

Progressive®



Mix It Up Recipe Book

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Healthy Recipes with Unique Food Pairings

Some flavour combinations sound so unlikely – but are in fact magical. What unusual food pairing combinations would YOU try?

Adventures in “Food Pairing”

As people become more adventurous with their palates, foodies, chefs and home cooks are realizing there’s no limit when it comes to the amount of food pairings you can concoct in the kitchen. The main idea behind this new trend called food pairing is to creatively pick two different foods or ingredients that go really well together to create one delicious meal or flavour.

Turns out, there is a [legit science](#) behind food pairing that includes technical charts identifying possible matches on a molecular level. These charts help you select and experiment with combinations that might seem questionable but science say will work.

We’ve taken this sophisticated system a step further by cooking up some pretty unusual healthy food combinations using our favourite Progressive products. We let our imaginations and taste buds roam and are excited to share with you the results.

Introducing our best and unique food pairing healthy recipes. Enjoy!

Good Morning Muffins

(Zucchini + Lime)

- 1 scoop **VegEssential**, Vanilla
- 1 ½ cups spelt flour (or flour of choice)
- 1 ½ cups zucchini, grated
- ¼ cup lime juice
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 egg or ½ cup applesauce
- ¼ cup maple syrup
- ½ cup almond milk, unsweetened
- ¼ cup **Progressive Organics Coconut Oil**, melted + 2 tablespoons to grease muffin tin
- Zest of 1 lime

Heat oven to 350°F. Grease a 12-cup muffin pan with coconut oil. Set aside. In a bowl, whisk together flour, VegEssential, baking powder, baking soda, cinnamon and salt until combined. Set aside. In a large bowl, whisk together egg, maple syrup, almond milk, coconut oil and vanilla extract until combined. Add the dry ingredients to the wet ingredients and mix well. Combine zucchini, lime juice and zest and add to the batter as well. Spoon the batter into the muffin tins. Bake for 18–20 minutes, or until a toothpick inserted in the muffin comes out clean.



Foxy Detox Smoothie

(Beets + Chocolate)

- 1 scoop **VegEssential**, Chocolate
- 2 medium beets, juiced
- 1 tablespoon cacao powder, unsweetened
- ½ cup parsley, chopped
- 2 tablespoons goji berries, soaked in ¼ cup of water
- 1 cup coconut water, unsweetened
- Ice cubes

Place all of the ingredients in the blender, blend at high speed for 2 full minutes or until smooth.



Espresso Sunrise Protein Bites

(Coffee + Lemon)

2 scoops **WheyEssential**, Chocolate
1 scoop **Progressive Organics Hemp Protein**, Chocolate
¼ cup ground organic espresso beans + 1 tablespoon for rolling*
Zest of 1 lemon (half for recipe + half for garnish)
2 tablespoons fresh lemon juice
10 dates, pitted and puréed
½ cup nut or seed butter of your choice, unsalted
2 tablespoons **Progressive Organics Coconut Oil**, melted
3 tablespoons Coconut sugar
As required, pure filtered water

In a bowl, mix together lemon juice, ½ of the lemon zest, coconut sugar, and coconut oil. In a food processor, add proteins, ground espresso, nut butter, and dates and pulse on low. Slowly add the wet ingredients to the food processor and pulse until combined. Add water slowly until you get a doughy consistency. Place ingredients into a bowl, cover and refrigerate for 1 hour. Remove from fridge and roll into 1 inch balls. Garnish with lemon zest or roll in ground espresso.

*Optional



Berry Balsamic Parfait

(Balsamic Vinegar + Berries)

- 2 scoops **PhytoBerry** powder
- 1 scoop **Harmonized Protein**, Unflavoured
- ½ cup almond milk, unsweetened
- 1 cup frozen strawberries
- 1 teaspoon balsamic vinegar
- 1 teaspoon honey
- 2 cans full fat coconut milk, drained

Place a glass bowl in the refrigerator for 1 hour. In a shaker cup mix protein and almond milk, and set aside. In the chilled bowl, add in mixed protein and the rest of the ingredients and mix with a hand mixer until ingredients are combined and smooth. Cover mousse with wrap and chill for 2 hours for additional firmness. When serving transfer to glasses and garnish as you desire.



