



Desserts 2.0: Sweet Sustenance That Heals

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Mint Matcha Pumpkin Milk Ice Cream

Ingredients:

- 2 cups filtered ice
- 2 cups home-made sprouted pumpkin seed milk
- 2 tbsp. [birch xylitol](#) or high-quality maple syrup
- 2 tbsp. coconut oil
- 2 tbsp. [high-quality matcha powder](#)
- 1 tbsp. [Brain Octane](#)
- ½ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 tbsp. [vanillamax](#)
- 2 tablespoons cacao nibs

Actions:

1. For pumpkin seed milk, simply soak 2 cups, raw organic pumpkin seeds over night in spring water. The next day, drain and rinse a few times. Blend with a 2 fresh cups of spring water and strain through nut mylk bag.
2. Melt your coconut oil down.
3. Combine all ingredients except cacao nibs into a Blendtec and process until well combined. Chill until cold, then process in an ice cream maker according to manufacturer's instructions.
4. You can also just pour into a glass pyrex bowl and freeze for 8 hours if you do not have an ice cream maker.
5. During the last several minutes of processing, add cacao nibs.

Coffee Ice Cream

Ingredients:

- 8 pastured eggs (4 whole, 4 yolks)
- 7 tbsp. coconut oil
- 7 tbsp. raw grass-fed butter

- 5 ½ tbsp. [birch xylitol](#)
- 1-2 tbsp. [Brain Octane](#)
- 1 tbsp. [vanillmax](#)
- 2 shots of strong brewed [Bulletproof Coffee](#)
- 1/8 tsp. of lime juice
- A dash of sea salt

Actions:

1. The first thing you'll want to do is brew a very strong cup of Bulletproof Coffee. To do this, fresh grind 6 tbsp. Bulletproof Coffee beans and brew in a French Press with 1 cup hot water for 10 minutes. You can also just leave it until it cools down since you'll want to get it cool as possible for the ice cream. Go 10 minutes minimum and place in freezer while you prepare the ice cream.
2. Next, you'll want to melt down all of your oils/fats in a double boiler. Try to do this slowly and not heat up the butter/oil too much, we want it just soft enough to blend consistently.
3. Powder your xylitol in a coffee grinder.
4. Once your butter and coconut oil have liquified, add in your powdered xylitol and whisk it until it begins to dissolve a bit. It doesn't need to be fully dissolved as the Blender will do most of the work.
5. Pour this mixture into your Blendtec or high-speed blender, crack your eggs into the blender. Remember, you want 8 yolks but only 4 of them containing the white. The protein in the egg white adds to the consistency.
6. Now add the rest of your ingredients and then blend it on the lowest setting, gradually increasing the speed to high. Slowly pour coffee in while you blend.
7. Once it's blended together, let it sit for a second for it to settle out any air bubbles. Then pour into your ice cream maker or into a glass container to freeze.
8. If using an ice cream maker, just follow the directions that came with it. If you're freezing it, I find that it takes about 8 hours to freeze perfectly. I like making this at night so it's ready in the am the next day.
9. That's all! You can enjoy it as is or top with cacao nibs, sprouted nuts, hemp seeds, bee pollen and more.

Mint-Chip Milk Shake

Ingredients:

- 2 cups filtered ice
- 2 scoops [Vitality SuperGreens](#)
- 1 tsp. [Potent Proteins](#)
- 2 scoop [Prebiotic Powder](#)
- 2 tbsp. [grass-fed whey](#) or [tocotreniols](#) for vegan option
- 1 tbsp. raw cacao nibs
- 1 tbsp. gelatinized maca
- 1 kefir starter culture or 1 tbsp. coconut yogurt *recipe in [Gourmet Foodie](#)
- 1 drop mint essential oil
- [Liquid stevia](#)

Actions:

1. Add all ingredients in descending order.
2. Blend for 30 seconds or until a thick milk-shake consistency is formed.

Egg-Nog Spiced Flan

Ingredients:

- 1 can organic, BPA-free coconut milk
- 3 pastured eggs, whole
- 2 pastured eggs, yolks
- 2 tbsp. raw cream or raw coconut cream
- 2 tbsp. [collagelatin](#)
- 1 tsp. Ceylon cinnamon
- 1 tsp. [Vanillamax](#)
- ¼ tsp. ginger
- ¼ tsp. nutmeg
- ¼ cup quality maple syrup, preferably local
- ¼ [birch xylitol](#), powdered

