

# Healthy Recipes

Using Beta Glucan & 37 Superfoods+

my

Nurish®

Nutrition Simplified



Eligible for the FDA-approved heart health claim

All-Natural Dietary Supplement



Nutrition Simplified

Used daily as part of a healthy diet, Beta Glucan can significantly lower your cholesterol in as little as 3 months!\*

In addition, our 37 Superfoods+ can help increase your energy while nourishing your body with super nutrients!

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Although the recipes in this booklet have been tested, please note that cooking times and temperatures may vary based on your specific cooking or baking environment.

Do you have a favorite recipe using 37 Superfoods+ and/or Beta Glucan? Submit your recipe to [info@mynurish.com](mailto:info@mynurish.com), and you may qualify to receive a FREE canister of 37 Superfoods+ and Beta Glucan.

\*Any statements made in this booklet have not been evaluated by the FDA. This product is not intended to diagnose, treat or cure any disease.

# Beta Glucan Marilyn Lacy's Oatmeal Granola

Serves: 12

## What you need:

- 4 cups old fashioned uncooked oatmeal
- 3 cups assorted nuts
- 1/2 cup beta glucan
- 1/4 cup light brown sugar
- 1/4 cup vegetable oil
- 1/4 cup sugar-free maple syrup (can substitute honey)



## What to do:

In large bowl mix the oatmeal with the assorted nuts and Beta Glucan. In small sauce pan cook the brown sugar, vegetable oil and sugar-free maple syrup over medium heat stirring often until mixture is clear. Add cooked mixture to large bowl of oatmeal and nut mixture. Stir until thoroughly mixed. Spread mixture evenly onto 2 lined, rimmed baking sheets. Bake at 325° for 25-30 minutes, stirring occasionally. Remove from oven and let cool and enjoy.

**Franco's slight twist:** Add an additional 1/4 cup of light brown sugar, 1/4 cup of vegetable oil and 1/4 cup of honey to bind the oatmeal mix a little more; especially, if you want to make granola bars. Add one cup of raisins to the oatmeal granola mix. Lay the mix onto a baking sheet and flatten just lightly. Once the oatmeal granola is in the oven, turn the baking sheet around after 10 minutes to prevent one side from baking faster than the other. Put the oatmeal granola back in and bake another 10 minutes. Take the oatmeal granola out and sprinkle 1/4 cup of chocolate chips while cooling for 3 to 4 minutes. Before the chocolate chips can melt, put the sheet into a freezer for about 30 minutes. Take out and cut granola into bars as desired.

# The Healthiest Pancakes Of Your Life

## What you need:

- 1 cup buckwheat flour
- 1 ripe banana, mashed
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 large egg
- 2/3 cup + 1 tablespoon unsweetened almond milk (or any nut milk of your choice)
- 1 scoop of Nurish's Beta Glucan
- 1 scoop of Nurish's 37 Superfoods+ Apple Cherry Vanilla Flavor (optional)



## What to do:

1. In a large bowl, combine flour, 37 Superfoods+, Beta Glucan, banana, baking powder, cinnamon, salt and egg. Stir in nut milk. Add more if needed to reach desired consistency.
2. Lightly grease a nonstick skillet with coconut oil and heat over medium heat. Drop batter, 1/3 cup at a time, onto the skillet and cook 2 to 3 minutes per side, or until nicely browned.
3. Serve pancakes topped with berries, raw honey, or slivers of nuts if you desire!

# Breakfast Cookies with Beta Glucan Punch

## Healthy Ingredients:

1 scoop of Beta Glucan  
2 very ripe bananas  
1/2 Tbsp vanilla  
1/2 Tbsp cinnamon  
1 Tbsp raw cocoa powder  
Handful of blackberries  
1/4 cup coconut flakes  
3/4 cup oats  
Splash of unsweetened nut milk  
*(if the batter is too thick)*



## Magical Directions:

Preheat oven to 350 degrees. Peel then mash the ripe bananas and blackberries into a paste. pour in remaining healthy ingredients. If batter is a bit thick pour in a splash of coconut or almond milk.

Mold into small balls and place on a sheet pan covered in tinfoil.

Bake for 15-20 minutes until golden brown.

Enjoy alone or dipped in a little bit of raw honey!

Enjoy these cookies at anytime during the day. Pack them in a bag to take them on the go. Munch them up right when they are hot out of the oven. We love them in the morning, dipped in a little bit of raw honey.

# Immune Boosting Pumpkin Muffins

## What you need:

- 3 eggs lightly beaten
- 1 cup almond flour
- 1/2 cup coconut flour
- 1 tsp baking soda
- 1/4 tsp sea salt
- 1 tsp pumpkin pie spice  
(or as much as you like – I like a lot)
- 1 can pumpkin puree
- 3 tbsp melted coconut oil
- 1 tsp vanilla extract
- 1/4 cup raw honey
- 1/4 cup chopped pecans and/or pumpkin seeds (optional)
- Chia seeds (optional)
- 1 Tbsp Cinnamon (we feel you can never go overboard with this delicious spice)
- 1 scoop of Beta Glucan



## What to do:

1. Preheat oven to 350 degrees and grease muffin tins with coconut oil.
2. Mix almond flour, coconut flour, baking soda, salt, Beta Glucan, pumpkin spice and cinnamon in a bowl.
3. Add the eggs, pumpkin, chia seeds, coconut oil, vanilla extract and coconut nectar. Stir it up!
4. Spoon into 10 muffin cups and sprinkle the chopped pecans and/or pumpkin seeds and pumpkin pie spice on top.
5. Bake for about 20-25 minutes and allow to cool for 5 minutes.

