

Unique Ways to Use AZUL



AZUL Parfait

Ingredients: 1 packet Azul, 1 cup plain or vanilla yogurt (suggested: Nancy's Organic Yogurt, which is sweetened with agave, or Purely Decadent Coconut Yogurt, which is sweetened with agave with no dairy or soy.), Fresh berries of choice, chopped raw almonds, pecans and cashews.

Preparation: Mix yogurt with Azul, blend well. In parfait glass layer yogurt mix, berries and nuts. Enjoy!

Great for breakfast, or an afternoon snack.

AZUL Oatmeal

Ingredients: 1 packet of Azul, oatmeal of your choice.

Preparation: After cooking oatmeal, top with one packet of Azul. No need to add sweeteners.

A great, healthy alternative to sugary cereals.



AZUL Spinach Salad

Ingredients for dressing: 1 packet of Azul, 2 tbsp. lemon juice, 3 drops TRUessence Lemon Essential Oil, 1 tsp. dijon mustard, 1/3 cup olive oil.

Preparation: Mix lemon juice, lemon oil, dijon and Azul. Slowly whisk in olive oil. Toss 6 cups of cleaned, organic baby spinach with dressing. Plate and top with raw nuts of choice (almonds, pecans, madadamias, cashews) and with fresh raspberries, strawberries or Brain Garden Pulse of choice.

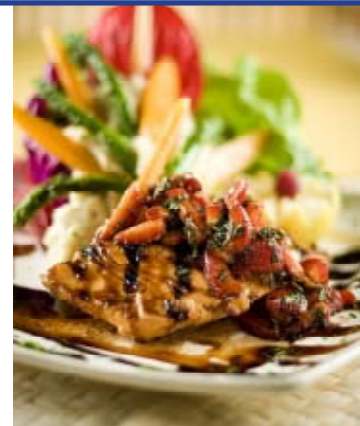
A perfect side-dish for dinner, or great for a light lunch.

Coconut Lime AZUL Sauce

Ingredients: 1 to 2 packets of Azul, 1 can unsweetened coconut milk, 1 cup finely chopped fresh mango, 1 fresh lime (juiced and zested)

Preparation: Whisk the above ingredients together and use as a topping for grilled items or as a dip.

Great on grilled salmon, halibut, chicken breast or vegetables.



AZUL Popsicles

Ingredients: 1 to 2 packets of Azul, water or apple juice to taste

Preparation: Mix Azul with water or apple juice to desired taste/strength. Pour into popsicle molds or ice cube trays. Place into freezer. When partially frozen, insert wooden popsicle sticks into center of cubes. Freeze until solid. Lick to your health!

A great treat for kids and adults of all ages!



Coconut Ice Cream Sundaes with AZUL Sauce

Ingredients: 1 packet of Azul, 2 oz water or apple juice, Homemade Coconut Ice Cream, or store bought ice cream (suggested: Purely Decadent Coconut Ice Cream, sweetened with agave with no dairy or soy), Fresh berries of choice.

Preparation: Mix Azul with water or apple juice to create a slightly thick sauce. Pour Azul mixture over homemade coconut ice cream and top with fresh berries. Yum!

Homemade Coconut Ice Cream

Ingredients: 2 14 oz cans unsweetened coconut milk, 2 tbsp. arrowroot powder, 1/4 cup agave

Preparation: Pour coconut milk into medium saucepan and whisk. Transfer 1/2 cup coconut milk to small bowl and stir in arrowroot. Set aside. Add agave to coconut milk in pan and cook over medium/high heat, whisking often for about 5 minutes, or until just beginning to boil. Whisk in arrowroot mixture and cook, whisking constantly for 3 to 4 minutes or until mixture bubbles and begins to thicken slightly. Remove from heat. Let cool to room temperature. Refrigerate 1 to 2 hours, or until completely chilled. Process in ice maker according to manufacturer's instructions. Transfer ice cream to container, cover and freeze until firm, about 1 hour.



AZUL Pulse-8 Lemonade

Ingredients: 1 packet of Azul, 1 scoop of Pulse-8, 10 oz. water, 1/2 fresh lemon juice (slice other half to use as garnish), 2-3 drops TRUessence Essential Oil, Ice

Preparation: Mix Azul and Pulse-8 with water in a glass. Add lemon juice and lemon oil. Fill with ice and garnish with lemon. Drink to your health!

A refreshing drink for those hot summer days.

