



Mighty Magnesium! We call it mighty because this powerful mineral is involved in more than 200 reactions in the body.

Potent nutrition powerhouses are pumpkin seeds, cashews, almonds and peanuts. So think nuts and seeds, which is what we focus on in this recipe pack.

If nuts and seeds don't do it for you, spinach, black beans, edamame and avocado are good substitutes.

Happy magnesium grabbing!



Mango, Edamame & Cabbage Salad with Peanut Sauce

2 servings

15 minutes

Ingredients

2 tbsps All Natural Peanut Butter
 2 tbsps Extra Virgin Olive Oil
 1 tbsp Rice Vinegar
 1 1/2 tsps Tamari
 2 tbsps Raw Honey
 2 cups Purple Cabbage (finely sliced)
 1 cup Frozen Edamame (thawed)
 1 cup Frozen Mango (thawed)
 1/4 cup Raw Peanuts (roughly chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 553 |
| Fat | 35g |
| Saturated | 5g |
| Polyunsaturated | 8g |
| Monounsaturated | 20g |
| Carbs | 50g |
| Fiber | 10g |
| Protein | 20g |
| Vitamin A | 2117IU |
| Vitamin C | 85mg |
| Calcium | 124mg |
| Vitamin D | 0IU |
| Riboflavin | 0.3mg |
| Niacin | 6mg |
| Vitamin B6 | 0.5mg |
| Folate | 351µg |
| Vitamin B12 | 0µg |
| Magnesium | 132mg |
| Zinc | 2mg |

Directions

- 1 In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, tamari and honey until well combined.
- 2 Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

Notes

Nut-Free: Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

No Cabbage: Use coleslaw mix, mixed greens, kale or spinach instead.

No Rice Vinegar: Use apple cider vinegar instead.

Extra Flavour: Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

Leftovers: Refrigerate in an air-tight container up to 3 to 4 days.



Toasted Trail Mix

4 servings

10 minutes

Ingredients

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Raisins

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 551 |
| Fat | 42g |
| Saturated | 5g |
| Polyunsaturated | 12g |
| Monounsaturated | 23g |
| Carbs | 32g |
| Fiber | 11g |
| Protein | 21g |
| Vitamin A | 1IU |
| Vitamin C | 0mg |
| Calcium | 152mg |
| Vitamin D | 0IU |
| Riboflavin | 0.5mg |
| Niacin | 6mg |
| Vitamin B6 | 0.2mg |
| Folate | 104µg |
| Vitamin B12 | 0µg |
| Magnesium | 165mg |
| Zinc | 2mg |

Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

Serve it With: Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo: Replace peanuts with another type of nut or seed.

Storage: Refrigerate in an air-tight container.

Other Add-Ins: Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.



Strawberry Milkshake

3 servings

15 minutes

Ingredients

- 1 cup Almonds
- 4 cups Water
- 1 tbsp Raw Honey
- 2 tbsps Hemp Seeds
- 2 tbsps Ground Flax Seed
- 2 cups Frozen Strawberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 408 |
| Fat | 29g |
| Saturated | 2g |
| Polyunsaturated | 9g |
| Monounsaturated | 16g |
| Carbs | 31g |
| Fiber | 10g |
| Protein | 14g |
| Vitamin A | 68IU |
| Vitamin C | 61mg |
| Calcium | 195mg |
| Vitamin D | 0IU |
| Riboflavin | 0.6mg |
| Niacin | 3mg |
| Vitamin B6 | 0.1mg |
| Folate | 53µg |
| Vitamin B12 | 0µg |
| Magnesium | 198mg |
| Zinc | 2mg |

Directions

- 1 Start by making your own almond milk. Place almonds in a high powered blender with water. Add raw honey. Blend on high for at least 60 seconds. Pour milk through a strainer or mesh sack to strain out the pulp. Discard the pulp
- 2 Add your filtered almond milk back to the blender with hemp seeds, flax seed and frozen strawberries. Blend for another 60 seconds or until smooth.
- 3 Pour into glasses and enjoy!

Notes

Short on Time: Use store-bought almond milk.

Make it Green: Add spinach.



