

Nourish & Thrive

Simple Wellness Recipes



Chef Carla Contreras
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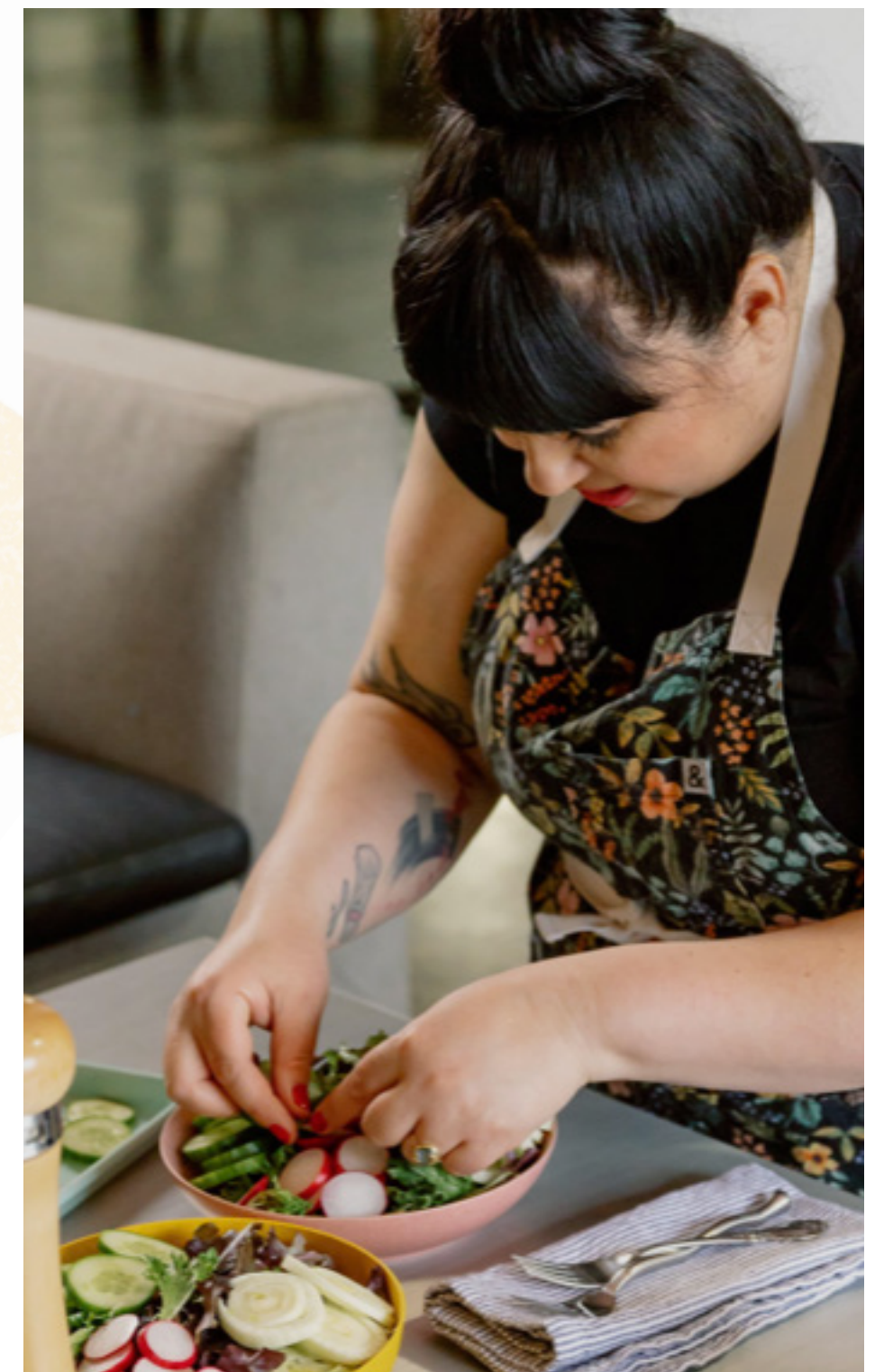
Hello, Sunshine!