Here at Nurish we have a love affair with pumpkin. We'd consider ourselves a bit #pumpkinobsessed. In fact we believe there is no wrong time of year to indulge in this filling and nutritious fruit. It simultaneously satisfies cravings without derailing your healthy eating plan.

# Beta Glucan Banana Nut Muffins

Serves: 12

## What you need:

2 cups flour  
2 cups sugar  
1 cup banana, mashed  
2 eggs  
1/2 cup water  
1 tbsp. Beta Glucan  
6 tbsp. milk  
2 1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 1/2 cups walnuts (optional)



## What to do:

In a large bowl, mix Beta Glucan, water, sugar and eggs. Add banana and milk. In a separate bowl, mix flour, baking soda, baking powder and salt. Fold flour mixture into wet ingredients. Pour into greased or lined muffin cups. Bake at 375° for 18-20 minutes.

**DID YOU KNOW?**

Beta Glucan qualifies for  
the U.S. Food and Drug  
Administration's  
heart health claim.

D I D Y O U K N O W ?

Beta Glucan has  
**13% dietary fiber**  
per serving.

## Beta Glucan Blueberry Muffins

Serves: 6 (1 muffin per serving)

### What you need:

1½ tbsp. Beta Glucan  
8 oz. + 2 tbsp. milk  
2 tbsp. sugar  
⅓ cup egg whites  
¾ cup + 2 tbsp. flour  
1¼ tsp. baking powder  
¼ tsp. salt  
½ cup blueberries



### What to do:

In a large bowl, beat together Beta Glucan, milk, sugar and egg whites. In a separate bowl, mix together flour, baking powder, salt and blueberries. Add dry ingredients, and stir until moist. Bake at 325° for 40 minutes.



# Beta Glucan Chocolate Chip Cookies

Serves: 48

## What you need:

- 1½ cups flour
- ¾ cup Beta Glucan
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup butter, softened
- ¾ cup granulated sugar
- ¾ cup brown sugar, firmly packed
- 1 tsp. vanilla extract
- 2 eggs
- 2 cups chocolate chips
- 1 cup walnuts

## What to do:

Combine flour, Beta Glucan, baking soda and salt in a small bowl. Beat together butter, sugar, brown sugar and vanilla until creamy. Add eggs one at a time, beating after each addition. Add dry ingredients and mix well. Fold in chocolate chips and nuts. Drop teaspoonfuls onto greased cookie sheet. Bake at 350° for 10-12 minutes.



**D I D   Y O U   K N O W ?**

**Beta Glucan is gluten-free  
and all organic.**

# Beta Glucan Oatmeal Raisin Cookies

Serves: 9 (1 cookie per serving)

## What you need:

1/2 cup + 2 tbsp. Beta Glucan  
1 1/2 tbsp. oatmeal  
7 oz. milk  
1/4 cup egg whites  
1/2 cup brown sugar  
1/2 cup flour  
1/4 tsp. baking soda  
1/4 tsp. salt  
1 cup oatmeal



## What to do:

In a large bowl, beat together Beta Glucan, oatmeal, milk, egg whites and brown sugar. In a separate bowl, mix together flour, baking soda, salt and oatmeal. Stir dry ingredients into Beta Glucan mixture. Bake at 375° for 20 minutes.

DID YOU KNOW?

Beta Glucan has **50% more**  
oat beta-glucans  
than oatmeal.

# Beta Glucan Healthy Instant Soup

Serves: 1

## What you need:

Hot water

Instant soup cup (healthy/organic version of any instant soup)

1 scoop of Beta Glucan

## What to do:

Pour hot water into instant soup cup. Add Beta Glucan and stir. Let sit for 1 minute. Stir until even consistency.



# Beta Glucan & 37 Superfoods+ Elizabeth Ries' Healthy Smoothie

Serves: 1-2

## What you need:

- 1 small banana
- 1 cup frozen strawberries
- 4 ice cubes
- 1 cup oat milk (or milk of choice)
- 1 scoop Pink Lemonade flavor 37 Superfoods+
- 1 scoop Beta Glucan
- 1/4 cup water and/or juice (adjust amount as desired)

## What to do:

Place fruit, milk and water/juice in a blender. Add Beta Glucan, 37 Superfoods+ and ice. Blend all ingredients until you achieve a smooth texture.



# 37 Superfoods+ Frozen Yogurt Ice Cream Bars

Serves: 6

## What you need:

- 2 cups non-fat Greek yogurt  
(note: any other yogurt is fine as well)
- 2 tbsp. honey
- 1/2 tsp. vanilla extract
- 1 cup frozen raspberries
- 1 scoop 37 Superfoods+
- 1 scoop protein powder (optional)



## What to do:

In a large bowl, mix all ingredients well until you have a colorful fluffy consistency. Pour your mix on a baking sheet and spread evenly. Place in the freezer for at least 2-3 hours. Overnight is recommended. Cut up into squares and enjoy! (Note: Each bar contains roughly 3 servings of fruits and veggies.)

# Franco's Margarita Magic Drink

## What you need:

- 1/2 canister (i.e., 6 full oz.)  
of [Minute Made] frozen limeade
- 4 oz. of Tequila of your choice
- 6 – 7 oz. of Triple Sec of your choice
- Ice for blender  
(*enough to fill the blender almost to the top*)
- Blender
- 1 – 2 scoops of 37 Superfoods+



## What to do:

- Place limeade, Tequila and Triple Sec in blender.
- Add 37 Superfoods+ and ice.
- Blend all ingredients until you achieve a smooth texture.
- Enjoy, enjoy, enjoy



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For more information  
regarding clinical research and the  
science behind our blends,  
visit [www.mynurish.com](http://www.mynurish.com)  
or call us at **800-247-7910**.



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