

Superfood
SMOOTHIES



SUNWARRIOR

FEATURING GUEST RECIPES

INTRODUCTION



Welcome to the wonderful world of Sunwarrior smoothies. We've collected, tasted, and tested the best recipes we could find, entice out of our health expert friends, or make up in our kitchen.

We don't want to brag. Sunwarrior is probably best known, aside from delicious plant-based protein, for extreme humility in moments like these, so we'll simply say that these smoothies will most likely change your life in ways you've never imagined and leave it there.

That's right. There are 52 smoothies lined up at your fingertips. With that perfect number, you are left with an impossible choice: try one new recipe each week to spread the enjoyment out through the entire year or make as many as quickly as you can in an exciting blur of smoothie goodness.

Either way, we do not envy this choice, and we hope your blender can forgive us someday for all the work we've just heaped on its tiny jar-shaped shoulders. Enjoy!

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NOTE

The following smoothies all require a high-speed blender to be their best, smooth, creamy selves, but you can make them in just about any blender if you don't mind a chunkier smoothie. Sunwarrior products are, again, always optional but highly recommended.

HEALTH ENHANCEMENT



*Smoothies designed to make you feel, look, and be better.
Don't worry. They taste great too!*

BLOOD BUILDER

8 ounces coconut or almond milk
1 scoop Sunwarrior vanilla protein
1 capful Sunwarrior Vitamin Mineral Rush
½ teaspoon Sunwarrior Supergreens natural

1 frozen banana
1 whole orange, peeled
1 teaspoon camu camu powder
½ cup acai juice
Handful spinach
1 tablespoon sunflower
or pumpkin seeds



**BLEND WITH A HANDFUL
OF ICE UNTIL SMOOTH.**

Makes 2 servings.

Blueberry Brain Boost



2 cups blueberries



10 ounces coconut or almond milk



1 scoop Sunwarrior vanilla protein



1 tablespoon sunflower or chia seeds



Handful spinach



½ cup acai juice



2 teaspoons cacao powder



1 tablespoon coconut oil



Handful ice



Blend until smooth.

HORMONE BALANCER

- 8 ounces coconut or almond milk
- 1 scoop Sunwarrior Protein
- 1 teaspoon Sunwarrior Vitamin Mineral Rush
- 1 teaspoon maca powder
- 1 teaspoon goji berry powder
- 1 tablespoon coconut oil
- 1 tablespoon flax or chia seeds
- 1 tablespoon cacao
- Handful ice
- *Optional*
dash muira puama or
other adaptogenic herb

BLEND UNTIL SMOOTH.





Peaches & Cream
MUSCLE BUILDER

Peaches & Cream **MUSCLE BUILDER**

- ¼ cup coconut or almond milk*
- 1 scoop Sunwarrior vanilla protein*
- 1 tablespoon Sunwarrior Activated Barley*
- 1 capful Sunwarrior Liquid Light*
- 1 tablespoon hemp seeds*
- 2 cups frozen or fresh peaches*
- ¼ cup fresh orange juice*
- Handful ice*
- Optional: handful fresh or frozen pineapple*

Blend until smooth.

Electrolyte Lemon Berry **MUSCLE BUILDER**

- 1 scoop Sunwarrior vanilla protein*
- 8 to 12 ounces coconut water with coconut meat*
- 1 capful Sunwarrior Liquid Light*
- 1 teaspoon black maca*
- 2 whole lemons with pulp*
- 1 cup frozen blueberries*

**Serves one nice, big,
muscle-satisfying serving!**

Danny David
Fitness Model and Strength Trainer



BEAUTY SMOOTHIE

- 8 ounces coconut milk
- 1 scoop Sunwarrior vanilla protein
- 1 capful Sunwarrior Liquid Light
- ½ cup aloe vera gel or pulp
- 1 cup cucumber, sliced
- 1 cup frozen or fresh kiwi, sliced
- 1 tablespoon coconut oil
- Handful ice

Blend until smooth.

ENERGIZER

- 8 ounces coconut or almond milk
- 1 scoop Sunwarrior vanilla protein
- 1 capful Sunwarrior Liquid Light -or-
- 1 teaspoon Sunwarrior Vitamin Mineral Rush
- 1 frozen or fresh banana
- 1 cup frozen or fresh strawberries
- 1 whole orange, peeled
- 1 tablespoon pumpkin seeds
- 1 teaspoon goji berry power
- 1 tablespoon coconut oil
- 1 teaspoon chia seeds

Blend until smooth.