If you're a fan of the *Food Network*, you may have seen the fabulous **Chef Carla** on *Chopped*! But there's so much more to this culinary powerhouse than her TV appearance. Chef Carla is a true jack-of-all-trades with over 25 years of experience in the food world. She styles mouthwatering dishes for publications like *Apartment Therapy* and *Well+Good*, and develops recipes that celebrate the best of what nature has to offer.

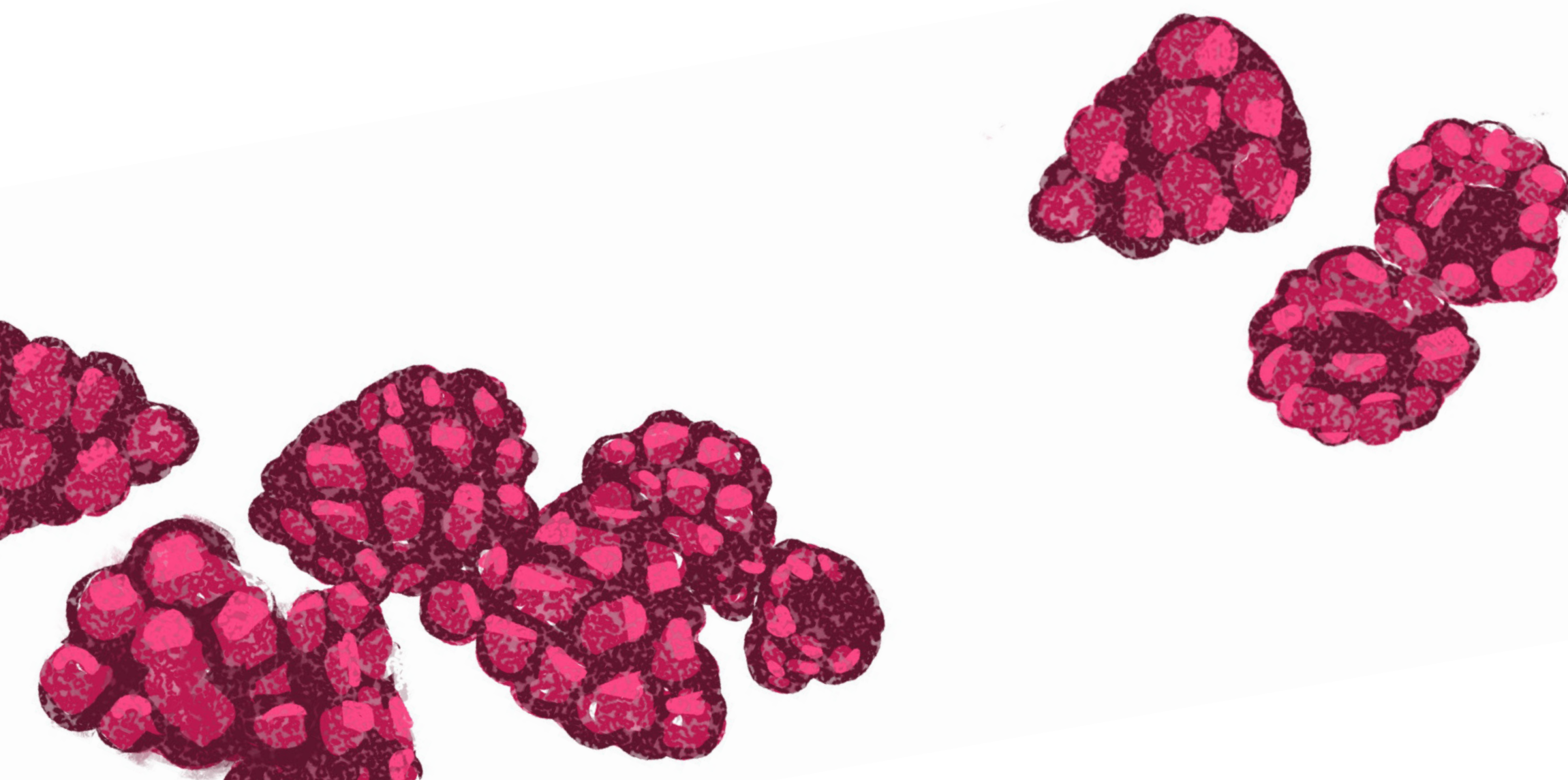
When she's not in the kitchen or coaching clients to success, you can find this certified health coach, Master Reiki practitioner, and meditation teacher hosting the *Show Up Fully* podcast, practicing pilates, or exploring farmer's markets with her family.

