

# Eating Right

RECIPES INFUSED WITH HIGH-QUALITY SUPPLEMENTS  
AND PURE INGREDIENTS FOR HEALTHY LIFESTYLES



\*These statements have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent any disease.

***pure***  
***encapsulations***<sup>®</sup>

# Welcome

## to Pure Encapsulations®

### THANK YOU

Thank you for joining us at the

**Food & Nutrition Conference & Expo 2021!**

We're excited to share 5 delicious recipes, sourced from integrative registered dietitian,

Danielle Omar<sup>+</sup>, available on instagram:

[@food.confidence.dietitian](https://www.instagram.com/food.confidence.dietitian). These tasty

recipes call upon a few of our most popular,

high-quality supplements that are

**FREE FROM** unnecessary additives and many common allergens.

Click on any of the products hyperlinked throughout our interactive recipe book to learn more or go to:

[PureEncapsulationsPro.com](https://www.pureencapsulationspro.com)



### OUR SUPPLEMENTS ARE FREE FROM:



Wheat, Soy\*,  
Dairy\*, Eggs



Tree Nuts  
& Peanuts



Gluten



Artificial Colors,  
Flavors &  
Sweeteners



Coatings  
& Shellacs



GMOs<sup>†</sup>



Unnecessary  
Binders, Fillers  
& Preservatives



Magnesium  
Stearate



Trans Fat &  
Hydrogenated Oils

<sup>+</sup>Danielle Omar is a retained advisor for Pure Encapsulations

1. Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020.

\*Except where labeled.

<sup>†</sup>Visit [PureEncapsulationsPro.com](https://www.pureencapsulationspro.com) for more information about our GMO policy.

# Cranberry Almond Energy Bites

What has immune support, G.I. support and healthy fats for energy, all in one bite? These tasty little bites incorporate our cranberry apple-flavored [Zinc liquid](#) to support the body's natural defense system. We also include our [PureLean® Fiber](#) that offers insoluble and soluble fibers to support digestive health, nutrient absorption and regularity.\*

Whipping these up at home is easy, and takes just a few minutes.

- 6 oz dried cranberries
- ½ cup dry roasted almonds
- 1/3 cup raw cashews
- 1 tbsp almond butter
- 2 tbsp MCT oil
- 2 tbsp ground flaxseed
- 1 scoop PureLean® Fiber
- 5 dropperfuls Zinc liquid

- 1 Combine all the ingredients into a food processor and pulse until you achieve a granular texture.
- 2 Shape into 10-12 medium-sized balls.
- 3 Store covered in the refrigerator or freeze.



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# Raspberry Chocolate Nice Cream

Looking for something decadent, dairy-free, and done in seconds? Try our Raspberry Chocolate Nice Cream. Not only is it super delicious, it's got 15 grams of vegetarian protein from rice, pea, and chia proteins, and 4 grams of fiber! Check out [PureLean® Protein](#) for more information.

- 1 scoop PureLean® Protein
- 1-2 frozen bananas
- ½ cup frozen raspberries
- 1 tbsp cocoa powder
- 1 tsp vanilla extract
- 1 tbsp almond milk
- Cacao nibs (optional)

- 1 Add all ingredients to a blender and sprinkle with cacao nibs.
- 2 Blend, and enjoy!



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# Pumpkin Spice Frappé

This frappé is packed with fall flavor from pumpkin puree, warming spices, coffee, banana, and dates. It also includes a not-so-secret ingredient: [PureLean® Fiber](#) powder to help support digestive health.<sup>†</sup>

8 oz unsweetened vanilla almond milk

2 scoops PureLean® Fiber

2/3 cup coffee (regular, decaf or your favorite coffee substitute)

1/3 cup pumpkin puree

1 banana, frozen

1 tsp cinnamon

½ tsp pumpkin pie spice

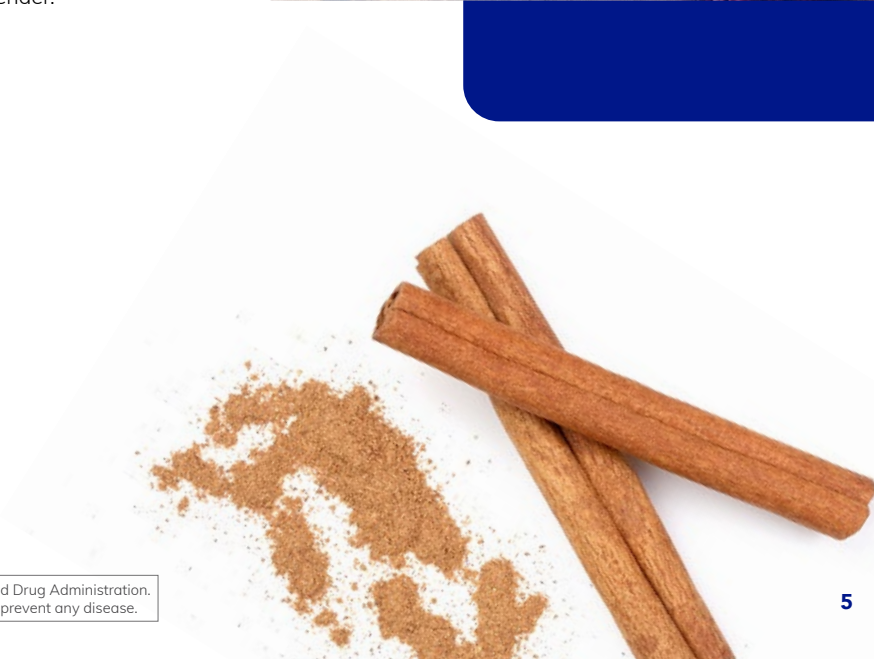
1 tsp vanilla extract

2 Medjool dates, pitted

Dairy free whipped cream, optional

**1** Blend all ingredients together in a blender.

**2** Top with whipped cream, if desired!



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# Strawberry Coconut Magnesium Bites

With a few scoops of [Magnesium \(powder\)](#)—a nutrient that plays a role in many functions in the body, including macronutrient metabolism, energy production, muscle function, bone health, and mood—these bites are a fantastic whole food pick-me-up snack or post-workout fuel.†

- 10 Medjool dates, pitted
- ¼ cup sunflower butter
- 1 tbsp coconut oil
- ¼ cup unsweetened coconut flakes
- ½ tsp honey
- 2 cups freeze-dried strawberries
- ½ cup rolled oats
- 3 scoops Magnesium (powder)
- 1 tbsp ground flaxseed

- 1 Place all the ingredients into a food processor and process until texture resembles sand.
- 2 Pulse until the mixture stays together
- 3 Roll mixture into 12 balls. Store in refrigerator for up to one week.



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# Winter Citrus Smoothie

Create this delicious Citrus Smoothie made with our prebiotic-packed [PureLean® Fiber](#) and [Poly-Prebiotic powder](#) to support cellular, immune, and G.I. function.†

- 2 oz fresh water
- 2 scoops PureLean® Fiber
- 1 scoop PolyPrebiotic Fiber powder
- 1 small grapefruit, peeled and segmented
- ½ orange, peeled and segmented
- ½ lemon, juiced
- 1 red bell pepper
- 1 knob fresh ginger, peeled
- ½ cup ice

Blend all ingredients together in a blender, and enjoy!



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Everything you need, nothing you don't—  
that's goodness encapsulated.



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from the #1 most recommended professional supplement brand.<sup>2</sup>

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2. Among brands surveyed, Nutrition Business Journal® 2016, 2020.



Certified Gluten-Free by the Gluten-Free Certification Organization, [www.gluten.org](https://www.gluten.org)

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