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MAGIC SCOOP

COGNITIVE FUNCTION · HARMONY · ENERGY · DETOXIFICATION · IMMUNITY · MENTAL CLARITY · DIGESTIVE HEALTH



A GOOD FOOD SHAKE UP

Elevate your nutrition
with just one scoop

Busy schedules can make getting proper nutrients hard, so we've partnered with Magic Scoop. One scoop delivers 75+ nutrients. Add it to your morning routine and feel the difference!



Berry Smoothie Bowl



Total Time
10 min



Makes
2 servings

INGREDIENTS

- ¼ cup 2% plain Greek yogurt
- 1 cup frozen raspberries
- 1 scoop Magic Scoop
- 1 cup 2% milk
- 1 scoop Power Up Salted Caramel Protein Blend
- 1 cup red fruit (try strawberries, raspberries, and/or red apples) for garnish
- 1 tbsp seeds or nuts, optional for garnish

INSTRUCTIONS

- 1.** In a blender, combine yogurt, raspberries, Magic Scoop, milk, and protein blend. If you like it thicker, add ice cubes; for a thinner consistency, add water. Blend until smooth.
- 2.** Transfer to a bowl. Top with fruit, and seeds, if desired.

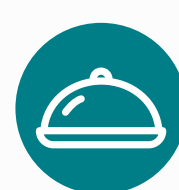


Magic Scoop – The Bag
+ Salted Caramel Protein Blend

Salted Caramel Mango Madness



Total Time
5 min



Makes
2 servings

Power Up Salted Caramel Protein Blend and sweet mango add a playful sweetness to this uber green smoothie. It works well with any type of milk – be sure to choose an unsweetened or plain, plant-based milk.

INGREDIENTS

- 2 ice cubes
- 1 scoop Magic Scoop
- 2 cups milk, your choice
- 1 cup frozen mango chunks
- 1 scoop Power Up Salted Caramel Protein Blend

INSTRUCTIONS

- 1.** In a blender, add ice cubes, Magic Scoop, milk, mango, and protein blend.
- 2.** Cover and blend until smooth; add more milk as needed to reach desired consistency. Pour into chilled glasses.

TIP: For a frosty glass, rinse glass with cold water and then freeze at least 30 min.



Magic Scoop – The Bag
+ Salted Caramel Protein Blend

Tropical Twister Smoothie



Total Time
4 min



Makes
2 servings

Take a trip to the tropics without leaving your kitchen! With plenty of fruit and a boost of Magic Scoop, this bright smoothie is sure to please.

INGREDIENTS

- 2 cups cold water
- 1 cup frozen mango chunks
- 1 cup pineapple chunks, fresh or frozen
- 1 cup 2% plain Greek yogurt or Kefir
- 1 scoop Magic Scoop
- 1 lime, cut in half
- 1 scoop Power Up Salted Caramel Protein Blend

INSTRUCTIONS

- 1.** In a blender, combine water, mango, pineapple, yogurt, and Magic Scoop. Using a citrus press, squeeze in juice from lime.
- 2.** Add protein blend, blend until smooth, 30 sec.
- 3.** Pour into a chilled glass and enjoy!

TIP Use coconut-based yogurt to make it dairy free and vegan.



Magic Scoop – The Bag
+ Salted Caramel Protein Blend

Red Velvet Smoothie



Total Time
4 min



Makes
2 servings

The star of this smoothie is the combo of beets and protein powder. Beets provide a vibrant red colour and subtle, earthy flavour. Beets are also loaded with antioxidants and are believed to support cardiovascular health and a healthy inflammatory response. And the protein powder? That delivers cakey fun flavour plus 20 g of plant-based protein.

INGREDIENTS

- 2 cups, cubed, cooked beets
- 1½ frozen raspberries or cherries
- 1 frozen banana, sliced thickly
- 1 cup 2% plain Greek yogurt or dairy-free yogurt alternative
- 1 scoop Magic Scoop
- 1 cup cold water
- 1 scoop Power Up Salted Caramel Protein Blend

INSTRUCTIONS

1. In a blender, combine beets, raspberries, banana, yogurt, Magic Scoop, water, and protein blend until smooth, about 30 sec.
2. Pour into chilled glasses and enjoy!

TIP Look for cooked, chopped beets in the refrigerated section of the veggie aisle in most grocery stores. Alternatively, try steaming raw at home in the Multipurpose Steamer or simply swap for canned cooked beets.



Magic Scoop – The Bag
+ Salted Caramel Protein Blend

Wake Up Awesome Smoothie



Total Time
5 min



Makes
1 serving

It's all in the name! Feel awesome and glowy with this smoothie that's also a complete meal. Coconut water is refreshing and full of electrolytes for hydration, and blueberries and Magic Scoop have loads of vitamins for a healthy start to your day!

INGREDIENTS

- 1 cup unsweetened coconut milk
- 1 scoop Magic Scoop
- ½ cup unsweetened coconut water
- ½ cup blueberries
- ¼ cup quick oats
- ½ small banana, sliced
- 1 scoop Power Up Salted Caramel Protein Blend
- ½ tsp Cinnamon

INSTRUCTIONS

1. In a blender, combine coconut milk, Magic Scoop, coconut water, blueberries, oats, banana, protein blend, and Cinnamon. If you like it thicker; add ice cubes; for a thinner consistency, add water. Blend until smooth and pour into a tall glass.



