FLOUR MAKES A GREAT FLOUR SUBSTITUTE. YOU CAN
SWITCH UP TO A THIRD OF THE WHEAT FLOUR IN A RECIPE
FOR OAT FLOUR.





CHAI SUPERFOOD SMOOTHIE

MAKES 1 SMOOTHIE

Ingredients:

1 scoop Very Vanilla Super Scoop
1 banana, frozen
½ cup cauliflower, steamed and frozen
3 pitted dates
1 tbsp almond butter
¼ tsp cardamom
¼ tsp cinnamon
¼ tsp ginger
¼ cup unsweetened almond milk, or milk of choice
½ cup ice

Method:

- Add all of the ingredients to a blender and blend until thick and creamy.
- Pour into a glass and enjoy immediately.

WHEREVER POSSIBLE, ALWAYS TRY TO USE FROZEN FRUIT AND FROZEN VEGETABLES. BEFORE FREEZING VEGETABLES, HOWEVER, STEAM THEM (ESPECIALLY CAULIFLOWER), AS THIS WILL PREVENT BLOATING.



VEGAN SUPERFOOD BANANA BREAD

MAKES 1 REGULAR LOAF

Ingredients:

3 large bananas, mashed
¼ cup coconut oil
2 tbsp unsweetened almond milk
½ cup maple syrup, xylitol syrup, agave or honey
1 tbsp vanilla essence
1 tsp apple cider vinegar, unfiltered
2 cups oat flour
2 scoops Very Vanilla Super Scoop
1 tsp bicarb
¾ tsp baking powder
1 tsp cinnamon
1 tsp chia seeds

Optional: 2 tbsp coconut sugar

Method:

- Preheat oven to 180°C and spray a regular loaf tin with cooking spray. Set aside.
- Add the bananas, coconut oil, almond milk, sweetener of choice, vanilla essence and vinegar to a blender and blend until smooth.
- In a bowl, add the oat flour, Very Vanilla Super Scoop, bicarb, baking powder, cinnamon and chia seeds. Stir together.
- Make a hollow in the centre of the dry ingredients and pour the banana mixture into it. Gently fold the wet ingredients into the dry ingredients, being careful not to overmix.
- Pour into the prepared baking tray and top with a sprinkle of coconut sugar, if you're using it.
- Bake for 30 minutes. Turn the oven off but allow the banana bread to remain in the oven for a further 10 minutes. This will help to prevent it from sinking once removed from the oven.
- Allow to cool fully before slicing.

IF HONEY IS USED, NOTE THAT THIS DESSERT WILL NOT BE
CONSIDERED AS VEGAN.



SUPERFOOD CHOCOLATE BARK

MAKES 15 TO 20 SMALL CHUNKS

Ingredients:

½ cup coconut oil
⅓ cup honey, maple syrup, xylitol syrup or agave
1 tsp vanilla essence
A pinch of salt
2 scoops Very Berry Super Scoop
¾ cup cocoa

Optional: Dried fruit, coconut, nuts, chia seeds or fresh fruit

Method:

- Line a baking tray with some cling-wrap and spray with cooking spray. Set aside.
- Gently, on a very low heat, melt the coconut oil, honey, vanilla essence and salt together. Once melted together, take off the heat.
- Sift the Very Berry Super Scoop and the cocoa into this mixture and stir until a thick and smooth mixture starts to form.
- Pour the mixture onto the prepared tray, making sure that it has been spread across the tray evenly.
- Sprinkle the optional add-ins over the top of the mixture and put in the freezer for 45 to 60 minutes.
- Take the tray out of the freezer and break up into big or small pieces.
- Keep the chocolate in the freezer, as it will melt.

THIS CHOCOLATE BARK MAKES A CUTE GIFT – IF YOU CAN
KEEP THE BARK COOL LONG ENOUGH TO HAND IT OVER!





PINA COLADA SMOOTHIE

MAKES 2 SMOOTHIES

Ingredients:

1 scoop Very Vanilla Super Scoop
1 banana
1 cup chopped pineapple, fresh or frozen
2 tbsp desiccated coconut
1 cup light coconut milk, or milk of choice
½ cup ice

Method:

- Add all of the ingredients to a blender and blend until smooth, stopping every now and then to scrape down anything stuck to the sides.
- Pour into glasses and enjoy immediately.