CHOCOLATE



Yes, this section is all about the superfood cacao and all the chocolatey goodness you can handle.

CHOCOLATE BLISS BREAKFAST SMOOTHIE

I whipped this up the other day at random, and it's officially one of my favorites. What's in it?

2 bananas

½ cup frozen pineapple

½ ripe avocado

1 scoop Sunwarrior chocolate protein

2 tablespoons raw cacao powder

Filtered water to taste

I just eyeball it so the smoothie isn't too thin— it's best to add a little if you aren't sure, and then just add more until you have achieved your desired consistency.

Chocolate for breakfast?

Yes, please. Enjoy your day, everyone!

Lauren Deyenno

Raw Foods Chef and Nutrition Coach



CHOCOLATE JAVA JOLT

8 ounces iced brewed coffee

1 scoop Sunwarrior chocolate protein

1 capful Sunwarrior Liquid Light

1 teaspoon maca powder

1 teaspoon cacao powder

½ teaspoon ground cinnamon

1 tablespoon honey, maple, or coconut sugar

Handful ice

Optional: 1 glug coconut or almond milk

BLEND UNTIL SMOOTH.

CHOCOLATE PEANUT BUTTER

8 ounces coconut or almond milk
1 scoop Sunwarrior chocolate protein
1 teaspoon Sunwarrior Vitamin Mineral Rush
2 tablespoons peanut butter or other nut butter
1 tablespoon cacao powder
1 tablespoon hemp seed
Handful ice

Optional: 1 tablespoon coconut oil

BLEND UNTIL SMOOTH.



THE CHUNKY MONKEY

This smoothie is simple, yet will send your taste buds into a frenzy. You'll love this combination of natural sweeteners, and the mixture of textures will satisfy any sweet tooth or crunchy craving.

1 scoop Sunwarrior chocolate protein
1 frozen banana (peel your bananas before freezing)
 $\frac{3}{4}$ cup water
1 $\frac{1}{2}$ tablespoons chunky peanut or almond butter
 $\frac{1}{4}$ teaspoon ground cinnamon
1 tablespoon ground flax seed
1 tablespoon chia seed
Optional: 3 to 4 ice cubes
Garnish: 1 tablespoon dark chocolate chips

Combine all ingredients in a high-speed blender and blend until thick and smooth. Adjust any flavors to taste as desired, and serve immediately!

Angela Nunez
Personal Trainer, Yoga Instructor, Nutritionist

CHOCO maca Love



ingredients:

- 12 ounces COCONUT OR ALMOND MILK
- 1 scoop SUNWARRIOR CHOCOLATE PROTEIN
- 1 capful SUNWARRIOR LIQUID LIGHT
- 1 tablespoon MACA POWDER
- 1 tablespoon CACAO POWDER
- 1 teaspoon CINNAMON
- ½ cup CASHEWS
- 1 teaspoon FLAX SEEDS
- 1 tablespoon COCONUT OIL
- Handful ICE
- Optional: pinch STEVIA OR OTHER SWEETENER

>>

Blend with love until smooth.
Makes two servings, of course.

A tall, clear glass filled with a thick, light brown smoothie. The smoothie has a slightly frothy top. To the right of the glass, several cinnamon sticks are scattered on a dark, woven placemat. In front of the glass, a silver spoon holds a small amount of light brown powder, likely cacao powder. The background is a plain, light-colored wall.

chocolate MONKEY

DON'T FORGET
TO FEED THE
MONKEYS

ingredients:

8 ounces CHOCOLATE COCONUT OR ALMOND MILK
1 scoop SUNWARRIOR CHOCOLATE PROTEIN
1 capful SUNWARRIOR LIQUID LIGHT
1 frozen BANANA
1 tablespoon CACAO POWDER
1 tablespoon COCONUT OIL
1 tablespoon HEMP SEED
Handful ICE

Optional: 1/3 cup SHREDDED COCONUT >> Blend until Smooth.