Who says taking your supplements has to be boring?

Together, we're reimagining how supplements fit into your daily routine. Through this exclusive partnership, Chef Carla is creating innovative recipes that make taking your Nature's Sunshine supplements something to look forward to – from energizing smoothie combinations to nutrient-packed snacks that delight your taste buds.



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Simply Refreshing Chlorophyll Mocktail

SERVES 1-2 🌞 10 MINUTES

This refreshing minty mocktail gets a healthy boost from Nature's Sunshine Chlorophyll, known for its antioxidant, detoxifying, and immune-boosting properties. Ginger tea works best as its earthiness beautifully balances the mint and lemon juice. For a fun variation, try using ginger kombucha instead of seltzer. A touch of bitters adds that sophisticated cocktail flavor. If you're not into bitters, add a splash of fresh orange juice instead.

Instructions

1

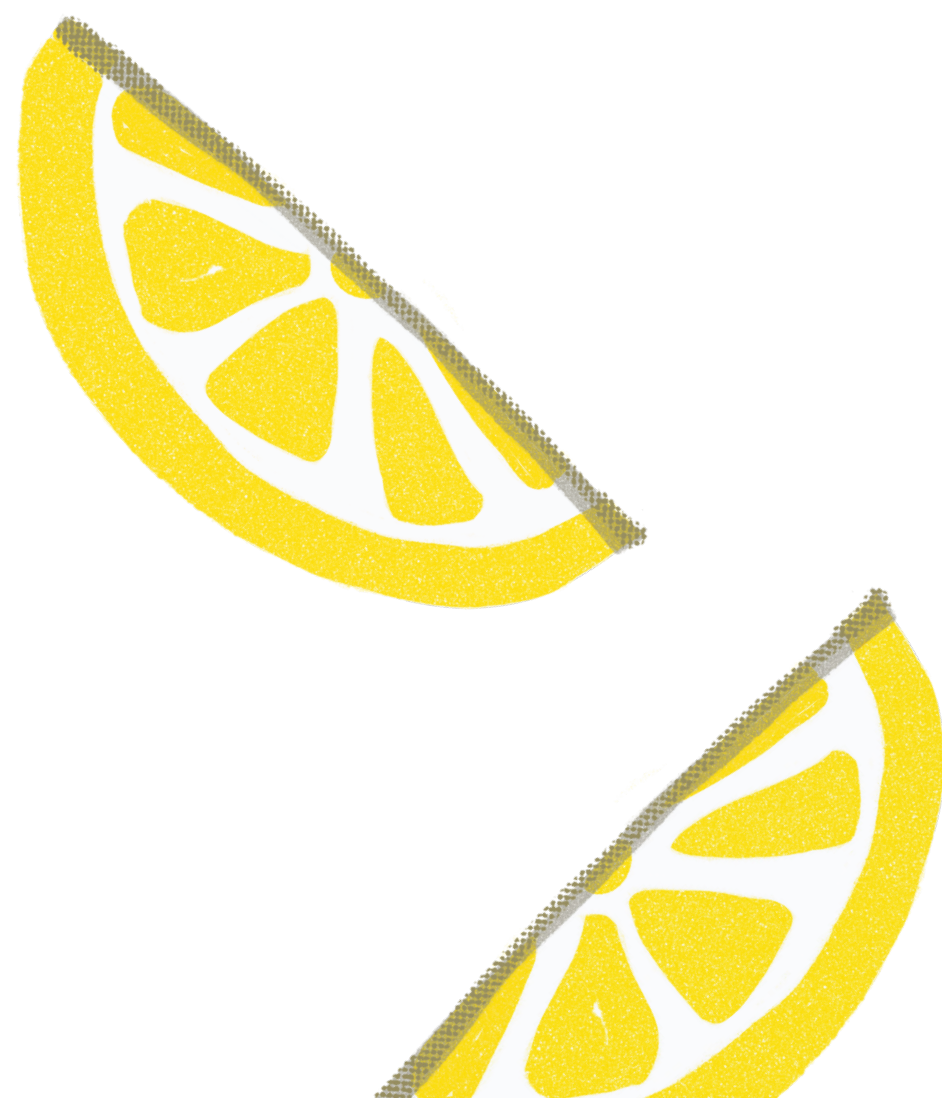
In an insulated mug, pour boiling water over the tea bags. Add a lid or small saucer on top and steep for five minutes. Take out the tea bags and let it cool to room temperature or place in the fridge overnight.