Actions:

1. Preheat oven to 350 degrees F
2. Grease inside of glass ramekin with coconut oil.
3. Place ramekin in large glass baking dish filled with about 1 inch water – should cover half way up the ramekin.
4. Powder your xylitol in coffee grinder.
5. In blender, combine all ingredients and blend until smooth.
6. Pour into ramekins. Mixture will fill roughly 4 ramekins.
7. Loosely cover dish with foil – puncture holes in foil
8. Bake for 45 minutes, let cool for 20 more minutes in water then transfer to the fridge to cool for 2 hours so it can gel.

Goji Berry Parfait

Ingredients:

- 1 cup home-made raw coconut yogurt *recipe in [Gourmet Foodie](#)
- 2 tbsp. raw, soaked buckwheat groat
- 2 tbsp. hemp seeds
- 2 tbsp. goji berries
- 2 tbsp. freeze-dried strawberries
- 2 tbsp. [tocotreniols](#)
- 1 tsp. [Lycium](#)
- 1 tsp. [Vanillamax](#)

Actions:

1. In a small glass mason jar, layer in order: buckwheat and hemp seeds, 2 tbsp. coconut yogurt and tocos, 1 tbsp. strawberries and 1 tbsp. goji berries then repeat.
2. On top, finish by dusting with fresh vanilla bean powder and lycium.

Wild Mulberry Sorbet

Ingredients:

- 2 cups frozen wild berries – if you cannot find these in your area, or it is not berry season, then you can sub with ½ cup of dried white mulberry and 1 ½ cup frozen blueberry.
- 2 tbsp. raw coconut yogurt
- 1 cup filtered crushed ice
- 2 scoops [grass-fed collagen](#)
- 2 tbsp. [grass-fed colostrum](#)
- 2 tbsp. [Brain Octane](#)
- 2 tbsp. [tocotrienols](#)
- 1 tsp. [vanillamax](#)
- [Stevia to taste](#)

Actions:

1. Add all ingredients into a Blendtec twister jar.
2. Blend until creamy and smooth, using twister jar to make sure everything blends evenly.
3. Use rubber spatula to get every last bit off the sides!

Raspberry Chocolate Pudding

Ingredients:

- 1 cup full-fat coconut milk
- 1 cup freeze-dried raspberries
- 2 scoops [collagelatin](#)
- 1 medium avocado, pitted
- ¼ cup raw cashew butter
- 6 tbsp. [Bulletproof cacao powder](#)
- 1 tsp. [Vanillamax](#)
- 1 pinch of pink Himalayan salt

Actions:

1. Warm the coconut milk on a stove top. Do not bring to boil, just warm enough to dissolve gelatin.
2. Blend coconut milk with gelatin first.
3. Next, add the rest of the ingredients (minus raspberry) into the food processor and process until smooth. Stop occasionally to scrape down the sides of the bowl if needed.
4. Portion the pudding into a container and chill in the fridge for an hour or until thickens.

5. Top with crushed freeze-dried raspberries.

White Chocolate Toffee Brittle

Ingredients:

- ½ cup [Bulletproof cacao butter](#)
- ¼ cup grass-fed butter
- ½ cup [birch xylitol](#), powdered
- 2 tbsp. [gelatinized maca](#)
- 2 tbsp. crushed jungle peanuts
- 1 tbsp. [Brain Octane](#)
- 1 tbsp. [Vanillamax](#)
- 1 dropper full English Toffee Stevia

Actions:

1. Melt down your butter in a double-boiler
2. Powder your xylitol in a coffee grinder
3. Add the rest of your ingredients and whisk until smooth
4. Pour into a glass baking dish lined with parchment paper, top with crushed jungle peanuts and freeze
5. Break into pieces and enjoy!

Sex Shroom Chocolates

This particular chocolate recipe features powerful tonic herbs that are renowned for sexual vigor and stamina. Each herb here promotes sexual energy in a slightly different way, while all support the health of sex hormones by nourishing the glands particularly sex glands, the liver and kidneys. People of all ages and types should want strong sex energy though – it is LIFE FORCE energy. Sex is so powerful that people still do not fully understand it. It's what creates life on this planet, fuels creativity, and is highly responsibly for a healthy physical glow.