Blueberry Energy Smoothie

2 servings

10 minutes

Ingredients

- 1/2 cup Cashews
- 1/4 cup Hemp Seeds
- 2 cups Water
- 2 cups Baby Spinach
- 1 1/2 cups Frozen Blueberries

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 374 |
| Fat | 27g |
| Saturated | 4g |
| Polyunsaturated | 11g |
| Monounsaturated | 11g |
| Carbs | 28g |
| Fiber | 6g |
| Protein | 13g |
| Vitamin A | 2869IU |
| Vitamin C | 11mg |
| Calcium | 92mg |
| Vitamin D | 0IU |
| Riboflavin | 0.2mg |
| Niacin | 3mg |
| Vitamin B6 | 0.3mg |
| Folate | 112µg |
| Vitamin B12 | 0µg |
| Magnesium | 264mg |
| Zinc | 4mg |

Directions

- 1 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 2 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter: Add in a few soaked dates to sweeten it up.



Cucumber & Vegan Herbed Ricotta Toast

4 servings

10 minutes

Ingredients

2 cups Cashews (soaked for 1 hour and drained)
 1/4 cup Unsweetened Almond Milk
 2 Garlic (cloves, minced)
 1 tbsp Chives (chopped)
 2 tbsps Basil Leaves (chopped)
 1 1/2 tps Maple Syrup
 3 tbsps Apple Cider Vinegar
 1/4 tsp Black Pepper
 1/2 tsp Sea Salt
 4 slices Bread
 1/2 Cucumber (sliced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 492 |
| Fat | 34g |
| Saturated | 6g |
| Polyunsaturated | 6g |
| Monounsaturated | 20g |
| Carbs | 39g |
| Fiber | 4g |
| Protein | 13g |
| Vitamin A | 174IU |
| Vitamin C | 2mg |
| Calcium | 90mg |
| Vitamin D | 6IU |
| Riboflavin | 0.3mg |
| Niacin | 1mg |
| Vitamin B6 | 0.2mg |
| Folate | 52µg |

Directions

- 1 Combine cashews, almond milk, garlic, chives, basil, maple syrup, vinegar, black pepper and salt in a food processor or blender. Blend until smooth.
- 2 Spread vegan ricotta mixture onto toast and top with cucumber slices, with additional salt and pepper (to taste, optional).

Notes

No Chives or Basil: Use dried herbs or any fresh herbs you have on hand.

No Cucumber: Top with slices of tomato, red onion, boiled eggs or fresh herbs.

No Apple Cider Vinegar: Use lemon juice instead.

Too Runny or Too Thick: Add more cashews to the ricotta mixture if too runny, or more almond milk if too thick.

Storage: Refrigerate vegan ricotta mixture in air-tight container up to 3-5 days.

| | |
|-------------|-------|
| Vitamin B12 | 0µg |
| Magnesium | 196mg |
| Zinc | 4mg |



Broccoli Almond Protein Salad

4 servings

20 minutes

Ingredients

- 4 cups Broccoli (chopped into small florets)
- 2 cups Frozen Edamame (shelled)
- 4 stalks Green Onion (sliced)
- 1/2 cup Almonds (chopped)
- 1/4 cup Almond Butter
- 1 tbsp Rice Vinegar
- 1 tbsp Tamari (or Coconut Aminos)
- 1 tbsp Maple Syrup
- 1 tbsp Sesame Oil
- 1 Garlic (clove, minced)
- 2 tbsps Water

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 374 |
| Fat | 25g |
| Saturated | 2g |
| Polyunsaturated | 8g |
| Monounsaturated | 13g |
| Carbs | 24g |
| Fiber | 11g |
| Protein | 19g |
| Vitamin A | 1278IU |
| Vitamin C | 88mg |
| Calcium | 208mg |
| Vitamin D | 0IU |
| Riboflavin | 0.7mg |
| Niacin | 3mg |
| Vitamin B6 | 0.3mg |
| Folate | 319µg |

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.

| | |
|-------------|-------|
| Vitamin B12 | 0µg |
| Magnesium | 166mg |
| Zinc | 3mg |



Cream of Broccoli Soup

4 servings

30 minutes

Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 392 |
| Fat | 17g |
| Saturated | 3g |
| Polyunsaturated | 3g |
| Monounsaturated | 10g |
| Carbs | 48g |
| Fiber | 14g |
| Protein | 19g |
| Vitamin A | 4808IU |
| Vitamin C | 113mg |
| Calcium | 176mg |
| Vitamin D | 0IU |
| Riboflavin | 0.4mg |
| Niacin | 3mg |
| Vitamin B6 | 0.6mg |
| Folate | 337µg |
| Vitamin B12 | 0µg |
| Magnesium | 182mg |

Directions

- 1 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 2 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 3 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 2 cups.