ADD A LITTLE SWEETENER OF CHOICE IF THE SMOOTHIE IS
NOT SWEET ENOUGH.





SKINNY SUPERFOOD CREPES

MAKES 8 TO 10 VERY THIN CREPES

Ingredients:

2 scoops Very Berry Super Scoop
1 cup wholewheat flour
1 banana
2 eggs
½ cup milk of choice
½ cup water

Optional: Fresh fruit, dried fruit, yoghurt, honey or maple syrup, or nut butter

Method:

- Mix all the ingredients together in a blender or food processor.
- Cover the batter with some cling-wrap and allow it to sit for an hour. This will help the batter to thicken.
- Heat a pan on the stove and spray with cooking spray.
- Pour some of the batter into the pan and swirl to spread the batter evenly.
- Cook for at least 30 seconds before flipping the crepe over and cooking for a further 10 seconds.
- Stack the crepes, top with your choice of toppings and enjoy.

WOULD YOU LIKE CHOCOLATE CREPES? SIMPLY ADD A
TBSP OF COCOA.



TURKISH DELIGHT SMOOTHIE

MAKES 2 SMOOTHIES

Ingredients:

3 pitted dates
1 scoop Very Berry Super Scoop
1 cup mango, frozen
½ cup raspberries, frozen
1 tbsp rose water
1 cup unsweetened almond milk or light coconut milk
½ cup ice

Method:

- Soften the dates by heating them up in the microwave for 30 seconds.
- Add the dates, and the remainder of the ingredients to a food processor or blender and blend until smooth.
- Pour into a glass and serve immediately.

IF YOU DON'T HAVE FROZEN FRUIT ON HAND, ADD A FEW
BLOCKS OF ICE TO YOUR SMOOTHIE.



SUPERFOOD BERRY CHEESECAKE

MAKES 1 LARGE CHEESECAKE

Ingredients:

For the crust:

- 1 scoop Very Berry Super Scoop
- 1 cup rolled oats
- 1 cup desiccated coconut
- 1 tsp cinnamon
- $\frac{3}{4}$ cup dates, soaked in boiling water for 10 minutes
- 2 tbsp coconut oil, melted

For the cheesecake:

- 2 scoops Very Berry Super Scoop
- 2 cups cashew nuts, soaked in Very Berry Super Scoop overnight
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{3}$ cup coconut oil, melted
- $\frac{1}{2}$ cup light coconut milk
- $\frac{1}{2}$ cup agave

For the top of the cheesecake:

- 1 and $\frac{1}{2}$ cup strawberries, separated

Method:

- Lightly spray a spring-form cake tin with cooking spray. Set aside.
- Add all the crust ingredients to a food processor or blender and blend until a crumbly, yet pliable, dough starts to form. If the dough is too dry, add some water, 1 tbsp at a time.
- Press the dough tightly into the cake tin and pop into the freezer to harden while the cheesecake mixture is made.
- Add all of the cheesecake ingredients to a clean food processor or blender.
- Blend until smooth and creamy. This shouldn't take too long as the cashew nuts should be very soft.
- Pour into the cake tin.
- Add 1 cup of the strawberries to a food processor and blend until a smooth strawberry coulis forms. (You may want to add some lemon juice or some sweetener as well.)
- Spread the coulis over the cheesecake.
- Slice the remainder of the strawberries and place beautifully over the top of the cheesecake.
- Refrigerate for a minimum of 4 hours (or freeze and have as an 'ice cream cheesecake'!)



