



VIBRANT
HEALTH®

Blendology™

VERSION 1.0

COUPON
CODE

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7 Nutritious Recipes to **Mix It Up**



From the Owners

Those who have known Vibrant Health for years know how great our products are, and we each have our favorite way to mix them up. These recipes were crafted with care, just like our products, to introduce you to the versatility of powdered superfood supplements.

We're more than a little biased, but we love Vibrant Health. Our founder, Mark Timon, first formulated Green Vibrance in his barn in 1992, and we've been dedicated to bringing you products that work and telling you what's inside ever since. Each product we bring to market is carefully formulated, sourcing every ingredient to ensure maximum quality, with a singular aim: your optimum health.

Whether you're a long-time customer or about to become our next biggest fan, we invite you to give these out-of-this-world recipes a try.

Ted & Paige Parker
President & COO



Iced Matcha Latte

Good for: nutrition, digestion, circulation, immunity, energy and cardiovascular health

INGREDIENTS

- 1 scoop **Green Vibrance, Matcha Tea**
- 1 cup of unsweetened almond milk, or other non-dairy beverage
- 1 tbs agave nectar
- 1 tsp organic vanilla extract

METHOD

- 1. Blend all ingredients.
- 2. Pour over ice and enjoy!

GREEN VIBRANCE MATCHA TEA is made with DōMatcha®, an authentic green tea from Uji, Japan, where Matcha originated and where the most premium quality Matcha is produced.

NEW! Green Vibrance, Matcha Tea is one of the first flavored versions of Green Vibrance after twenty-five years.



Joint Vibrance Tropical Smoothie

Good for: joint and bone health, inflammation, circulation, skin, hair and nails

INGREDIENTS

- 1 scoop of **Joint Vibrance**
- ½ cup unsweetened almond milk
- ½ ripe organic mango
- ¼ cup of organic pineapple, peeled and cubed
- 1 cup of ice

METHOD

1. Place all ingredients into a blender. Blend until smooth.
2. Add preferred toppings (optional) and enjoy!

JOINT VIBRANCE provides chondrocytes, cartilage building cells, with the proper nutrients necessary for construction of new cartilage and synthesis of hyaluronic acid.

Joint Vibrance is intended for regular daily use in maintenance of healthy joint function. No other formula is as complete!



Chocolate Coconut Smoothie Bowl

Good for: nutrition, digestion, immunity and circulation

INGREDIENTS

- 1 scoop of **Green Vibrance, Chocolate Coconut**
- 1 banana
- ½ cup ice
- ½ avocado
- ¼ cup coconut milk
- 1 tbsp cacao nibs
- 1 tsp cocoa powder

METHOD

1. Place all ingredients into a blender. Blend until smooth.
2. Pour into a bowl (for breakfast) or two (for a snack). Add your favorite toppings. We added shredded coconut, cacao nibs, and raspberries.

Packed with micro nutrition and designed to support the four foundations of health, **GREEN VIBRANCE** is your convenient, comprehensive nutrition solution.

NEW! Green Vibrance, **Chocolate Coconut** is one of the first flavored versions of Green Vibrance after twenty-five years.



Field of Greens Goddess Dressing

Good for: detoxification and alkalization

INGREDIENTS

- 1 scoop of **Field of Greens**
- ½ cup fresh basil
- ½ cup fresh parsley
- ¾ cup water
- 4 garlic cloves
- 2 avocados
- ½ cup extra virgin olive oil
- 1 tsp apple cider vinegar
- 1 tsp fresh lemon juice
- 1 tsp salt

METHOD

1. Add basil, parsley, and water to a blender. Pulse until smooth.
2. Add garlic, avocado, Field of Greens, olive oil, apple cider vinegar, and lemon juice. Blend until smooth. Add salt to taste.
3. Serve over salad or as a dip.

Field of Greens is a unique combination of the best green foods that can grow from organic soil.

FIELD OF GREENS can be an excellent addition to any raw food diet. Each ingredient is dried and processed at the lowest possible temperature in order to preserve as much of the full nutrient value of the plant in its raw state.