Ingredients:

- 1 cup [Bulletproof cacao powder](#)
- ½ cup [Bulletproof cacao butter](#)
- ½ cup [birch xylitol](#), powdered
- 2 tbsp. [Brain Octane](#)
- 1 tbsp. [gelatinized maca](#)
- 1 tsp. [He Shou Wu](#)
- 1 tsp. [Eucommia](#)
- 1 tsp. [Epimedium](#)
- 1 tsp. [Cistanche](#)
- 1 tsp. [Vanillamax](#)

Actions:

1. Melt down your cacao butter in a double-boiler
2. Powder your xylitol
3. Whisk in Brain Octane and herbs.
4. Pour into chocolate molds and freeze until solid.
5. Enjoy with your lover ;)

Lycium Lemon Bars

Lycium otherwise known as Goji berry or Wolfe berry is a famous tonic herb for kidney and liver health and therefore, beauty.

It has an impressive history as one of the greatest longevity tonics of the East. It is a restorative herb for the Yin center, which helps brighten and strengthen the eyes, build immune function, sexual energy and even promotes cheerfulness.

As a tonic herb to the Liver, Kidneys and Lungs, it is a favorite for the sexually active. Overall, it's probably one of the best herbs for restoring Jing energy, which is the predominant inherited energy body.

This is also a great anti-aging herb that protects cells from free radical damage with its antioxidant properties. Also, because it has the ability to build blood it is wonderful for the skin and hair.

Ingredients:

For the crust:

- 1 cup sprouted almond flour
- 1 cup sprouted almond butter
- ½ cup [birch xylitol](#), powdered
- 2 tbsp. soaked goji berries
- 1 tbsp. coconut oil, melted
- 1 tsp. [vanillamax](#)
- ½ tsp. baking soda
- ¼ tsp. real salt

For the filling:

- 3 pastured eggs plus 1 egg yolk, lightly beaten
- 1 cup maple syrup
- ¼ cup fresh lemon juice
- 3 tbsp. coconut flour or sweet rice flour
- 2 tsp. lemon zest
- 2 tsp. lycium powder
- Pinch of salt

Actions:

1. Preheat the oven to 350 degrees F.
2. Coat a 9x9 baking dish with coconut oil.
3. Place all of the ingredients for the crust into a food processor and blend until combined.
4. Press the crust evenly into the baking dish, and use a fork to poke holes into it. Bake for 10 minutes.
5. Meanwhile, place the ingredients for the filling into the food processor and blend to combine.
6. Once the crust is done baking, pour the blended
7. filling over the top. Return to the oven and bake for another 15-20 minutes until the filling is set.
8. Let cool completely on a wire rack.
9. Cut into bars to serve.

Walnut Butter Truffle Bites

Ingredients:

For truffle:

- ¼ cup stone-ground walnut butter
- 1 tbsp. maple syrup
- 2 tbsp. coconut oil, divided
- ½ cup sprouted almond flour
- 1 tbsp. hemp seed
- 1 tbsp. [tocotreniols](#)
- 1 tsp. [Vanillamax](#)
- Pinch of real salt

For coating:

1. ¼ cup [Bulletproof cacao powder](#)
2. 1 tbsp. coconut oil, melted
3. 1 tbsp. [Brain Octane](#)
4. [Liquid Stevia](#)

Actions:

1. In a large bowl, mix together the walnut butter, maple syrup, 1 tablespoon melted coconut oil, almond flour, hemp seed, vanilla, and salt until a dough is formed.
2. Using your hands, roll the dough into small balls and place on parchment paper.
3. Refrigerate for half an hour.
4. For the coating - In a double broiler, melt the chocolate and remaining tablespoon of coconut oil.
5. Dip each ball into the chocolate and place it back on the parchment paper.
6. Refrigerate until the chocolate has set.