PEANUT BUTTER BISCUITS



MAKES 16 BISCUITS

Ingredients:

- ½ cup raw almonds
- ¼ cup raw cashew or raw macadamia nuts
- ¼ cup raw hazelnuts
- 2 cups pitted dates, heated in the microwave for 45 seconds to soften
- 2 scoops Very Berry Super Scoop
- ½ tsp bicarb
- ¼ tsp salt
- ¾ cup peanut butter

Method:

- Preheat oven to 180°C and line a small baking tray with baking paper.
- Add the nuts to a food processor or blender and blend until roughly chopped (don't let the nuts form a flour).
- Add the warm dates to the nuts and blend until a sticky dough forms.
- Add the remainder of the ingredients – apart from the ¼ peanut butter – to the food processor and blend until all of the ingredients are combined. You may need to stop and scrape down the sides of the food processor or blender from time to time.
- Roll the dough into balls and press down with a fork.
- Bake for 8 to 10 minutes.
- Allow the biscuits to cool for 20 minutes on the baking tray before transferring them to a cooling rack.
- Once cooled, spread a thin layer of peanut butter over one cookie and sandwich it together with another one.
- Store in an airtight container.

WANT TO MAKE IT INTERESTING? MAKE SANDWICHES. USE PEANUT BUTTER TO SECURE TWO BISCUITS TOGETHER.





SUPER SCOOP

RECIPES FOR OUR KIDS



RECIPE LIST

Get your kids involved in the making of these super tasty recipes, and watch as they enjoy 50 superfoods plus a range of other good-for-you ingredients with every bite.

22. Sweet Lunchbox Bites
23. Double Chocolate Superfood Cupcakes
24. No-Bake Oat Cookies
25. Vegan Chocolate Brownies
26. Brownies With A Secret
27. Super Coconut Ice
28. Superfood Chocolate Spread
29. Superfood Summer Popsicles
30. Black Bean Fudge



SWEET LUNCHBOX BITES

MAKES 20 MEDIUM-SIZED BALLS

Ingredients:

¾ cup cashew nuts
1 scoop Very Berry Super Scoop
¼ cup dried cranberries, heated in the microwave for 20 to 30 seconds to soften
½ cup coconut flour
2 tbsp desiccated coconut
2-3 tbsp honey or maple syrup
2 tbsp light coconut milk, if needed

Method:

- Add the cashew nuts to a blender or a food processor and blend until finely chopped. Stop and scrape down the sides of the blender if needed.
- Add the remaining ingredients, except the coconut milk, to the cashew nuts and blend until a dough starts to form. If the mixture is too dry, add the coconut milk, and if the mixture is too sticky, add some more desiccated coconut.
- Take a spoonful of the mixture at a time and roll into balls. Store in an airtight container in the refrigerator.

THESE FREEZE WELL AND DON'T TAKE LONG TO DEFROST, IF
YOU'D LIKE TO HAVE HEALTHY TREATS ON HAND.



DOUBLE CHOCOLATE SUPERFOOD CUPCAKES

MAKES 12 CUPCAKES

Ingredients:

For the cupcakes:

2 scoops Very Berry Super Scoop
¼ cup cocoa
1 tsp baking powder
1 can chickpeas, drained and rinsed
3 eggs
½ cup honey
3 tbsp coconut oil, melted
1 tsp vanilla essence

Optional: ½ cup carob nibs or dark chocolate chips

For the icing:

1 scoop Very Berry Super Scoop
⅓ cup cocoa
1 small avocado, ripe
½ medium banana
½ cup honey
1 tsp vanilla essence

Method:

- Preheat oven to 180°C and line a muffin tray with cupcake holders.
- Add all of the ingredients (except the carob nibs or chocolate chips if using them) to a blender or food processor and blend until a smooth mixture is formed. This should take 60 to 90 seconds.
- Fold in the carob nibs or chocolate chips if using them.
- Spoon the mixture into the cupcake holders, making sure that each cupcake holder is not more than ¾ full.
- Bake for 20 minutes.
- Allow the cupcakes to cool fully before icing.
- To make the icing, add all of the ingredients to a food processor and blend until smooth and creamy. Spoon into a piping bag if you have one and pipe onto the cooled cupcakes. Otherwise, carefully smooth the icing over the cupcakes with a knife.