Super Kids Vibrance Brownies

Good for: nutrition, digestion, growth, immunity, and brain function

INGREDIENTS

- ¼ cup **Super Kids Vibrance, Cool Chocolate**
- 6 tbs coconut oil
- 6 oz semisweet chocolate chips
- 2 large eggs at room temperature
- ⅔ cup organic coconut sugar
- 2 tsp organic vanilla extract
- ¼ cup unsweetened cocoa powder
- 6 tbs organic arrowroot powder
- ¼ tsp kosher salt

METHOD

1. Preheat oven to 350°F. Grease an 8-inch square baking pan.
2. Add coconut oil and chocolate chips to a small saucepan, stirring over low heat until melted. Set aside to cool.
3. Using a mixer, beat together eggs, sugar, and vanilla until smooth, about 2 minutes. Add melted chocolate mixture and beat to combine. Reduce speed and add Super Kids Vibrance, cocoa powder, arrowroot powder, and salt, mixing until batter is thick and smooth.
4. Pour batter into prepared pan, spreading evenly. Bake for 25-30 minutes, until center is set.
5. Remove from oven and let cool about 15 minutes. Transfer to a wire rack to cool completely. Cut into squares and serve.



Also available
in **Awesome**
Apple flavor.



vitamin angels®
PROUD SUPPORTER

\$1 from every SUPER KIDS VIBRANCE bottle sold will help at-risk children and pregnant mothers with lifesaving and life changing vitamins and minerals.

Vibrant Health will donate \$25,000 to support Vitamin Angels this year.

Max Mint Chip Nice Cream

Good for: nutrition, digestion, immunity, alkalization and energy

INGREDIENTS

- 2 scoops of **Maximum Vibrance, Vanilla Bean**
- 3 frozen bananas, chopped
- 2 13 oz cans coconut milk, full fat
- ½ cup sugar
- 2 tsp organic vanilla extract
- 1 tsp mint extract
- ½ cup mini chocolate chips

METHOD

1. Place the frozen bananas, coconut milk, sugar, vanilla, mint and Maximum Vibrance in a blender. Blend on slow setting and slowly increase to higher setting until thoroughly combined.
2. Add chocolate chips and blend on low setting.
3. Spoon into a freezer safe container, cover, and freeze for about 4 hours or overnight.

Tip: Keep the coconut milk in the refrigerator until you're ready to start.

Also available
in **Chocolate
Chunk** flavor.

MAXIMUM VIBRANCE
comes closer than any other
dietary supplement to being
the singular product one
may take in place of all other
supplements.



Max Turmeric Milk

Good for: inflammation, digestion, liver function and cardiovascular health

INGREDIENTS

- 2 opened capsules of **Maximized Turmeric 46x**
- 2 cups of organic almond (or coconut) milk
- 1 tbs local, raw honey
- 1 tbs organic coconut oil
- 1 tsp ground cinnamon
- 1 small pinch each of black pepper and grated fresh ginger

METHOD

1. Whisk all ingredients together in a small saucepan and bring to a low boil. Reduce heat and simmer for up to 10 minutes.
2. Strain the milk to remove any large pieces of ginger or cinnamon. Serve warm and enjoy with honey or a dash of cinnamon.

Maximized Turmeric 46x is the highest potency curcumin supplement available.



TURMERIC is a spice that has been used for its medicinal, antioxidant, and anti-inflammatory properties for thousands of years.





About Vibrant Health

Celebrating its 25th year as the leader in plant-based nutrition, Vibrant Health is a brand for those seeking, well... vibrant health. Our promise is to design and market the most nutritionally valuable food supplements we can for the benefit of all men, women, children and pets. Delivering on that promise is a serious endeavor, and we work diligently toward that end for you.

Vibrant Health's products provide supplemental nutrition that support human biochemistry. The human body carries an infinite wisdom that guides it toward optimum health in response to appropriate dietary improvements. Steady decline in the trace nutrient value of our fresh foods—as evidenced in the U.S. Department of Agriculture's analysis of our food supply—has, in the opinion of Vibrant Health, established a mandate for supplemental nutrition. We believe supplemental nutrition is no longer an option, it is instead a necessity if one hopes to achieve robust and vibrant health.

For more nutritious recipes and fun ideas to mix it up, visit:
vibranthealth.com/recipes

And for a chance to be in our next Blendology,[™] share your recipes on social media using the hashtag:
#blendology

To save \$3.00 off any online purchase of \$19.95 or more, use code:

BLENDOLOGY



Consumer orders only. Cannot be combined with any other offer. Terms and conditions apply.

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