2

Add ice, cooled tea, lemon juice, and seltzer to a glass. Add the tea and Nature's Sunshine's Liquid Chlorophyll. Garnish with fresh lemon peel and mint.

Ingredients

- 2 tbsp. liquid chlorophyll
- 2 ginger root tea bags
- 1/4 cup boiling water
- 2 tbsp. lemon juice
- 1 cup ice
- 2-3 dashes orange bitters
- fresh lemon peel, garnish
- fresh mint leaves, garnish



Adrenal Orange Creamsicle Mocktail

SERVES 1-2 🌞 10 MINUTES

This nostalgic orange cream drink channels '80s mall vibes while delivering powerful wellness benefits. Nature's Sunshine Lymphatic Drainage supports natural detoxification, reduces fluid retention, and boosts immune function, while Collagen promotes skin elasticity, stronger hair and nails, joint health, gut health, and muscle recovery. Fresh orange juice is best, but store-bought works too - just look for options without added sugar. Use full-fat coconut milk or coconut cream for the creamiest texture, and if you like a spicier kick, add more fresh ginger.

Instructions

- 1 Add Nature's Sunshine's Lymphatic Drainage, Collagen powder, orange juice, ice, coconut milk, ginger, and sea salt to a blender. Blend until combined (about 30-60 seconds).
- 2 Pour into a large glass and garnish with orange slices.

Ingredients

- 1/4 tsp. Nature's Sunshine Lymphatic Drainage
- 1 scoop Nature's Sunshine Collagen powder
- 1 cup orange juice
- 1 cup ice
- 2 tbsp. coconut milk or coconut cream
- 1-2 inch piece of fresh ginger, sliced
- 1/16 tsp. sea salt (the smallest pinch)
- orange wedges, garnish



Power Beets Functional Float

SERVES 1 🌞 10 MINUTES

This is a delicious fizzy treat to enjoy on a warm day with or without a scoop of your favorite ice cream. Adding Nature's Sunshine Power Beets will give you a natural energy boost while improving circulation and endurance. Don't have blackberries? No problem; you can use fresh or frozen strawberries, blueberries, or pitted cherries. Add an extra squeeze of lemon for even more tartness.

Instructions

- 1** Pour boiling water over the tea bags in a heatproof jar or mug, making sure to cover the tea bags. Let it steep for five minutes before removing the tea bags. Cool the brewed tea to room temperature or refrigerate overnight.
- 2** Add the cooled tea, blackberries, lemon juice, and Power Beets to a blender and blend until combined (about 30 seconds). Strain out the blackberry seeds through a fine mesh strainer.
- 3** Add the ice to a large glass. Pour the Power Beets berry mixture over the ice, top with seltzer, add a scoop of ice cream, and garnish with blackberries.

Ingredients

- 1 travel pack or scoop of Power Beets
- 2 bags ginger root tea
- 1/2 cup boiling water
- 1/3 cup blackberries
- 1/4 cup fresh lemon juice
- seltzer, to top
- blackberries, garnish
- vanilla ice cream scoop (optional)
- 1 cup ice



Coconut Yogurt Chia Pudding

SERVES 2-4 🌞 30 MINUTES - 5 HOURS + OPTIONAL OVERNIGHT

Save this easy recipe for making your own dairy-free pudding. It's best when made the night before so the chia seeds can absorb the coconut milk which makes for a thicker consistency. Adding Nature's Sunshine Probiotic Eleven adds gut health support, improved digestion, boosted immune function, and potential mood enhancement.