Lemon Yin Cookies

For cookies:

- 2/3 cup organic coconut flour
- ½ cup [birch xylitol](#), powdered
- ¼ cup coconut oil
- ¾ cup full-fat coconut milk
- 3 caps [Restore The Yin](#)
- 1 tsp. aluminum-free baking powder
- 1 tsp. [Vanillamax](#)
- ¼ tsp. baking soda
- Pinch of real salt
- Pinch of [Pine Pollen](#) *to dust on top
- Juice from 1 lemon

For the icing:

- ¼ cup coconut oil, soft
- 1 cup grass-fed colostrum
- 2 dropper fulls vanilla cream stevia
- Zest of 1 lemon

Actions:

1. Preheat the oven to 350 degrees F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, whisk together the flour, baking powder, baking soda, and salt.
4. Add in the remaining ingredients and mix together until completely combined.
5. Using your hands, roll about a tablespoon of the dough into small balls and place on the baking sheet.
6. After all of the balls are formed, press down on each ball to form a flat cookie.
7. Bake for 12-15 minutes until golden.
8. Place on a wire rack to cool for 15 minutes before icing.
9. Combine the icing ingredients in a small bowl until smooth and creamy.
10. Spread icing on the cookies and serve!

Reishi Walnut Fudge

Ingredients:

- 1 cup [Bulletproof cacao powder](#)
- ½ cup extra-virgin coconut oil
- 1 cup organic maple syrup or [birch xylitol](#)
- ½ cup stone-ground walnut butter
- ¼ cup [Reishi Mushroom Extract](#)
- ¼ cup activated, dehydrated chopped walnuts
- 1 tsp. [Vanillamax](#)
- Pinch of Sea Salt

Actions:

1. In a glass bowl, mix the coconut oil and almond butter with a hand mixer until it's light and fluffy.
2. Next, add the cacao powder, Reishi mushroom powder, vanilla, salt, and sweetener (if using xylitol, powder it first in a coffee grinder).
3. Blend with the hand blender on or in a high-speed blender.
4. Blend on low
5. Fold in walnuts.
6. Scrape batter out with rubber spatula into a lined square glass dish with parchment paper.
7. Flatten then freeze.
8. Cut into squares then serve!

Chaga Coffee Cake

Ingredients:

- 4 pastured eggs, separated
- 1 cup coconut oil, melted
- ¼ cup sprouted buckwheat flour or sweet rice flour
- ¼ cup [birch xylitol](#), powdered
- ¼ cup [Chaga extract powder](#)
- 1 tsp. [Vanillamax](#)
- 1 tsp. aluminum-free baking soda
- ½ tsp. Ceylon cinnamon
- Pinch of salt

For the crumble topping:

- 1 cup activated almonds
- 1 cup coconut oil, melted
- 3 tbsp. local maple syrup
- 2 tbsp. fresh ground [Bulletproof coffee](#)
- 1 tsp. Ceylon cinnamon

Actions:

1. Preheat the oven to 350 degrees F.
2. Coat a loaf pan with coconut oil.
3. In a medium bowl, beat the egg whites with a hand blender until they form stiff peaks.
4. In a separate bowl, blend the egg yolks, coconut oil, and xylitol together.
5. Add in the vanilla, baking soda, cinnamon, and salt.
6. Sift in the flour and blend to combine.
7. Mix one third of the beaten egg whites into the batter.
8. Then gently fold in the remaining egg whites.
9. Pour the batter into the loaf pan.
10. To make the crumble topping, place the almonds into a food processor and blend until coarsely chopped.

11. Add the remaining ingredients and pulse until just combined.
12. Spread the mixture over the batter in the loaf pan.
13. Bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean.
14. Let cool for 10 minutes before turning the cake out onto a cooling rack.
15. Serve warm with some Bulletproof Coffee!

Actions:

Pistachio Maca Fudge Cookies

Ingredients:

- 2 scoops [grass-fed whey](#)
- 1 cup sprouted almond butter
- 2 tbsp. coconut butter, melted
- 2 tbsp. raw hemp seeds
- 2 tbsp. soaked chia seeds
- 2 tbsp. maca
- 1 tsp. He Shou Wu
- 1 tsp. Cordyceps
- ½ cup [birch xylitol](#)
- ¼ cup raw pistachios
- Pinch of Ceylon cinnamon

Actions:

1. In a food processor; blend nuts and seeds — except chia seeds — until they form a mealy texture.
2. In a separate small dish add liquid ingredients to chia seeds to form a gel. Let sit while mixing the dry.
3. Fold the nut/seed mixture into the dry ingredients
4. Add the liquid ingredients and mix until a fudge, cookie-dough consistency is formed.
5. Form into cookies and place on glass dish greased with coconut oil.
6. Place in fridge to firm up then enjoy!