NO—BAKE OAT COOKIES

MAKES 8 MEDIUM—SIZED COOKIES

Ingredients:

2 scoops Very Berry Super Scoop
½ cup oat flour
2 tbsp coconut flour
¼ cup pitted dates
½ cup boiling water
4 pieces of dark chocolate or 3 to 4 carob chunks

Method:

- Place the dates in the boiling water and allow them to soften slightly for 10 minutes.
- Add the dates and the water to a blender or food processor and blend until a purée starts to form.
- Add the oat flour and coconut flour to the blender and blend until a dough starts to form.
- Roll the dough into balls and flatten with the back of a spoon or with a fork.
- Place the cookies on a tray and place in the freezer for a minimum of 30 minutes.
- While the cookies harden in the freezer, melt the dark chocolate or the carob chunks.
- Either dip each cookie into some of the melted chocolate or drizzle some of the melted chocolate over the cookies.
- Leave in an airtight container in the freezer.

OAT FLOUR IS SIMPLE TO MAKE AT HOME — SIMPLY BLEND
OATS IN THE BLENDER UNTIL FINE.



VEGAN CHOCOLATE BROWNIES

MAKES 12 PIECES (SIZE-DEPENDENT)

Ingredients:

1 ½ scoops Very Vanilla Super Scoop
½ cup wholewheat or spelt flour
½ cup brown rice flour
½ cup cocoa or carob powder
¾ cup coconut sugar
½ tsp baking powder
½ tsp bicarb
1 banana, mashed
1 medium-sized avocado, mashed
¾ cup unsweetened almond milk, or milk of choice

Optional: 5 pitted dates, chopped and 3 tbsp carob nibs

Method:

- Preheat oven to 180°C and spray a square tray with cooking spray. Set aside.
- Add the banana, avocado, milk and coconut sugar to a blender and blend until smooth and creamy.
- Add the Very Vanilla Super Scoop, flours, cocoa, baking powder and bicarb to a bowl and mix together.
- Add the avocado mixture to this mixture and fold together.
- Stir in the chopped dates if using them.
- Pour this batter into the prepared tray and top with a sprinkle of carob nibs if using them.
- Bake for 20 to 25 minutes.

DON'T BE AFRAID TO USE AVOCADO IN SWEET TREATS. THEY
ADD A NEUTRAL, CUSTARDY TASTE YOU'LL LOVE.



BROWNIES WITH A SECRET

MAKES 9 BROWNIES

Ingredients:

2 medium sweet potatoes (450g), peeled and chopped
2 large baby marrows
2 eggs
¼ cup coconut oil
⅓ cup honey
1 tbsp vanilla essence
1 ½ scoops Very Berry Super Scoop
1 cup oat flour
⅓ cup cocoa
½ tsp baking powder
½ tsp bicarb
A pinch of salt
3 tbsp unsweetened almond milk, or milk of your choice

Optional: ¼ cup roasted nuts

Method:

- Preheat oven to 180°C and spray a square baking tray with cooking spray. Set aside.
- Steam the sweet potato until soft and add to a food processor or blender.
- Blend the sweet potato until smooth.
- Grate the baby marrow in a separate bowl and squeeze out as much liquid as possible (this step is very important). Set aside.
- Add the eggs, coconut oil, honey and vanilla essence to the sweet potato in the food processor and blend again.
- Add the Very Berry Super Scoop, oat flour, cocoa, baking powder, bicarb and salt to the food processor and blend.
- Fold in the grated baby marrow and roasted nuts if using them. Add in the milk if the mixture is too dry.
- Pour into the prepared baking tray and bake for 25 to 30 minutes.
- Allow the brownies to cool fully before slicing.

THESE BROWNIES ARE AN EXCELLENT WAY TO DISGUISE VEGGIES, AND INCLUDE A HEALTHY DOSE OF FIBRE TOO.





SUPER COCONUT ICE

MAKES 9 TO 12 BARS (SIZE-DEPENDENT)

Ingredients:

- 1 scoop Very Berry Super Scoop
- 1 cup strawberries (about 12-15 strawberries)
- 1 cup desiccated coconut
- ½ cup coconut flour
- ¼ cup honey, maple syrup or agave
- 2 tbsp coconut oil
- ½ tsp coconut essence (if you have it)

Optional: A few blocks of sugar-free and/or dark chocolate to drizzle over the hardened bars

Method:

- Line a baking tray with some cling-wrap and set aside.
- Add the strawberries to a blender or food processor and blend until a purée is formed.
- Add the coconut oil, coconut essence (if you have it) and sweetener to a mug and pop into the microwave for about 30 seconds. Mix together.
- Pour this into the strawberries and mix again for a few seconds.
- Add the desiccated coconut and coconut flour and mix again until a dough is formed. This dough should resemble that of 'playdough'.
- Press tightly into the baking tray and pop into the fridge to set, for at least 3 to 4 hours, or into the freezer for an hour.
- Once hardened, slice into pieces.
- Keep these bars stored in an airtight container in the fridge or freezer.
- If using the chocolate, melt and drizzle over the bars.



