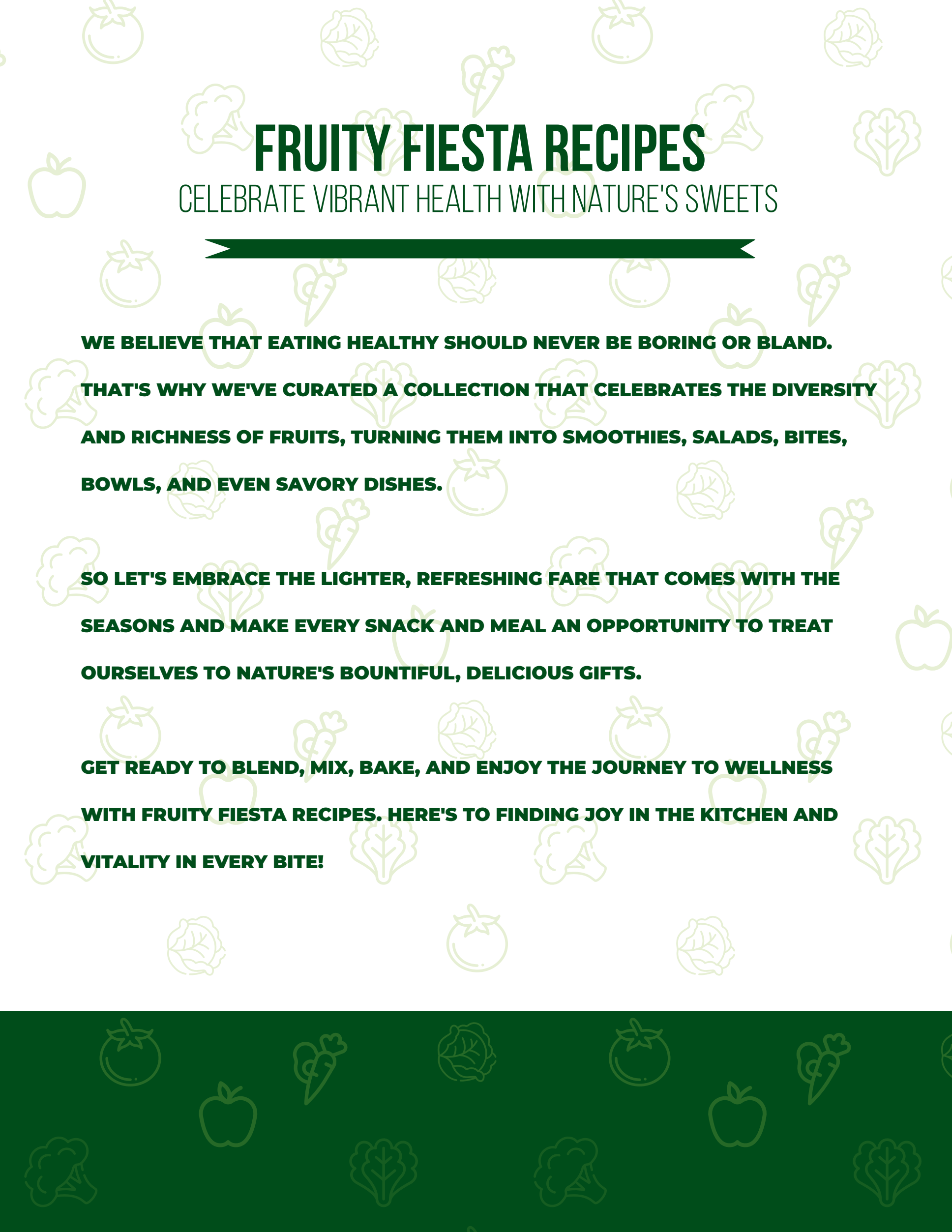


# Fruity Fiesta Recipes



**Celebrate Vibrant Health  
with Nature's Sweets**





# FRUITY FIESTA RECIPES

CELEBRATE VIBRANT HEALTH WITH NATURE'S SWEETS

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**WE BELIEVE THAT EATING HEALTHY SHOULD NEVER BE BORING OR BLAND.**

**THAT'S WHY WE'VE CURATED A COLLECTION THAT CELEBRATES THE DIVERSITY**

**AND RICHNESS OF FRUITS, TURNING THEM INTO SMOOTHIES, SALADS, BITES,**

**BOWLS, AND EVEN SAVORY DISHES.**

**SO LET'S EMBRACE THE LIGHTER, REFRESHING FARE THAT COMES WITH THE**

**SEASONS AND MAKE EVERY SNACK AND MEAL AN OPPORTUNITY TO TREAT**

**OURSELVES TO NATURE'S BOUNTIFUL, DELICIOUS GIFTS.**

**GET READY TO BLEND, MIX, BAKE, AND ENJOY THE JOURNEY TO WELLNESS**

**WITH FRUITY FIESTA RECIPES. HERE'S TO FINDING JOY IN THE KITCHEN AND**

**VITALITY IN EVERY BITE!**





# 1. APPLE CINNAMON OVERNIGHT OATS

## INGREDIENTS

- ☒ 1 apple, grated
- ☒ 1 cup rolled oats
- ☒ 1 cup almond milk
- ☒ 1 tsp cinnamon
- ☒ 1 tbsp chia seeds
- ☒ Honey or maple syrup, to taste

## INSTRUCTIONS

**IN A MASON JAR, COMBINE ALL THE INGREDIENTS.**

**STIR WELL, COVER, AND REFRIGERATE OVERNIGHT.**

**ENJOY COLD OR WARMED UP, TOPPED WITH FRESH APPLE SLICES.**



## 2. BLUEBERRY ANTIOXIDANT SMOOTHIE

### INGREDIENTS

- ☒ 1 cup fresh blueberries
- ☒ 1 banana
- ☒ 1 cup spinach
- ☒ 1 cup almond milk
- ☒ 1 tbsp flaxseeds