THE choco GLADIATOR

INGREDIENTS

10 ounces chocolate nut milk

1 scoop Sunwarrior chocolate protein

1 tablespoon Sunwarrior Activated Barley

1 capful Sunwarrior Liquid Light

½ teaspoon Sunwarrior Supergreens mint

1 tablespoon cacao powder

Shake well!

This easy smoothie is rich in protein and delivers a slow-burning carbohydrate to keep you satisfied and energetic for hours to come.





» » » »

THE
choco
GLADIATOR



MINT Chocolate Chip



8 ounces
coconut or
almond milk



1 scoop
Sunwarrior
chocolate protein



1 capful
Sunwarrior
Liquid Light



1 tablespoon
Sunwarrior
Supergreens mint



1 teaspoon
Sunwarrior
Activated Barley



1 teaspoon
raw cacao nibs



1 tablespoon
cacao powder



2 tablespoons
honey or
maple syrup



Few fresh
mint leaves



Handful ice

BLEND UNTIL SMOOTH.

MINT CACAO CHIP SUPERGREEN ICE CREAM

1 cup raw cashews or macadamia nuts
soaked 1 to 2 hours
½ teaspoon Sunwarrior Supergreens mint
1 to 2 tablespoons Sunwarrior vanilla protein
½ cup coconut meat
½ cup clear agave nectar, coconut palm
nectar, or Jerusalem artichoke syrup
1 cup raw coconut water

¼ cup filtered water
1 tablespoon vanilla extract (alcohol-free)
2 -or- vanilla beans (scraped)
½ teaspoon -or- ground vanilla bean powder
½ cup extra-virgin coconut oil
2 tablespoons peppermint extract (alcohol-free)
2 pinches Himalayan crystal salt or sea salt
Garnish: ¼ cup raw cacao nibs

1. BLEND

all ingredients, except the cacao nibs, in a high-speed blender until very smooth and creamy.

2. POUR

into the frozen bowl of an automatic ice cream maker.

3. ADD

the raw cacao nibs into the mixture, and process in the machine for at least 30 minutes.

4. SERVE

immediately if thick and frozen.

5. TOP

with Warm Cacao Fudge Sauce, fresh berries, bananas.

Serves 10 to 12 peeps (1 full quart)

FOR LEFTOVERS:

Transfer the remaining ice cream to a covered container and freeze until solid. Before serving, thaw the ice cream at room temperature for 5–10 minutes.

YOU CAN ALSO USE AS A BASE:

Use 1 to 2 scoops of ice cream as a base for an ultra-creamy, decadent smoothie!

Jason Wrobel
Celebrity Raw Food Chef

GRASSHOPPER WARRIOR

A chocolate mint smoothie to put a spring in your step!

1 cup nut milk
1 cup frozen banana
1 small scoop Sunwarrior vanilla protein
1 tablespoon fresh chopped mint
1 ½ teaspoons Sunwarrior Supergreens mint
7 drops stevia
1 tablespoon cacao nibs
Few ice cubes

Blend all ingredients and enjoy! Makes 1 serving.

Judita Wignall
Raw Food Chef, Musician, Actress



CHOCOLATE Mylk Shake SMOOTHIE



- 1 banana
- 1 cup strawberries
- 1 tablespoon almond butter
- 1 scoop Sunwarrior chocolate protein
- 1 ½ cups water
- 1 teaspoon cinnamon
- 1 teaspoon vanilla essence
- 1 teaspoon Sunwarrior Supergreens natural

Blend and Enjoy!
Yields 1 serving.

Mary Luciano
“The Raw Food Trainer”

VANILLA Mylk Shake SMOOTHIE

- 2 frozen bananas
- 1 scoop Sunwarrior vanilla protein
- 2 tablespoons raw tahini butter
- 1 teaspoon vanilla bean powder
- ¾ cup filtered water
- 1 teaspoon vanilla essence
- Optional:* 1 teaspoon Sunwarrior Supergreens natural

Blend and Enjoy! Yields 1 serving.

Chocolate SUPER SMOOTHIE

- 2 cups water
- 3 tablespoons hemp seeds
- 2 tablespoons soaked goji berries
- 1 tablespoon coconut oil
- ½ tablespoon mesquite powder
- 1 tablespoon almond butter
- 2 tablespoons cacao nibs
- 1 to 2 scoops Sunwarrior chocolate protein
- 2 tablespoons chia seeds
- 1 tablespoon raw honey
- 1 cup ice
- 1 frozen banana

Optional: add in greens, spinach, kale, or 1 teaspoon Sunwarrior Supergreens mint

Blend water and hemp seeds in a blender until smooth. This is your base: homemade hemp milk. Add the remaining ingredients and blend again. Serves two.

