

Healthy Recipes

Using Beta Glucan & 37 Superfoods+

my

Nurish

Nutrition you can feel!



Eligible for the FDA-approved heart health claim

All-Natural Dietary Supplement



Nutrition you can feel!

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, 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

Servings: 12

Ingredients:

4 cups Old fashioned uncooked oats
3 cups Assorted nuts
½ cup Beta Glucan
½ cup Light brown sugar
¼ cup Vegetable oil
¼ cup Sugar-free maple syrup (can substitute honey)



Instructions:

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

Franco's slight twist: Add an additional ¼ cup of light brown sugar, ¼ cup of vegetable oil and ¼ cup of honey to bind the oat mix a little more; especially, if you want to make granola bars. Add one cup of raisins to the oat granola mix. Lay the mix onto a baking sheet and flatten just lightly. Once the oat 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 oat granola back in and bake another 10 minutes. Take the oat granola out and sprinkle ¼ 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.

Rise and Shine with Beta Glucan Pancakes

Servings: 6

Ingredients:

- 1 cup Buckwheat flour
- 1 Ripe banana, mashed
- 2 tsp Baking powder
- 1 tsp Ground cinnamon
- 1 Egg, large
- $\frac{2}{3}$ cup Unsweetened almond milk (or any nut milk of your choice)
- 1 scoop Beta Glucan
- 1 scoop 37 Superfoods+ Apple Cherry Vanilla Flavor (optional)



Instructions:

1. In a large bowl, combine flour, 37 Superfoods+, Beta Glucan, banana, baking powder, ground cinnamon, 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, $\frac{1}{3}$ cup at 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!

DID YOU KNOW?

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

Breakfast Cookies with Beta Glucan Punch

Servings: 6

Ingredients:

- 1 scoop Beta Glucan
- 2 Very ripe bananas
- ½ tbsp Vanilla
- ½ tbsp Ground cinnamon
- 1 tbsp Raw cocoa powder
- Handful of blackberries
- ¼ cup Coconut flakes
- ¾ cup Oats
- Splash of unsweetened nut milk (if the batter is too thick)

Instructions:

1. Preheat oven to 350°. Peel and then mash the ripe bananas and blackberries into a paste. Pour in remaining ingredients. If batter is a bit too thick pour in a splash of coconut or almond milk.
2. Mold into small balls and place on a sheet pan covered in tinfoil.
3. Bake for 15-20 minutes until golden brown.
4. Enjoy alone or dipped in a little bit of raw honey!



Beta Glucan Pumpkin Muffins

Servings: 12

Ingredients:

- 3 Eggs, lightly beaten
- 1 cup Almond flour
- ½ cup Coconut flour
- 1 tsp Baking soda
- ¼ tsp Sea salt
- 1 tsp Pumpkin pie spice
(or as much as you like)
- 1 can Pumpkin puree
- 3 tbsp Melted coconut oil
- 1 tsp Vanilla
- ¼ cup Raw honey
- ¼ cup Chopped Pecans and/or pumpkin seeds (optional)
- 1 tbsp Chia seeds (optional)
- 1 tsp Ground Cinnamon
(we feel you can never go overboard with this spice)
- 1 scoop Beta Glucan



Instructions:

1. Preheat oven to 350° and grease muffin tins with coconut oil.
2. Mix almond flour, coconut flour, baking soda, sea salt, Beta Glucan, pumpkin spice and ground cinnamon in a bowl.
3. Add the eggs, pumpkin puree, chia seeds, coconut oil, raw honey and vanilla. 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.

Beta Glucan Banana Nut Muffins

Servings: 12

Ingredients:

- 2 cups Flour
- 2 cups Sugar
- 1 cup Banana, mashed
- 2 Eggs
- ½ cup Water
- 1 tbsp Beta Glucan
- 1 tbsp Milk
- 2½ tsp Baking powder
- ½ tsp Baking soda
- ½ tsp Salt
- 1½ cups Walnuts (optional)



Instructions:

1. In a large bowl, mix Beta Glucan, water, sugar and eggs. Add banana and milk.
2. In a separate bowl, mix flour, baking soda, baking powder and salt
3. Fold flour mixture into wet ingredients.
4. Pour into greased or lined muffin cups.
5. 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.