Yin Yang Bliss Bombs

These medicinal tonic herb truffle bites resemble a beautifully edible Yin Yang sign. This delicious snack is portable and happens to contain two powerful herbs that nourish the Jing, Yin and Shen energy, which means less stress and a greater sense of well-being.

Ingredients:

Vanilla Side:

- 1 cup organic raw cashews
- ¼ cup stone-ground coconut butter
- 2 tbsp. maple syrup or [birch xylitol](#)

- 2 tbsp. organic mesquite
- 2 tbsp. Awaken the Shen
- 1 tbsp. [Brain Octane](#)
- 1 tsp. [Vanillamax](#)
- Pinch of Celtic sea salt

Chocolate Side:

- 1 cup sprouted almond butter
- 2 tbsp. chia seeds
- ¼ cup [Bulletproof cacao powder](#)
- 2 tbsp. maple syrup or [birch xylitol](#)
- 2 tbsp. [He Shou Wu](#)
- Pinch of sea salt

Actions:

1. First, make your dough for the vanilla side of the balls so you don't have to clean your food processor. Place all your ingredients into a food processor, mixing until it forms a dough.
2. Scrape from food processor and set dough to the side.
3. Now mix your ingredients for the chocolate side.
4. With your hands, roll a little bit of dough from each batter into small balls then press together and form one 'swirled' ball.
5. The final product will be a truffle looking ball that resembles a Yin Yang sign.

Apple Chai Cookies

Ingredients:

- 1 cup sprouted almond butter
- ½ cup [birch xylitol](#), powdered
- 1 pastured egg
- 2 tbsp. [grass-fed whey](#)
- 1 tsp. aluminum-free baking soda
- 1 tsp cinnamon
- ½ tsp. Celtic sea salt
- ¼ tsp. ground clove
- ¼ tsp. ground ginger
- Pinch of nutmeg
- Pinch of anise
- Half a green apple, peeled and finely diced

Actions:

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a large bowl, mix together the almond butter, honey, and egg
3. with a hand blender.

4. Add in the whey, baking soda, salt and spices then blend to combine.
5. Fold in the diced apple with a spatula.
6. Spoon about one tablespoon of batter onto the baking sheet,
7. spreading into a circle.
8. Repeat with the remaining batter.
9. Bake for 8-12 minutes until set.
10. Let cool for 5 minutes and then transfer the cookies to a wire rack to cool completely.

Colostrum Cream Pies

Ingredients:

Cookie Ingredients:

- 1 cup sprouted almond butter
- ½ cup shredded coconut
- ½ cup [birch xylitol](#), powdered
- 2 tbsp. grass-fed butter
- 2 tbsp. [grass-fed colostrum](#)
- 2 tsp. [Vanillamax](#)
- 1 tbsp. chia seed, powdered
- 1 tsp. Ceylon cinnamon
- Pinch nutmeg
- Pinch sea salt

Cream Ingredients:

1. ½ cup [grass-fed colostrum](#)
2. 2 tbsp. grass-fed butter
3. 2 tbsp. raw cream or coconut cream
4. 2 tbsp. maple syrup
5. 1 tbsp. grass-fed collagen
6. 1 tbsp. [Brain Octane](#)
7. 1 tsp. [Vanillamax](#)

Actions:

1. First, make your cookie base by placing all ingredients into a food processor and processing until a moldable batter.
2. Scrape out and mold into “oatmeal” patties then place in freezer.
3. Clean out your food processor of any coconut bits then place all your cream ingredients in – process into a creamy whipping.
4. Remove pies from freezer and spread your cream on patties then sandwich two halves together.

Bulletproof Birthday Cake

Using the Bulletproof Cupcake recipe as a base, I have been able to create the most delicious “cake”

you'll ever have. Finally, you can have your cake and eat it too. This recipe is totally sugar-free, Bulletproof friendly, Paleo, Gluten and Grain-Free and tastes like a french toast cake. The ingredients are top-notch and the healthy fats from the pastured egg, grass-fed butter and coconut oil make it amazing for hormone health.