### INSTRUCTIONS

**BLEND ALL INGREDIENTS UNTIL SMOOTH.**

**ENJOY IMMEDIATELY FOR A REFRESHING, NUTRIENT-PACKED DRINK.**





# 3. BLACKBERRY & AVOCADO SALAD

## INGREDIENTS

- ☒ 2 cups fresh blackberries
- ☒ 1 avocado, sliced
- ☒ Mixed greens
- ☒ 1/4 cup walnuts, toasted
- ☒ Feta cheese, crumbled
- ☒ Balsamic vinaigrette

## INSTRUCTIONS

**TOSS THE BLACKBERRIES, AVOCADO SLICES, MIXED GREENS, WALNUTS, AND FETA CHEESE IN A LARGE BOWL.**

**DRIZZLE WITH BALSAMIC VINAIGRETTE AND SERVE.**





# 4. BANANA PEANUT BUTTER ENERGY BITES

## INGREDIENTS

- ☒ 2 ripe bananas, mashed
- ☒ 1 cup oats
- ☒ 1/2 cup natural peanut butter
- ☒ 1/4 cup chia seeds
- ☒ 1/4 cup dark chocolate chips

## INSTRUCTIONS

**MIX ALL INGREDIENTS IN A BOWL UNTIL WELL COMBINED.**

**ROLL INTO BALLS AND REFRIGERATE UNTIL FIRM.**

**ENJOY AS A QUICK ENERGY BOOST.**





# 5. CHERRY ALMOND SMOOTHIE BOWL

## INGREDIENTS

- ☒ 1 cup frozen cherries
- ☒ 1 banana
- ☒ 1/2 cup almond milk
- ☒ 1/4 cup almonds, sliced
- ☒ Toppings: granola, coconut flakes, additional cherries

## INSTRUCTIONS

**BLEND CHERRIES, BANANA, AND ALMOND MILK UNTIL SMOOTH.**

**POUR INTO A BOWL AND TOP WITH ALMONDS, GRANOLA, AND COCONUT FLAKES.**





# 6. CRANBERRY ORANGE MUFFINS

## INGREDIENTS

- ☒ 2 cups flour
- ☒ 1/2 cup sugar
- ☒ 1/2 cup fresh cranberries
- ☒ Zest of 1 orange
- ☒ 1/2 cup orange juice
- ☒ 1/4 cup melted butter
- ☒ 2 eggs