Topping Ideas: Top with fresh berries and a drizzle of honey. Add banana slices, granola, and a drizzle of almond butter. Heat up seasonal fruit like apples and add a drizzle of maple syrup.

Instructions

- 1** Place the coconut milk and opened probiotic pills in a bowl and whisk until combined. Let it sit on the counter, loosely covered, for 30 minutes and up to four hours to develop the yogurt flavor.
- 2** Add in the chia seeds, vanilla extract, and salt to the coconut mixture. Whisk until combined and stir every few minutes for about 10 minutes so the chia seeds don't clump.
- 3** Pour the mixture into a large jar with a lid and place in the fridge for a minimum of four hours or overnight. Store in the fridge for up to three days. Add toppings when served.

Ingredients

- 4 Probiotic Eleven pills, opened
- 1 can full fat coconut milk (about 1 ¾ cup)
- 1/4 cup chia seeds
- 2 tsp. vanilla extract
- pinch of salt
- your favorite toppings, garnish



Lemon Poppyseed Protein Pancakes

SERVES 2-3 🌟 10 MINUTES, 4 PANCKES

These grain-free pancakes come together fast in a blender or food processor. Nature's Sunshine Vanilla Power Meal delivers high quality plant-based protein to keep you energized and satisfied all morning, plus essential vitamins, minerals and adaptogens for optimal wellness. Top the pancakes with your favorite toppings - butter, seasonal fruit, yogurt, or whipped coconut cream. This recipe also works as waffles (see the instructions below). Bonus: They freeze well, which means you can toss them in the toaster or oven any time you're craving a sweet and filling breakfast. (Store them for up to one month).

Instructions

- 1 Place all ingredients (except the poppyseeds) in a high-speed blender or food processor. Blend until smooth (about 60 seconds). Mix in the poppyseeds.
- 2 Heat 1 teaspoon of preferred fat in a cast iron or nonstick ceramic pan on medium/low heat and add 1/3 cup of batter to the pan (you can also use a large ice cream scoop for a consistent size). Spread out to make about 1/2 inch thick pancakes.
- 3 Cook until bubbly and flip. Cook the other side and repeat with the rest of the pancake batter.

Ingredients

- 1 heaping scoop Nature's Sunshine Vanilla Power Meal
- 4 large eggs
- 1/4 cup coconut flour
- 1/4 cup maple syrup
- 1/4 cup almond butter
- 1 medium banana, sliced
- 1 tbsp. chia seeds
- 1 tsp. baking powder
- 1 lemon zested
- 1 tsp. vanilla extract
- 1/8 tsp. fine sea salt
- 2 tsp. poppy seeds

Waffle Instructions:

Preheat the waffle iron, use 1 tsp. of your preferred fat to prevent sticking. Pour a 1/2 cup of batter into the middle of the waffle iron and cook for about two minutes or until the waffles are fully cooked and slightly browned.



Power Greens Sensational Popsicles

10 POPSICLES 🌟 4 HOURS + OPTIONAL OVERNIGHT

These smoothie popsicles are perfect for breakfast or as a post-workout treat. They come together in just two minutes in the blender (minus the freezer time). Nature's Sunshine Power Greens adds a citrusy flavor plus natural energy, prebiotic fiber, and daily detox support. Nature's Sunshine Collagen powder adds creaminess plus promotes healthy skin, hair, nails and joints. For creaminess, you can also add one cup of cauliflower rice instead of banana. Don't have popsicle molds? No problem; you can serve this as a smoothie.

Instructions

- 1 Add all the ingredients to a blender and blend for 30 to 60 seconds until smooth.
- 2 Pour into popsicle molds and freeze for four hours or overnight. If you have leftover popsicle mixture, add ice and drink as a smoothie.
- 3 Store popsicles in an airtight container for up to one month.

Ingredients

- 1-2 travel packs or 1-2 scoops of Power Greens
- 1 1/2 cups plant-based milk
- 1 tbsp. chia seeds
- 2 cups pineapple chunks, fresh or frozen
- 2 cups baby spinach, packed
- 1 banana, sliced
- pinch of sea salt



Put in the fridge overnight to bring out the best flavors!