Marni Wasserman
Vegan Chef and Culinary Nutritionist

Gracious Living Lifestyle
with Grace Van Berkum

Spicy Chocolate Zinger Smoothie

This combination of raw chocolate and fresh ginger gives your body and taste buds a healthy, tasty buzz. This smoothie is plant-based, easy to digest, and metabolism boosting. Let's do it!

- 1 scoop Sunwarrior chocolate protein
- 1 frozen banana
- 1 teaspoon fresh grated ginger
- 1 tablespoon raw organic cacao powder
- 1 teaspoon mesquite powder
- ½ teaspoon pure vanilla
- Pinch Celtic sea salt
- 2 to 3 cups unsweetened almond, cashew, hazelnut, or coconut milk
- Handful ice

Garnish: 1 teaspoon cacao nibs

Add everything to the blender. Blend till smooth and creamy. Top with cacao nibs for an antioxidant crunch. This smoothie is guaranteed to make you smile and say mmm!

Grace Van Berkum
Registered Holistic Nutritionist and Yoga Teacher



ALMOND

Breeze



- 8 ounces almond milk
- 1 scoop Sunwarrior vanilla protein
- 1 teaspoon Sunwarrior Vitamin Mineral Rush
- 2 to 4 tablespoons almond butter
- 1 frozen banana
- 1 teaspoon vanilla extract
- Handful ice

<< Blend until smooth

CHOCOLATE

Almond Dream

- 1 cup almond milk
- 2 tablespoons almond butter
- 2 scoops Sunwarrior chocolate protein
- 2 tablespoons cocoa nibs
- 1 capful Sunwarrior Liquid Light
- ½ tablespoon Sunwarrior Supergreens natural
- Some ice

Blend and enjoy! Serves 2

Marzia Prince
Fitness Expert and Model

FRUITY



Fruits make many smoothies better, but these smoothies highlight those fruits in the best ways.

BLUEBERRY BLAST

10 ounces *coconut or almond milk*
1 scoop *Sunwarrior vanilla protein*
1 capful *Sunwarrior Liquid Light*
½ tablespoon *Sunwarrior Activated Barley*
2 cups *frozen blueberries*
Handful *ice*

Blend until smooth.

Very Berry Smoothie

1 cup *filtered water*
1 cup *frozen raspberries*
½ cup *blueberries*
½ cup *strawberries*
2 scoops *Sunwarrior vanilla protein*
½ tablespoon *Sunwarrior Supergreens natural*
1 capful *Sunwarrior Liquid Light*

Blend and enjoy! Serves 2

Marzia Prince
Fitness Expert and Model

LAVENDER BLUEBERRY LEMON SMOOTHIE

1 frozen banana

1 ½ cups almond milk (preferably homemade!)

1 cup frozen blueberries

½ teaspoon dried lavender flowers

1 ½ teaspoons lemon zest

1 capful Sunwarrior Liquid Light

2 teaspoons chia seeds

Blend thoroughly until smooth. Garnish with a lemon wheel and a few blueberries.

Sheree Clark

Author, TV Host, Raw Vegan Chef



the YUMMY MUMMY

This is my favorite recipe! The first part is the foundation, and the second part I change up with any combination, depending on how I'm feeling and how I want to optimize my body. Enjoy!

1 scoop Sunwarrior
chocolate protein

½ frozen banana

Handful frozen blueberries

½ cup water

½ cup almond or coconut milk (ideally, homemade)

1 cup kale (or spinach if breast feeding)

Garnish: 1 teaspoon cacao nibs

Bonus for being and feeling awesome:

Boost Immune System

1 teaspoon mesquite powder

Good Digestion and Extra Protein

1 to 2 tablespoons chia seeds, soaked

Extra Vitamins, Nutrients, and Antioxidants

1 to 2 tablespoons moringa powder

Many Health Benefits

Omega oil: stir in at the end; don't blend

Energy

1 teaspoon cacao

*Energy, Immunity,
and Digestion*

1 teaspoon bee pollen

Overall Health and Taste

Sprinkle cinnamon

Creaminess

1 teaspoon

lucama powder

Blend and enjoy!