SUPERFOOD CHOCOLATE SPREAD

MAKES ROUGHLY 1 ½ CUPS

Ingredients:

2 scoops Very Berry Super Scoop
2 tbsp cocoa
1 can black beans, thoroughly drained and rinsed
4 tbsp maple syrup, honey, xylitol syrup or agave
1 tsp vanilla essence
2 tbsp light coconut milk or unsweetened almond milk

Method:

- Add all of the ingredients – except the milk – to a blender or food processor and blend for 60 to 90 seconds, or until smooth and creamy.
- Add 1 tbsp of milk at a time, until the desired consistency has been reached. (The mixture must be thick and easy to spread.)
- Store in an airtight container in the refrigerator.

YOU CAN USE STEVIA IN PLACE OF THE RECOMMENDED LIQUID SWEETENER, IF YOU PREFER. ADD SLOWLY, CHECKING TASTE AS YOU GO.





SUPERFOOD SUMMER POPSICLES

MAKES 4 TO 6 POPSICLES

Ingredients:

2 scoops Very Berry Super Scoop
2 tbsp lemon juice
1 cup water or coconut water
1 banana
1 cup strawberries, loosely packed
½ cup blueberries
2 tbsp honey
1 tsp chia seeds

Method:

- In a small bowl, combine the Very Berry Super Scoop, lemon juice and water.
- Add the banana, strawberries, blueberries and honey to a food processor and blend until smooth.
- Pour the superfood mixture into the food processor and blend again.
- Lastly, add the chia seeds to the food processor and stir.
- Pour this mixture into popsicle moulds and freeze for a minimum of 5 hours, or overnight.

IF YOU USE FROZEN BERRIES, IT MAY SEEM
COUNTER-INTUITIVE, BUT LET THEM DEFROST A LITTLE.
THIS WILL HELP THE BERRIES FORM A PURÉE.





BLACK BEAN FUDGE

MAKES 16 PIECES (SIZE-DEPENDENT)

Ingredients:

1 can black beans, drained and rinsed
¼ cup nut butter
3 tbsp coconut oil
1 tbsp vanilla essence
1 cup pitted dates, soaked in boiling water for 10 minutes
2 scoops Very Vanilla Super Scoop
½ cup cocoa

Method:

- Line a baking tray or casserole dish with some cling-wrap.
- Add the black beans to a food processor and blend until smooth (you may need to stop the blender to scrape down the sides of it).
- Add the nut butter, coconut oil and vanilla essence together in a pot on the stove (you do not want this mixture to boil).
- Once melted, add the nut butter mixture to the black beans and blend until well combined.
- Drain the dates and add them, the Very Vanilla Super Scoop powder, and the cocoa to the blender and blend until a sticky dough forms.
- Press the dough into the prepared tray and freeze for a minimum of 2 hours before slicing.
- Keep in an airtight container in the freezer.

ANY NUT BUTTER WILL WORK, HOWEVER, ALMOND AND CASHEW BUTTER HAVE A MORE NEUTRAL TASTE THAN PEANUT BUTTER. IF YOU'RE A PEANUT BUTTER FAN, GO AHEAD AND USE THAT.





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CONTRIBUTORS

These gorgeous recipes were created by kitchen creative, Jo Hill. She's the creator of the popular Facebook Page: Pull Ups and Peanut Butter, a self-proclaimed fitness addict, but also the owner of the world's largest sweet tooth. As a long-time baking lover who has also tried every diet under the sun, Jo has merged her passions by developing healthy but decadent recipes, which she shares with her passionate online audience. As a primary school teacher by trade, Jo loves the learning and teaching element of developing healthy recipes, and enjoys sharing her innovative health strategies with others, always with an emphasis on balance, sustainability – and deliciousness.



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