

Spirulina Smoothies

(Serves 1 pax)



Recipe provided by Country Farm Organics

Ingredients A :

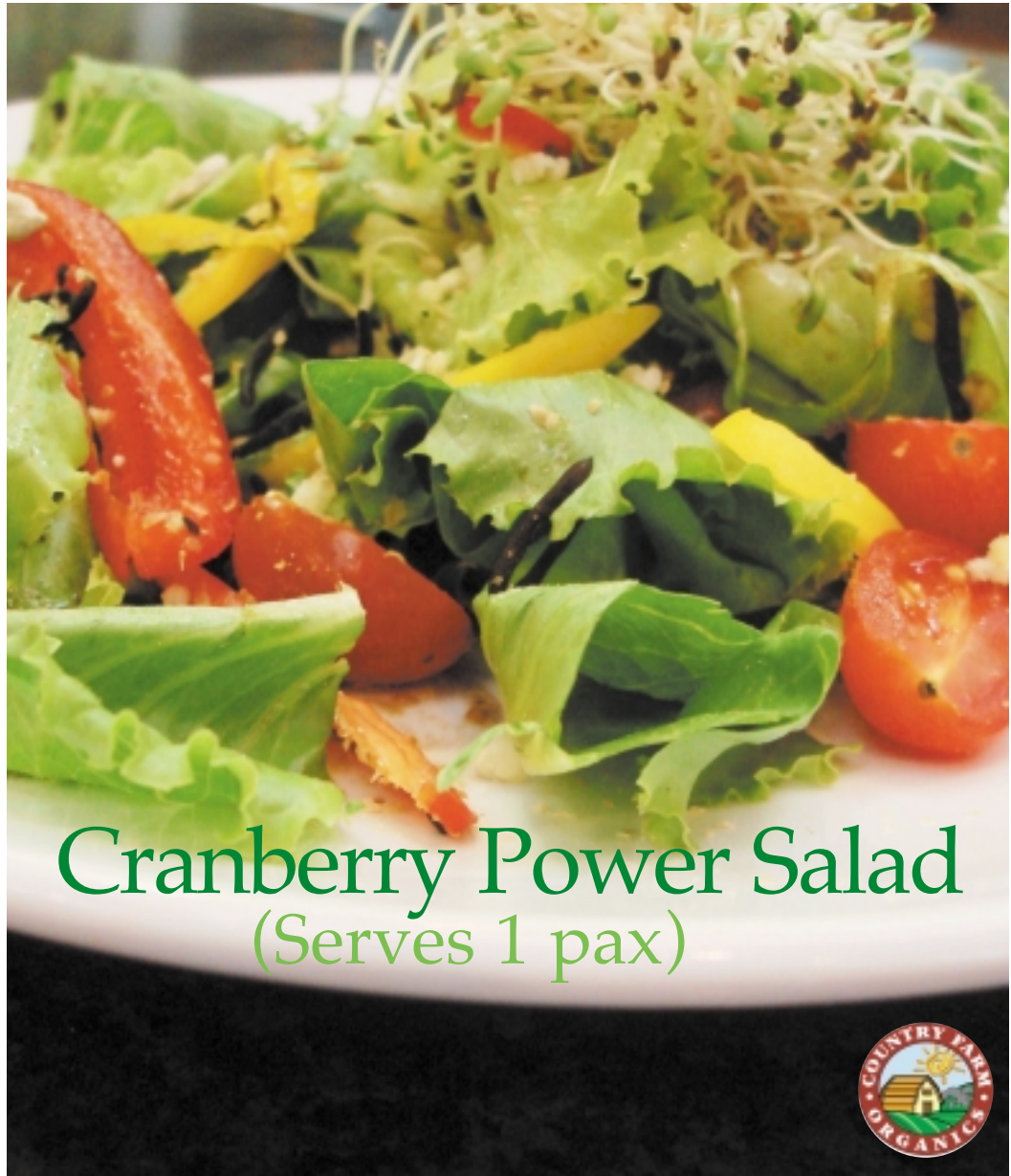
Soy Ice cream	:	120 g
3 Boosters (Nutritional Yeast, Wheat Germ, Lecithin)	:	1/2 tsp
Organic Spirulina Powder	:	1 tsp
Soy Milk	:	1/4 cup

Ingredients B :

Melrose Hi Lignan Breakfast Booster	:	1/2 tsp
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Instructions :

1. Blend all the ingredients from A. Pour into a smoothie's cup.
2. Sprinkle 3 boosters & Hi Lignan Breakfast booster on top.



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Cranberry Power Salad

(Serves 1 pax)



Ingredients A :

Organic Cranberry Juice	:	4 tsp
Organic Fernhills Honey	:	2 tsp
Omega Balance	:	3 tsp
Sesame Oil	:	3 tsp
Organic Onion	:	1 tsp
CF Organic Creamy Miso	:	1 tsp

Ingredients B :

Organic Lettuce	:	60 G
Organic Cherry Tomato/Tomato	:	15 g
Organic Capsicum (Red/Green) diced	:	20 g
Organic Alfafa Sprouts	:	4 g

Ingredients C :

Brewer Yeast	:	1/2 tsp
Wheat Bran	:	1/2 tsp
Organic Sunflower Kernel	:	1/2 tsp
Organic Pumpkin Seeds	:	1/2 tsp
Black Sesame	:	1/2 tsp
Hijiki Seaweed	:	2 G
Millet (Cooked)	:	1 tsp

Instructions :

1. Make sure that all ingredients, especially vegetables, are strained and dried.
2. Mix (A) evenly and add (B) to the mix. Stir well.
3. Put in C for garnishing.
4. Serve chilled.