



# Bauman Nutrition Vital Scoop™ Recipes

## Basic Vital Scoop™ Shake

1 scoop of Vital Scoop™  
1 cup of milk, juice or tea  
1/2-cup berries  
1/2 banana  
1/2 tsp vanilla  
1/2 tsp cinnamon  
ice for cold drinks

Blend ingredients until smooth.

### Variations, add

1 tsp. Green Magic™ powder  
1 tsp. maca powder  
1-2 Tbs. nuts or seeds  
1-2 Tbs - coconut  
1/4 tsp. ginger, nutmeg allspice

## Vital Meal Replacement Smoothie

2 scoops Vital Scoop™  
12 ounces organic cow, goats, coconut milk  
1/4 cup shredded coconut  
1/4 cup ground almonds or cashews  
2 Tablespoons flax seeds, chia or hemp seeds, ground  
1/2-cup berries  
1/2 cup filtered water or diluted berry juice (2 tablespoons of juice with enough water to make 1/2 cup)  
1 small banana  
1 teaspoon lemon juice

1. Add all ingredients to blender and blend until smooth and creamy. For a colder version, add 3 ice cubes and use frozen berries.

## Silky Vital Green Gazpacho

2 cucumbers, chopped  
1 large tomato, chopped  
2 tablespoons minced garlic  
1/4-cup extra virgin olive oil  
2 tablespoons sherry vinegar  
1/2-teaspoon sea salt  
1/2-cup organic seedless grapes  
1 scoop Vital Scoop™  
1 tablespoon toasted almonds, ground  
1 teaspoon or to taste of ginger lemon concentrate\*

1. Chop vegetables and put into a food processor or powerful blender such as a Vita Mix. Add garlic vinegar, sea salt, grapes, Vital Scoop™ and almonds and blend until smooth.
2. Slowly add olive oil until emulsified. Taste, adjust seasonings and add ginger lemon concentrate if desired.





## Vital Bars

- 1 cup lightly toasted nuts (walnuts, pecans, almonds)
- 1/2-cup medjool dates
- 1/4 cup dried cherries
- 1/4 cup dried figs
- 2 tablespoons ground flaxseeds
- 2 tablespoons unsweetened, organic dark chocolate powder or carob powder
- 1 scoop Vital Scoop™
- 1 teaspoon Maca powder
- 1/2-teaspoon cinnamon
- 1/4-teaspoon nutmeg
- 1 tablespoon orange zest
- 2 tablespoons hot water (or a little more if necessary)
- 1/4 cup unsweetened shredded coconut

1. Using a food processor, grind nuts to a powder, and put into a bowl.
2. Set aside.
3. Add dates, cherries and figs to food processor with dark chocolate or carob powder, Vital Scoop powder, Maca, spices and zest and pulse.
4. If mixture is too stiff, add a little hot water to help blend into a thick paste. Add ground nuts and coconut. Process until mixture forms a ball.
5. Press mixture evenly into a 9x13 inch pan or a smaller pan if a thicker bar is desired. Chill in a refrigerator for about 1 hour. Cut into bar shapes and carefully lift out of pan. Bars can be wrapped individually for snacks or stored in an airtight container.

## Vital Green Chai

- 2 cups brewed Root 66 tea (a blend of dandelion, burdock, licorice, carob and sarsaparilla as the ingredients available from Bauman College (800) 987-7530)
- 1 scoop Vital Scoop™
- 1/2 cup unfiltered apple juice, heated
- 2 tablespoons ground flax seeds
- 1-teaspoon cinnamon
- 1/4 teaspoon ginger powder

Put ingredients into a blender and blend until smooth and frothy. Serve.

## Vital Green Coconut Freeze

- 1 fresh young coconut
  - 1-cup ice
  - 1/4-cup agave (can use less agave or two medjool dates instead)
  - 1 scoop Vital Scoop™
  - 1/2 teaspoon lemon juice
1. Open coconut and extract coconut water. Strain and set aside. Scoop out tender coconut flesh.
  2. Add coconut water, coconut meat, ice, agave (or dates), Vital Scoop and lemon juice. Blend thoroughly and serve.

## Vital Scoop Sorbet

- 1 cup frozen bananas
- 1 cup frozen mangos
- 1/2 cup frozen berries
- 1 scoop Vital Scoop™
- 1 teaspoon lemon juice

### Variations, add:

Chopped nuts, raw cocoa nibs, dark chocolate or carob chips, soaked and drained goji berries, shredded, unsweetened coconut, etc.

1. Put all ingredients in a blender and blend until smooth. If mixture is difficult to blend add a little filtered water until a smooth, soft serve like consistency is achieved.
2. Transfer sorbet to a bowl and fold in optional ingredients listed.