Sarah Edmondson

Actress, Voice Over Artist, Mom



BERRY SUPERFOOD PRE-WORKOUT

INGREDIENTS

½ cup blackberries, fresh or frozen
2 tablespoons goji berries, soaked
1 to 1 ½ cups greens (parsley, watercress, kale, romaine, spinach, etc.)
¼ cup avocado or 1 to 2 teaspoons coconut oil
½ to 1 inch ginger root
1 tablespoon chia seeds, soaked (Omega 3 power)
½ to 1 scoop Sunwarrior chocolate protein
1 to 2 tablespoons raw cashew butter
1 heaping tablespoon raw cacao powder
½ teaspoon cinnamon
1 ½ cups liquid: non-dairy milk, fresh beet juice, coconut water, herbal tea, or water
Optional: tiny pinch sea salt
Optional: 1 handful ice
Garnish options: raw cacao nibs, hemp seeds, chia seeds, cayenne pepper

POWER UP OPTIONS:

{CHOOSE WHATEVER FITS YOUR NEEDS}

Pre-Workout Enzyme Rich Energizer

1 tablespoon Sunwarrior Activated Barley

Energy, Stamina, Endurance

1 teaspoon maca root powder

Living Alkaline Power

1 teaspoon Sunwarrior Supergreens natural

Chlorophyll Rich

1 teaspoon spirulina or chlorella

Pure Vitamin C

1 teaspoon acerola cherry powder

Need more sweetness?

Add additional goji berries, soaked dates, raw honey, or stevia to taste

One large, vegan, gluten-free power shake coming up! Putting nutrient dense, real foods into the body quickly reaps us the rewards of increased energy, clarity, vitality, and stamina. This ingredient list may look long, but it's a front end investment for fabulous back end results.



Teri Gentes
Speaker, Educator,
Whole Self Health Coach

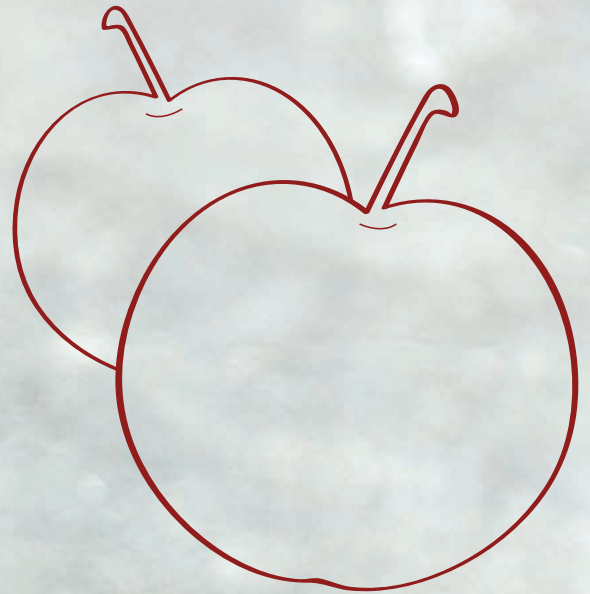
Strawberry Banana BLISS!

*8 ounces coconut or almond milk
1 scoop Sunwarrior vanilla protein
1 capful Sunwarrior Liquid Light
-or- teaspoon Sunwarrior Vitamin Mineral Rush
1 cup frozen strawberries
1 frozen banana
1 teaspoon hemp, chia, or sunflower seeds*

Blend until smooth.



Cherry garcia



8 ounces coconut or almond milk
1 scoop Sunwarrior chocolate protein
1 capful Sunwarrior Liquid Light
1 cup frozen cherries
1 tablespoon cacao powder
1 teaspoon chia seed
Handful ice

Blend until smooth!



- ANTI - Cherry SMOOTHIE - INFLAMMATORY -



- ½ cup frozen cherries
- ½ cup frozen blueberries
- ¼ teaspoon cinnamon
- ¼ teaspoon turmeric
(you can use fresh if you want more benefits!)
- 2 cups escarole or other leafy greens
- 1 scoop Sunwarrior chocolate protein
- 1 cup non-dairy milk or water
- 5 ice cubes

In a blender, combine all ingredients and blend until smooth.