Magic Scoop – The Bag
+ Piña Colada Mix



Banana Colada



Total Time
2 min



Makes
1 serving

INGREDIENTS

- ½ banana
- ¼ cup pineapple chunks
- ¼ cup pineapple juice
- ¼ cup coconut milk
- 1 tbsp Pina Colada Mix
- 1 scoop Magic Scoop
- 1 heaping cup ice cubes
- Garnish (optional): banana slices or pineapple chunks

INSTRUCTIONS

- 1.** Add banana, pineapple, pineapple juice, coconut milk, mix, Magic Scoop, and ice cubes to a blender. Blend on high until smooth, about 30 sec.
- 2.** Pour into glass. Garnish if desired. Serve immediately.



Magic Scoop – The Bag
+ Piña Colada Mix



Tropical Greens Iced Latte



Total Time
2 min



Makes
1 serving

INGREDIENTS

- ½ cup pineapple juice
- ½ cup coconut milk
- 1 tbsp Pina Colada Mix
- 1 scoop Magic Scoop

INSTRUCTIONS

- 1.** Add pineapple juice, coconut milk, mix, and Magic Scoop to a blender. Blend on high until smooth, about 15 sec.
- 2.** Fill a tall glass with ice; pour latte overtop. Serve immediately.



Magic Scoop – The Bag
+ Piña Colada Mix



Tropical Parfait



Total Time
5 min



Makes
1 serving

INGREDIENTS

- $\frac{3}{4}$ cup plain 2% Greek yogurt
- 1 tbsp Pina Colada Mix
- 1 scoop Magic Scoop
- A splash of pineapple juice, to taste
- 1 kiwi
- $\frac{1}{2}$ cup pineapple chunks
- $\frac{1}{2}$ cup granola

INSTRUCTIONS

- 1.** In a bowl, combine yogurt with mix and Magic Scoop. Add pineapple juice, to taste.
- 2.** Peel and dice kiwi. Dice pineapple.
- 3.** In a bowl or large mason jar, add $\frac{1}{4}$ cup yogurt mixture. Top with $\frac{1}{2}$ cup diced fruit and $\frac{1}{4}$ cup granola. Repeat. Finish with remaining yogurt.



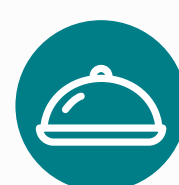
Magic Scoop – The Bag
+ Piña Colada Mix



Tropical Greens Fruit Dip



Total Time
2 min



Makes
1 cup

INGREDIENTS

- 1 cup pineapple-flavoured 2% Greek yogurt
- ¼ cup unsweetened shredded coconut flakes
- 2 tsp Pina Colada Mix
- 1 scoop Magic Scoop
- Toppings (optional): diced pineapple, extra coconut flakes

INSTRUCTIONS

1. In a bowl, combine yogurt, coconut flakes, mix, and Magic Scoop. Sprinkle on toppings, if desired.
2. Serve with tropical fruits, such as mango chunks, strawberries, pineapple chunks, kiwi slices, banana slices, and papaya.



Magic Scoop – The Bag
+ Piña Colada Mix



Tropical Mocktail



Total Time
2 min



Makes
1 serving

INGREDIENTS

- 1 cup ice cubes
- ½ cup coconut milk
- ½ cup orange juice
- ½ pineapple juice
- 1 tbsp Pina Colada Mix
- 1 scoop Magic Scoop

INSTRUCTIONS

- 1.** Add ice cubes, coconut milk, juices, mix, and Magic Scoop to a blender. Blend on high until smooth, about 15 sec.
- 2.** Pour into a glass. Serve immediately.



Magic Scoop – The Bag
+ Summer Berry Sweet Dip Mix



Tropical Popsicle



Total Time

4 hr 5 min (includes 4 hr freezing time)



Makes

4 servings

INGREDIENTS

- 1 scoop Magic Scoop
- 1 can (14 oz/398 ml) light coconut milk
- 1 tsp lime juice
- 4–8 tsp Summer Berry Sweet Dip Mix

INSTRUCTIONS

1. In a bowl, whisk Magic Scoop, coconut milk, and lime juice.
2. Spoon 1–2 tsp sweet dip mix into each popsicle mold. Gently pour mixture overtop. Insert sticks; freeze until firm, at least 4 hrs.



Magic Scoop – The Bag
+ Summer Berry Sweet Dip Mix



Bubbly Greens



Total Time
2 min



Makes
1 serving

INGREDIENTS

- 1 scoop Magic Scoop
- ½ cup orange juice
- Lime juice
- Summer Berry Sweet Dip Mix
- Sparkling water or club soda

INSTRUCTIONS

- 1.** In a shaker cup, add Magic Scoop and orange juice. Shake until well combined.
- 2.** Moisten rim of a tall glass with lime juice and use sweet dip mix as a rim trimmer. Fill glass with ice, then pour drink overtop. Top with sparkling water.



Magic Scoop – The Bag
+ Summer Berry Sweet Dip Mix

Yogurt Swirl Popsicle



Total Time

4 hr 5 min (includes 4 hr freezing time)



Makes

4 servings

INGREDIENTS

- 2 cups plain 2% Greek yogurt, divided
- 1 scoop Magic Scoop
- 2 tbsp Summer Berry Sweet Dip Mix

INSTRUCTIONS

- 1.** In a bowl, combine 1 cup yogurt with Magic Scoop.
- 2.** In another bowl, combine remaining 1 cup yogurt and sweet dip mix.
- 3.** With a small spoon, alternately layer both yogurt mixes into popsicle molds, gently tapping the mold on the counter between layers to remove any air pockets. Insert sticks; freeze until firm, at least 4 hrs.

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