## INSTRUCTIONS

**MIX FLOUR AND SUGAR, THEN FOLD IN CRANBERRIES AND ORANGE ZEST.**

**IN ANOTHER BOWL, WHISK TOGETHER ORANGE JUICE, MELTED BUTTER, AND EGGS.**

**COMBINE WET AND DRY INGREDIENTS, AND SPOON INTO MUFFIN TINS.**

**BAKE AT 350°F FOR 20-25 MINUTES.**





# 7. GRAPEFRUIT AVOCADO SALAD

## INGREDIENTS

- ☒ 1 grapefruit, peeled and sectioned
- ☒ 1 avocado, sliced
- ☒ Mixed greens
- ☒ 1/4 cup sliced almonds
- ☒ Honey mustard dressing

## INSTRUCTIONS

**ARRANGE GRAPEFRUIT SEGMENTS, AVOCADO SLICES, AND MIXED GREENS ON A PLATE.**

**SPRINKLE WITH SLICED ALMONDS.**

**DRIZZLE WITH HONEY MUSTARD DRESSING AND SERVE.**





# 8. ORANGE GLAZED SALMON

## INGREDIENTS

- ☒ 4 salmon fillets
- ☒ Juice and zest of 2 oranges
- ☒ 2 tbsp honey
- ☒ 1 tbsp soy sauce
- ☒ 1 garlic clove, minced

## INSTRUCTIONS

**MIX ORANGE JUICE AND ZEST, HONEY, SOY SAUCE, AND GARLIC FOR THE GLAZE.**

**BAKE SALMON AT 375°F FOR 15-20 MINUTES, GLAZING OCCASIONALLY.**

**SERVE WITH A SIDE OF STEAMED VEGETABLES.**





# 9. PAPAYA BREAKFAST BOWLS

## INGREDIENTS

- ☒ 1 papaya, halved and seeds removed
- ☒ Greek yogurt
- ☒ Granola
- ☒ Honey
- ☒ Fresh berries

## INSTRUCTIONS

**FILL EACH PAPAYA HALF WITH GREEK YOGURT.**

**TOP WITH GRANOLA, A DRIZZLE OF HONEY, AND FRESH BERRIES.**



# 10. PINEAPPLE CUCUMBER SALSA

## INGREDIENTS

- ☒ 1 cup diced pineapple
- ☒ 1 cup diced cucumber
- ☒ 1/4 cup diced red onion
- ☒ 1 jalapeño, seeded and finely chopped
- ☒ Juice of 1 lime
- ☒ Salt and pepper, to taste
- ☒ A handful of fresh cilantro, chopped

## INSTRUCTIONS

**IN A MEDIUM BOWL, COMBINE THE DICED PINEAPPLE, CUCUMBER, RED ONION, AND JALAPEÑO.**

**SQUEEZE THE LIME JUICE OVER THE MIXTURE AND SEASON WITH SALT AND PEPPER. STIR WELL TO COMBINE.**

**FOLD IN THE CHOPPED CILANTRO JUST BEFORE SERVING.**

**ENJOY THIS SALSA WITH TORTILLA CHIPS, OVER GRILLED CHICKEN, OR FISH FOR A REFRESHING TWIST.**





# 11. STRAWBERRY BASIL LEMONADE

## INGREDIENTS

- ☒ 1 cup fresh strawberries
- ☒ 1/4 cup fresh basil leaves
- ☒ 1/2 cup lemon juice
- ☒ 1/4 cup sugar (adjust to taste)
- ☒ 4 cups water

## INSTRUCTIONS

**BLEND STRAWBERRIES, BASIL, LEMON JUICE, AND SUGAR WITH 1 CUP OF WATER UNTIL SMOOTH.**

**STRAIN AND ADD TO A PITCHER WITH THE REMAINING WATER.**

**CHILL AND SERVE WITH ICE.**

**ENJOY THESE RECIPES AS PART OF YOUR DAILY ROUTINE TO HARNESS THE HEALTH BENEFITS OF NATURE'S CANDY.**

**EACH RECIPE IS DESIGNED TO BE EASY, DELICIOUS, AND PACKED WITH NUTRIENTS TO KEEP YOU FEELING YOUR BEST.**

