

St Patrick's Day Brunch

What do you need to serve 2?

- 2 Kiwi (sliced)
- 1 pear (diced)
- 1 banana (sliced)
- $\frac{2}{3}$ cup B-Flax-D
- 1 tbsp ModCard
- 2 tbsp Essential Protein
- 2 tbsp pumpkin seeds
- 2 tsp SuperFood
- $\frac{2}{3}$ cup water

Step 1: Put aside 2 tbsp of the pear and kiwi

Step 2 Make the Smoothie:

In your blender blend the banana, kiwi, pear and water until smooth

Pour the smoothie into the glasses or a bowl

Step 3 Presentation:

Drink: Garnish the smoothie drink with a slice of Kiwi

Bowl: add each scoop of the flax, protein, ModCarb and SuperFood along with a spoonful of each fruit and the pumpkin seeds – stir as you eat it



Carob Squares

Ingredient: makes a 10" pan

Step 1: Put the following in your food processor:

- $\frac{1}{2}$ can kidney beans (rinsed)
- $\frac{1}{3}$ cup carob powder
- 2 tsp baking powder
- 3 tbsp coconut oil
- 3 tbsp coconut flower syrup (or maple syrup)
- $\frac{3}{4}$ cup coconut milk
- $\frac{1}{4}$ cup apple sauce

Step 2: Process until well mixed then put into a mixing bowl

Step 3: Fold in:

- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup oatmeal
- $\frac{1}{4}$ cup carob chips
- $\frac{1}{4}$ cup shredded coconut

Step 4: Line your baking dish with parchment paper



Step 5: Pour
batter into pan
and spread evenly

Step 6: Bake at 325 for 20-30 minutes until soft to touch

Let cool then cut into pieces

Keep in the freezer for 3 weeks or in the fridge for 6-7 days