Beta Glucan Chocolate Chip Cookies

Servings: 16

Ingredients:

- 1½ cups Flour
- ¾ cup Beta Glucan
- 1 tsp Baking soda
- 1 tsp Salt
- 1 cup Butter, softened
- ¾ cup Brown sugar, firmly packed
- 1 tsp Vanilla
- 2 Eggs
- 2 cups Chocolate chips
- 1 cup Walnuts



Instructions:

1. Combine flour, Beta Glucan, baking soda and salt in a small bowl.
2. Beat together butter, brown sugar and vanilla until creamy.
3. Add eggs one at a time, beating after each addition.
4. Add dry ingredients and mix well.
5. Fold in chocolate chips and nuts.
6. Drop by teaspoonfuls onto greased cookie sheet.
7. Bake at 325 ° 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

Servings: 9 (1 cookie per serving)

Ingredients:

- 1½ cup All-purpose gluten free flour
- ¼ cup Beta Glucan
- 1 tsp Ground cinnamon
- 1 tsp Baking soda
- 1 tsp Salt
- 2 sticks Butter; soften to room temperature, cool to touch
- 1 cup Packed light brown sugar
- ½ cup Granulated sugar
- 2 large Eggs (room temperature)
- 2 tsp Vanilla
- 3 cups Old-fashioned white rolled oats
- 1 cup Raisins



Instructions:

1. Pull out eggs and the butter to bring to room temperature.
2. Whisk flour, Beta Glucan, cinnamon, baking soda and salt in a medium bowl.
3. In a large bowl, beat the room temperature butter on medium speed until smooth. Add brown sugar and granulated sugar, beat on medium-high speed until creamed. Add eggs and vanilla, beat on high speed until combined.
4. Add dry ingredients to wet ingredients and mix on low speed until combined. Continue on low speed, beat in the oats and raisins. Dough will be thick and sticky.
5. Cover and chill the dough for 45 minutes.
6. While dough is chilling preheat the oven to 350°. Put parchment paper on baking sheet, unless using a non-stick baking sheet.
7. Scoop dough, ¼ cup per cookie. Place 4 inches apart on baking sheet. Bake for 13-14 minutes or until lightly browned on the side and the center is very soft.
8. Remove from oven and allow cookies to sit on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Beta Glucan Healthy Instant Soup

Servings: 1

Ingredients:

Hot water

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

1 scoop of Beta Glucan

Instructions:

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



Beta Glucan & 37 Superfoods+ Elizabeth Ries' Healthy Smoothie

Servings: 1-2

Ingredients:

- 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+
(or any flavor of your choice)
- 1 scoop Beta Glucan
- ¼ cup Water and/or juice
(adjust amount as desired)

Instructions:

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



D I D Y O U K N O W ?

Beta Glucan has
13% dietary fiber
per serving.

37 Superfoods+ Frozen Yogurt Ice Cream Bars

Servings: 6

Ingredients:

2 cups Non-fat Greek yogurt (or any yogurt of choice)

2 tbsp Honey

½ tsp Vanilla

1 cup Frozen strawberries

1 scoop 37 Superfoods+

1 scoop Protein powder (optional)



Instructions:

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

Franco's 37 Superfoods+ Margarita Magic

Servings: 6

Ingredients:

½ canister (i.e. 6 full oz.) of Minute Made frozen limeade
4 oz Tequila of your choice
6-7 oz Triple Sec of your choice
Ice for blender (enough to fill the blender almost to the top)
2 scoops 37 Superfoods+

Instructions:

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



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For more information
regarding clinical research and the
science behind our blends,
visit **www.mynurish.com**
or call us at **800-247-7910**.



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