Ingredients:

- 1 electric mixture
- 12 tbsp. of [birch xylitol](#), powdered
- 6 pastured eggs, separated
- 6 tbsp. sweet rice flour
- 1 cup of raw grass-fed butter (unsalted)
- 2 tbsp. [grass-fed whey](#)
- 1 tbsp. lucuma
- 2 tsp [Vanillamax](#)
- 1 tsp. Ceylon cinnamon
- A pinch of real sea salt

**For chocolate cake, add 6 tbsp. [Bulletproof cacao powder](#)*

Actions:

- Preheat oven to 350°F
- Grease bread tin with coconut oil.
- Powder the xylitol in a coffee grinder. Pulse it so friction doesn't melt the xylitol into a sticky mass! Set aside.
- Stir the butter in a double boiler on low.
- Mix half of the powdered xylitol, salt, and all 6 egg yolks and beat on medium to high speed for about 3 minutes until very thick.
- Using a silicon spatula if you have one, fold the egg/xylitol blend into the butter and then add your sweet rice flour and pumpkin and mix.
- Now use a separate bowl to beat egg whites on high speed until soft peaks form. Then slowly add the rest of xylitol and beat until medium-firm peaks form.
- Now use that silicon spatula to fold the egg whites into the butter/egg yolk mixture. Do it in small batches, not all at once.
- Pour it. Using a silicon spatula, get all the batter out of the bowl, except not all of it because you need to save some to lick.
- Bake for 20-30 minutes, checking the middle with a tooth pick to see if it has cooked all the way through.
- Use a wire rack to cool completely then take pictures of you eating it to prove to friends, family and strangers that you can bake, which is a rare skill today.
- Frost with the Colostrum Cream from the Cream Pie recipe. OR for a chocolate frosting blend xylitol, avocado colostrum and cacao powder in a food processor.

Mini Mucuna Sponge Cakes

Ingredients:

- 6 pastured eggs (beaten)
- 1 cup raw coconut yogurt *see Gourmet Foodie
- ¼ cup Mucuna powder
- 2 tbsp. [birch xylitol](#)
- 1 tsp. aluminum-free baking soda
- 2 tsp. Ceylon Cinnamon
- 1 tsp. pink sea salt
- 1 tsp. [vanillamax](#)

Actions:

1. Preheat oven to 365 degrees Fahrenheit
2. Mix all wet ingredients and all dry ingredients in separate bowls
3. Combine wet and dry ingredients
4. Let batter sit for 5 minutes and then scoop into a muffin tin
5. Bake for 35-40 minutes
6. Let cool and top with home-made coconut yogurt

Beauty Berry Slushie

Ingredients:

- 1 cup filtered ice
- 4 oz. coconut kefir
- 4 oz. Frozen berries
- 2 scoops [Prebiotic Powder](#)
- 1 scoop [Vitality Greens](#)
- 1 tbsp. Barleans Berry Swirl Omega-3
- ¼ tsp. [Lycium](#)
- ¼ tsp. [Pearl](#)
- ¼ tsp. [Schizandra](#)
- ¼ tsp. Camu
- ¼ tsp. [Shilajit](#)
- [Liquid stevia](#)

Actions:

1. Add ice then kefir to blender first.
2. Add your berries, omega 3 and stevia, then lastly all dry ingredients.
3. Blend for 10 seconds and enjoy!

Medicinal Chai Latté

Cordyceps is an excellent herb for supporting the lungs and kidney systems before winter begins. These two physical components support appropriate body warmth, and circulation of water metabolism throughout the body which prevents weight gain and endemic related bloating. Because of these

reasons and its immune boosting qualities, Cordyceps is the ideal herb to include in the fall season!

Ingredients:

- 3/4 cup water
- 2-4 whole green cardamom pods, crushed
- 1-3 thin slices fresh ginger
- 1 cinnamon stick
- 1 piece star anise
- 3/4 cup grass-fed raw milk or coconut milk
- 1 tbsp. gynostemma leaves
- 1 tbs Cordyceps extract
- [Stevia to sweeten](#)

Actions:

1. In a small saucepan, or using a kettle, heat spring water.
2. Add to french press or tea pot with tea/herbs: gynostemma, cardamom, ginger, cinnamon stick, and star anise.
3. Let steep for a few minutes until the mixture becomes aromatic.
4. Strain into a blender and add milk and stevia then blend for 15 seconds.