Rebecca Pytell

PINK PANTHER

- 1 cup unsweetened coconut milk
- 1 scoop Sunwarrior vanilla protein
- 1 frozen banana
- 1 cup pitted cherries
- 1 tablespoon golden flax seed

- 1 medjool date
- 1 tablespoon cacao nibs or carob chips
- Optional:* 1 tablespoon bee pollen
- Optional:* ½ capful Sunwarrior Liquid Light
- Ice

Garnish with a fresh sweet cherry!

Nathane Jackson
Strength Coach, Nutritionist, Author



Tropical Paradise

- 10 ounces coconut milk
- 1 scoop Sunwarrior vanilla protein
- 1 capful Sunwarrior Liquid Light
- 1 teaspoon Sunwarrior Supergreens natural
- ½ cup frozen strawberries
- ½ cup frozen pineapple
- ½ cup frozen mango
- ½ frozen banana
- 1 tablespoon coconut oil

Blend until smooth.





Tropical Dream

$\frac{3}{4}$ cup So Delicious Pina Colada
Coconut Milk Yogurt

1 cup coconut water

3 large chunks pineapple

$\frac{1}{2}$ small banana

2 scoops Sunwarrior vanilla protein

1 capful Sunwarrior Liquid Light

$\frac{1}{2}$ tablespoon Sunwarrior Supergreens natural

Some ice

Blend and enjoy! Serves 2

Marzia Prince
Fitness Expert and Model

SUMMER DREAM



8 ounces coconut milk
½ scoop Sunwarrior vanilla protein
1 capful Sunwarrior Liquid Light
or teaspoon Sunwarrior Immune Shield
1 cup cantaloupe, diced
1 cup honeydew, diced
1 cup watermelon, diced
1 to 2 teaspoons lime juice
Few fresh mint leaves
Handful ice

**BLEND UNTIL SMOOTH.
MAKES TWO SERVINGS.**

Mighty Mouse



- 1 cup almond milk
- 1 scoop Sunwarrior vanilla protein
- 1 banana
- ½ cup mango
- 2 tablespoons chia seed or flax seed
- 1 tablespoon goji berries
- 1 teaspoon raw maca powder

Garnish with fresh blueberries, hemp seeds, and bee pollen (optional).

Nathane Jackson
Strength Coach, Nutritionist, Author

MANGO VANILLA SMOOTHIE

with a Dash of Cardamom

- 1 cup coconut water
- 1 cup mango, frozen
- 1 to 2 cups spinach
- 1 banana
- 2 to 3 dates
- 1 scoop Sunwarrior vanilla protein
- ¾ teaspoon cardamom
- Pinch Himalayan sea salt

Blend all ingredients until smooth and creamy.

Smriti Kirubanandan
Raw Vegan Chef, Nutrition Consultant, Yogi



SNAKE EYES

Nathane Jackson
Strength Coach,
Nutritionist, Author

- 1 cup unsweetened coconut milk
- 1 scoop Sunwarrior protein, vanilla or chocolate
- 1 tablespoon carob powder
- 1 handful spinach
- 1 frozen banana
- ½ avocado
- 1 medjool date
- Ice

Garnish with unsweetened coconut and cacao nibs or carob chips.



PAPAYA PROTEIN POWER SHAKE

- 3 cups raw coconut water
- 1 scoop Sunwarrior vanilla protein
- 1 ½ tablespoons Sunwarrior Liquid Light
- 1 teaspoon Sunwarrior Activated Barley

- 1 cup fresh papaya fruit, with a few seeds
- 1 tablespoon chlorella turmeric tablets
- 1 tablespoon raw hemp seeds
- 1 tablespoon raw chia seeds
- ¼ cup wild crafted goji berries
- ¼ teaspoon camu camu powder
- ½ teaspoon wild crafted ground vanilla bean
- Pinch Himalayan crystal salt or sea salt

Add all ingredients to a high-speed blender, adding the chia seeds LAST. Blend for 20–30 seconds on high speed until smooth, frothy, and creamy. Serve immediately. Remember to wipe the green mustache off of your lip before you leave the house. Serves 3 to 4 peeps.