Cashew Choco-Avocado Brownies

(Chocolate + Avocado)

- 1 scoop **Harmonized Vegan Protein**, Chocolate
- 1 ripe avocado, mashed
- ½ cup **Progressive Organics Coconut Oil**
- 1 large egg
- 1 cup coconut sugar or sweetener of your choice
- ½ teaspoon Vanilla extract
- ½ cup cashew butter or ¼ cup apple sauce
- ½ cup spelt flour (or flour of choice)
- 1 ½ teaspoon baking powder
- ½ cup cacao powder
- ¼ teaspoon salt

Preheat oven to 350°F. Grease a baking dish or line with parchment. In a bowl beat the egg, sugar, vanilla and coconut oil. Add the avocado and cashew butter or apple sauce to the mixture and mix well with a spoon. Sift together the spelt flour, baking powder, salt and cacao and add to the wet mixture, mix well. Fold in the protein powder into the brownie batter. Using a spatula scoop the batter into the baking dish. Bake for 25–30 minutes, or until a toothpick comes out clean.



Green Giant Glow Smoothie

(Peach + Rosemary)

- 1 scoop **VegEssential**, Vanilla
 - ½ cup peaches (fresh or frozen)
 - ¼ teaspoon ground rosemary or 1 sprig fresh rosemary, off the stem
 - ½ cup baby kale, roughly chopped
 - ¼ cup celery, chopped
 - ½ cucumber, de-seeded and chopped
 - 5 fresh mint leaves
 - 1 tablespoon coconut milk
 - ½ cup pure water
 - Ice cubes
- Combine all of the ingredients into a blender, blend on high speed for 2 minutes or until you have a smooth consistency. Add more water for a lighter texture.*

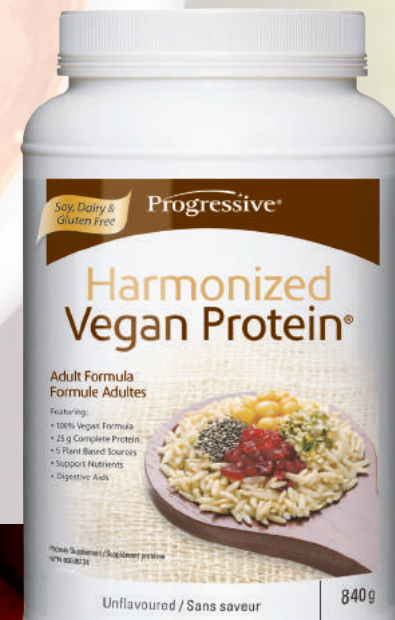


Island Veggie Dip

(Peanut Butter + Curry)

1 scoop **Harmonized Vegan Protein**, Unflavoured
½ cup organic peanut butter
½ cup coconut milk, low fat
1 teaspoon olive oil
1 tablespoon curry powder
1 tablespoon coconut sugar
1 tablespoon lime juice
1 tablespoon tamari
¼ teaspoon ginger, powder
¼ teaspoon garlic, powder
½ cup fresh cilantro, chopped
Salt to taste

In a blender, add all of the ingredients and blend on high for 2 minutes. Pour into a bowl and refrigerate for 30 minutes. Serve with salad or as a dip for veggies.



Red Velvet Chia Pudding

(Chocolate + Beets)



- 1 scoop **Harmonized Protein**, Chocolate
- 1 scoop **PhytoBerry**
- 1 cup fresh beet juice
- ¼ cup almond milk, unsweetened
- ¼ cup chia seeds
- 1 tablespoon cacao powder
- 1 teaspoon honey or sweetener of your choice

In a large mason jar, combine the Harmonized Protein, PhytoBerry, beet juice, almond milk, cacao powder, chia seeds, and honey. Mix the ingredients well and cover the jar with the lid. Refrigerate overnight. Enjoy for breakfast or as a post workout snack!