Chamomile-Rose Eazy Night Time Tonic

This is not just one of the most nutritious and nourishing herbal blends ever, but also highly effective for relaxing at the end of a long day and helping with insomnia before bed. It supports healthy bones, skin, and hair, nails, hormonal health in both men and women, soothes the urinary tract and has a pleasant, earthy, taste.

Categorically Nettle root Lowers SHBG (Sex Hormone Binding Globulin), aids in treatment of DHT (hormonal hair loss), increases free testosterone, relieves benign prostatic hyperplasia (enlarged prostate), anti-inflammatory, anti-allergy, immune-supporting, Anti-aromatase activity, anabolic sexual tonic.

Chamomile is a wonderfully relaxing tonic renowned for promoting deep rest.

Ingredients:

- 5 cups spring or filtered water
- 1 tbsp. of Foursigma Eazy (chamomile, ashwaganda, reishi and rose hips)
- 2 tsp. Nettle Extract
- 1 tbsp. grass-fed ghee
- Raw Organic Honey

Bulletproof Bliss Coffee

If you enjoy [Bulletproof coffee](#) then you will love this upgraded version featuring bliss inducing tonic herbs and chocolate.

Ingredients:

- 2 cups fresh brewed [Bulletproof Coffee](#)
- 2 tbsp. grass-fed butter
- 1 tbsp. [tocotreniols](#)
- 1 tbsp. [Bulletproof cacao](#)
- 1 tsp. [He shou Wu](#)
- 1 tsp. [Mucuna](#)
- 1 tsp. Albizia
- Chocolate stevia to taste

Actions:

1. First, brew your Bulletproof Coffee as normal. I suggest fresh grinding the beans and using a pour over method or French Press.
2. Pour brewed coffee into Blendtec with the rest of the ingredients and blend until creamy – 15 seconds max.

Just Dandy Espresso

Ingredients:

- 1-2 cups hot [Gynostemma](#)
- 2 tbsp. [Dandyblend](#)
- 1 tbsp. coconut oil coconut
- 1 tbsp. pumpkin seed oil
- ¼ tsp. [Astragalus](#)
- ¼ tsp [He Shou Wu](#)
- ¼ tsp [Reishi](#)
- 3 capsules [Ancient Earth Minerals](#)
- [Liquid stevia](#) to taste

Actions:

1. Brew your Gynostemma for 10 minutes
2. Pour into Blendtec add the rest of the ingredients accordingly
3. Blend for 15 seconds and enjoy!

Magic Maca-Chino

For anyone with fatigue or chronic fatigue, this is perhaps the most powerful adrenal tonic you could ever take.

Ingredients:

- 1-2 cups of tea decoction of licorice root, cat's claw and pau d'arco

- 1 tbsp. [Rehmannia](#)
- 1 tbsp. [He Shou Wu](#)
- 1 dropper full [Goji & Schisandra](#)
- 1 tbsp. Jing City
- 1 tbsp. hemp seed oil
- 1 tbsp. [Gelatinized Maca](#)
- English Toffee Stevia

Actions:

1. Start by making a decoction of the licorice, cat's claw and pau d'arco by steeping 1 tbsp. of each herb in 2 cups of hot water for 20 minutes to an hour.
2. Strain tea and add to blender.
3. Add the rest of the ingredients and blend for 15 seconds.

Matcha Milk-Shake

Ingredients:

- 1-2 cups hot water
- 2 tbsp. [tocotreniols](#)
- 2 tbsp. [raw coconut cream](#)
- 1 tbsp. [quality matcha powder](#)
- 2 scoops [grass-fed colostrum](#)
- 1 tsp. [Vanillamax](#)
- [Liquid stevia](#)

Actions:

1. Heat water in a kettle then pour into Blendtec
2. Add ingredients and blend for 15 seconds
3. Enjoy!

Creamy Cloud Milk

Ingredients:

- 1-2 cups sprouted almond milk *recipe in [Gourmet Foodie](#)
- 1 scoop activated brown rice protein
- 1 tbsp. chia seeds
- 1 tbsp. [tocotreniols](#)
- 1 tsp. [Blue Majik](#)
- 1 tsp. [Vanillamax](#)
- [Stevia to taste](#)

Actions:

1. Add all ingredients into a Blendtec and buzz for 15 seconds
2. Enjoy after exercise for a nutrient dense “protein shake”