Jason Wrobel
Celebrity Raw Food Chef



EVERYTHING! BUT THE KITCHEN SINK



12 ounces coconut or almond milk
2 scoops Sunwarrior vanilla protein
1 capful Sunwarrior Liquid Light
1 teaspoon Sunwarrior Immune Shield
½ cup frozen berries
½ cup frozen cherries
½ cup frozen mango
½ cup frozen pineapple

½ cup acai juice
1 tablespoon chia seeds
1 tablespoon pumpkin seeds
1 teaspoon camu camu powder
1 tablespoon hemp, flax, or sunflower seeds
1 tablespoon coconut oil
1 teaspoon baobab powder
Optional: 4 tablespoons shredded coconut

Blend at high speed until smooth. Add ice if needed. Top with a sprinkle of hemp seeds, goji berries, or cacao nibs. Should be thick, like ice cream, so eat it with a spoon. Makes 2 to 3 servings.

GREENS



Greens deserve some love too. That chlorophyll isn't as decadent as chocolate, but it's fantastic in its own way.



Go Green

..... THE

P O P
E Y E

Everything you need to replenish your electrolytes, protein, and minerals!

- 8 ounces fresh coconut water
- 1 scoop Sunwarrior vanilla protein
- 1 handful organic spinach
- Few ice cubes
- Optional: coconut meat

Blend all ingredients and enjoy!
Makes 1 serving

Judita Wignall
Raw Food Chef, Musician, Actress

When I need an instant pick-me-up, I make this smoothie—it's like drinking health in a glass. Don't be afraid of the color! It may be green, but it doesn't taste that way; pineapple sweetens the blend while avocado gives it a decadent thickness.

- 1 bunch kale
- 1 bunch parsley
- ½ cup wheatgrass
- ½ fresh pineapple, roughly chopped
- 1 piece ginger, about the size of your thumb
- 1 lime
- ½ avocado
- 1 cup unsweetened almond milk
- 2 scoops Sunwarrior vanilla protein

JUICER METHOD

Using a juicer, juice kale, parsley, wheatgrass, pineapple, ginger, and lime. Pour juice into a blender and add avocado, almond milk, and hemp powder. Blend until combined. Pour into a glass and enjoy!

BLENDER METHOD

Using a blender, blend all ingredients until smooth. Blending (instead of juicing) will leave you with a thick, fibrous drink. Add more almond milk if you prefer a smoother beverage.

Tosca Reno
Author, Speaker, Consultant

FOOD TREATS



*Chocolate isn't the only dessert food we've
healthified and squeezed into a blender.
Try these out!*

PB & J

- 1 cup strawberries
- 1 cup water
- ½ cup spinach
- 2 spoonfuls hemp seeds
- 2 tablespoons peanut butter
- 2 teaspoons maca powder
- ½ teaspoon camu camu powder
- 1 scoop Sunwarrior vanilla protein
- 1 capful Sunwarrior Liquid Light
- ½ tablespoon Sunwarrior Supergreens natural
- 1 tablespoon honey
- ½ cup blueberries

Blend until smooth.



ORANGE DREAMSICLE



8 ounces coconut or almond milk
1 scoop Sunwarrior vanilla protein
2 whole oranges, peeled
1 frozen or fresh banana
1 teaspoon vanilla extract
Handful ice
Optional: pinch stevia

Blend until smooth.

BANANA SPLIT

8 OUNCES *coconut or almond milk*
1 SCOOP *Sunwarrior vanilla or chocolate protein*
1 CAPFUL *Sunwarrior Liquid Light*
or! 1 TEASPOON *Sunwarrior Vitamin Mineral Rush*

1 FROZEN *banana*
1 TABLESPOON *coconut oil*
1 TABLESPOON *cacao powder*
1 TEASPOON *vanilla extract*
1 TABLESPOON *hemp seeds*
OPTIONAL: *pinch stevia*

BLEND UNTIL SMOOTH.



CHOCOLATE OATMEAL COOKIE

1 SCOOP *Sunwarrior chocolate protein*
1 TABLESPOON *Sunwarrior Activated Barley*
 $\frac{1}{2}$ CUP *oats*
1 LARGE *banana*
2 TABLESPOONS *raw almond butter*
1 CUP *hemp, almond, rice, or soy milk—pick your favorite!*

Blend all ingredients together. Add water to desired consistency. Serves 2.

