



FEATURED RECIPES

FROM: **THE SUPERFOOD SWAP**

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Almond Butter & Chia Jam Sandwich

Not the same PB&J you packed in your school lunchbox, this has better-for-you bread, no-C.R.A.P. nut butter, and jam with healthy fiber and fat.

Makes 1 sandwich, with extra jam

Ingredients:

- 2 **tbsp** natural almond butter
- 2 slices sprouted whole grain bread, toasted
- 2 **tbsp** Chia Jam (below)

Directions:

Spread the almond butter on the toast and top with jam. Serve open-faced so it feels like two sandwiches.

Chia Jam (prep ahead of time)

Typical jams have added sugars, but this SuperSwap version needs none, thanks to the natural sugars in the fruit. Chia seeds not only thicken the jam, but also add healthful fats, fiber, and protein. The fig version is especially good on a cheese board.

Makes 1 heaping cup

Ingredients:

- 2 **cups** fresh or unsweetened frozen fruit (berries, grapes or figs)
- 2 **tbsp** NOW Real Food® Chia Seeds

Directions:

In a small pot, heat the fruit over medium heat, mashing until smooth, about five minutes.

Stir in the chia seeds.

Store in lidded jar in the refrigerator for up to two weeks.

OH YEAH, ONE MORE THING . . .

Chia Jam Parfait: Use the jam in a parfait! Top a 6-ounce container of plain 2% Greek yogurt with ¼ cup Chia Jam, ¼ cup rolled oats, and ¼ cup slivered almonds.

Chocolate BeetBerry Smoothie

This smoothie starts with a base of plant-based milk and cashews instead of sugary juice – and adds no sweeteners. Each serving has 1 whole fruit serving and a dose of beets, which energize you by shuttling more oxygen to your brain and muscles. Drink this before your workout for a noticeable improvement!

Makes 2 Serving

Ingredients:

1 beet, peeled and chopped (about 1 cup)
1 cup strawberries
1 banana
1 ½ cups unsweetened plant milk, like almond or hemp
¾ cup NOW Real Food® Raw Cashews
1 ½ tbsp NOW Real Food® Organic Raw Cacao Powder
½ cup ice cubes

OH YEAH, ONE MORE THING...

Dessert Pops: This smoothie makes great ice pops. Pour it into molds and freeze.

Peeling beets: Cut off both ends of the beet. Under cold running water (this helps keep the beet from staining your hands), use a vegetable peeler to easily remove the skin.

Directions:

In a blender, combine the beet, berries, banana, milk, cashews and cocoa powder, and puree.

Add the ice and blend until smooth. If you're making this for one, the extra serving can be stored in an airtight container in the fridge for up to 2 days.

Chia Chocolate Chunk Cookies

OMG. These hit the spot, and your body loves you for the oats, almond butter, and chia seed nutrition. No cell-depleting white sugar or white flour in these. Now that's a treat!

Makes 18 Cookies

Ingredients:

½ cup NOW Real Food® Rolled Oats
¼ tsp baking soda
⅛ tsp salt
½ cup natural almond butter
¼ cup NOW Real Food® Organic Coconut Sugar
1 tbsp NOW Real Food® Chia Seeds
3 tbsp water
1 tsp pure vanilla extract
¾ oz dark chocolate, chopped (about 3 tbsp)

Directions:

PREHEAT THE OVEN AND MAKE THE DOUGH: Preheat the oven to 350°F. Line a baking sheet with parchment paper. In a blender, pulse the oats until they have a fine, flourlike texture (or use oat flour). Add the baking soda and salt and pulse to mix. In a medium bowl, mix together the almond butter, coconut sugar, chia seeds, water, and vanilla. Stir the oat mixture into the almond butter mixture (it will be thick). Stir in the chocolate.

BAKE: Drop tablespoon-size portions of the dough (I use a small cookie scoop) on the prepared baking sheet. Bake for 8 to 10 minutes, until the tops and bottoms are golden. As soon as you take them from the oven, use a small glass to press down gently on each mound. Let the cookies cool for 5 minutes on the pan and then transfer to wire racks to cool completely. Store in an airtight container at room temperature for up to 7 days.