Zinc

4mg



Chicken, Broccoli & Cashew Stir Fry

4 servings

45 minutes

Ingredients

227 grams Chicken Breast
 3/4 cup Quinoa
 1 1/2 cups Water
 2 tbsps Tamari
 1 tbsp Raw Honey
 1 tbsp Apple Cider Vinegar
 4 cups Broccoli (cut into florets)
 1 tbsp Coconut Oil
 1 Yellow Bell Pepper (diced)
 1/2 Sweet Onion (chopped)
 1 tbsp Ginger (grated)
 3 Garlic (cloves, minced)
 1/2 cup Cashews
 3 stalks Green Onion (chopped)
 Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 399 |
| Fat | 15g |
| Saturated | 5g |
| Polyunsaturated | 3g |
| Monounsaturated | 6g |
| Carbs | 44g |
| Fiber | 6g |
| Protein | 24g |
| Vitamin A | 1042IU |
| Vitamin C | 170mg |
| Calcium | 102mg |
| Vitamin D | 1IU |

Directions

- 1 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

| | |
|-------------|-------|
| Riboflavin | 0.4mg |
| Niacin | 8mg |
| Vitamin B6 | 1.0mg |
| Folate | 159µg |
| Vitamin B12 | 0.1µg |
| Magnesium | 160mg |
| Zinc | 3mg |



Peanut Thai Zucchini Noodles

4 servings

20 minutes

Ingredients

- 1 cup Basil Leaves
- 1 cup Raw Peanuts
- 2 cups Fresh Peas (divided)
- 1 tbsp Ginger (grated)
- 1 Lime (zested and juiced)
- 2 tbsps Tamari
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Sesame Oil
- 1/4 cup Water
- 4 Zucchini
- 1 tsp Red Pepper Flakes (to taste)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 442 |
| Fat | 34g |
| Saturated | 5g |
| Polyunsaturated | 8g |
| Monounsaturated | 19g |
| Carbs | 25g |
| Fiber | 10g |
| Protein | 17g |
| Vitamin A | 1699IU |
| Vitamin C | 70mg |
| Calcium | 108mg |
| Vitamin D | 0IU |
| Riboflavin | 0.3mg |
| Niacin | 7mg |
| Vitamin B6 | 0.6mg |
| Folate | 192µg |
| Vitamin B12 | 0µg |
| Magnesium | 133mg |

Directions

- 1 To create the pesto, combine basil, peanuts, half of the peas, ginger, lime juice, lime zest, tamari, olive oil and sesame oil in a food processor. Add water, blend until smooth and set aside. (Note: You may need to add extra warm water 1 tablespoon at a time to reach desired consistency.)
- 2 Use a spiralizer to turn the zucchini into noodles. (If you don't have a spiralizer, you can use a box grater to create noodles.)
- 3 Toss the noodles in desired amount of pesto, add the remaining peas and then divide into bowls. Garnish with chopped peanuts, red pepper flakes and left over basil leaves. Enjoy!

Notes

Warm it Up: Saute noodles in a frying pan with a bit of olive oil before serving.

Zinc

3mg



Overnight Paleo N'Oats

3 servings

5 minutes

Ingredients

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 591 |
| Fat | 49g |
| Saturated | 6g |
| Polyunsaturated | 11g |
| Monounsaturated | 25g |
| Carbs | 26g |
| Fiber | 16g |
| Protein | 21g |
| Vitamin A | 251IU |
| Vitamin C | 1mg |
| Calcium | 478mg |
| Vitamin D | 50IU |
| Riboflavin | 0.7mg |
| Niacin | 2mg |
| Vitamin B6 | 0.1mg |
| Folate | 29µg |
| Vitamin B12 | 0µg |
| Magnesium | 204mg |
| Zinc | 2mg |

Directions

- 1 Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
- 2 In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating: Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers: Store in an airtight jar in the fridge up to 5 days.

More Toppings: Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet: Drizzle with maple syrup or honey.

No Almond Milk: Use any other type of milk instead.