Derek Tresize
Vegan Bodybuilder,
Personal Trainer,
Nutritionist



RASPBERRY
CHEESECAKE

8 ounces coconut or almond milk
1 scoop Sunwarrior vanilla protein
1 teaspoon Sunwarrior Vitamin Mineral Rush
1 cup frozen raspberries
1 frozen banana
1 tablespoon hemp seeds
1 tablespoon coconut oil
Optional: pinch stevia
a few drops vanilla cream stevia or vanilla extract

Blend until smooth.

HOLIDAY

By Marzia Prince
Fitness Expert
and
Model of "The Healthy Housewives"

1 cup filtered water
 $\frac{3}{4}$ cup organic canned pumpkin
1 capful Sunwarrior Liquid Light
2 scoops Sunwarrior vanilla protein
 $\frac{1}{2}$ tablespoon Sunwarrior Supergreens natural
Dash pumpkin pie spice
Dash cinnamon
Some ice

Blend and enjoy!
Serves 2

SMOOTHIE

APPLE



COBBLER

8 ounces coconut or almond milk

1 scoop Sunwarrior vanilla protein

1 capful Sunwarrior Liquid Light

2 cups diced apples, green is best

¼ cup oats

½ teaspoon vanilla extract

Dash ground cinnamon or nutmeg

Optional: pinch stevia, dash coconut sugar,
or glug maple syrup

**BLEND
UNTIL
SMOOTH**





PUMPKIN SPICE

8 ounces	coconut or almond milk
1 scoop	Sunwarrior vanilla protein
1 capful	Sunwarrior Liquid Light
1 frozen	banana
1 cup	pumpkin puree
½ teaspoon	ground nutmeg
½ teaspoon	ground cinnamon
Dash	cardamom
½ teaspoon	vanilla extract
1 tablespoon	maple syrup
Handful	ice

Blend until smooth.



Sweet Potato Pudding

- 1 medium sweet potato, about 1 pound
(can be raw or baked, but a strong blender will be needed for the raw version)
- 1 scoop Sunwarrior vanilla protein
- Pinch Himalayan crystal salt or sea salt, to taste
- 1 to 2 teaspoons nutmeg, cinnamon, or pumpkin spice, depending on taste

Blend all ingredients in a food processor or blender until a nice, smooth, and thick consistency. In addition, I love to sprinkle trail mix, cacao beans, or other superfoods on top. This makes an especially wonderful breakfast, but can be enjoyed at any time of the day. It keeps me feeling satiated for many hours, and the taste is unbeatable.

I dare anyone to bring this to Thanksgiving dinner! No one will have a clue that they're eating something so nutritious. This recipe is truly an all-star for kids as well! Enjoy!

Anthony Anderson
The "Raw Model"

VEGG-NOG

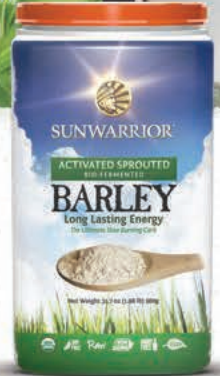


- 10 ounces coconut milk
 - 1 scoop Sunwarrior vanilla protein
 - 1 capful Sunwarrior Liquid Light
 - 1 frozen banana
 - ½ teaspoon ground nutmeg
 - ½ teaspoon ground cinnamon
 - Dash cardamom
 - 1 teaspoon coconut oil
 - 1 teaspoon hemp seeds
 - Handful ice
- Optional:*
- 2 tablespoons shredded coconut

BLEND UNTIL SMOOTH.

PRODUCT OVERVIEW

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PROTEINS

Classic Plus

Five Amazing Ingredients Make One Deliciously Powerful Protein

Classic Protein

Unrivaled Fitness from a Great-Tasting, Smooth Brown Rice Protein

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500g or 1k*

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Superfood Greens Magnified with Powerful Trace Minerals

*Mint 8oz or 16oz
Natural 8oz*

Barley

Elevated Raw Superfood Captured at the Apex of Bioavailability

900g or 454g



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Liquid Recovery and Stamina with Detoxifying Electrolytes & Antioxidants

Vitamin Mineral Rush

Absorbable Liquid Vitamins and Minerals Without any Synthetics

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