

Power Bowls

+ on
the go

5 simple
recipes

cold, hot,
alkaline, vegan,
sweet



A.Vogel helps
– since 1923

Get your energy straight from the bowl!

Our bowls deliver five times the nutritional punch and are packed with flavour. These quick and easy recipes will happily fill your tummies not your schedule, giving you more time to use that added energy. Plus all Power Bowls are also available in a To-go version.

Tasty Toppings to Boost Your Mornings!

Rolled oats, nuts, almonds and poppy seeds provide a great start to the day and give an extra long energy boost. Valuable plant protein, vitamins B1, B2, B6, B12 and E as well as iron strengthen the nervous system and improve fitness.

The fresh raspberry kick comes from the freezer, though apples or dried fruit go well with our breakfast bowl too. And for those in a hurry: simply pop it into a jar—the granola also stays nice and crunchy when you're on the go.

Enjoying gluten-free made simple

More and more people are unable to tolerate gluten from wheat, barley and rye. Fortunately, we've got some quick-fix substitutions that won't compromise on taste or nutrition! We like oats, which are typically easy to digest (they can also be bought gluten-free) as well as quinoa, millet, amaranth, spelt and buckwheat.

Breakfast Bowl (for 1 person)

- 150 g frozen raspberries
- 1 banana
- 100 g plain or vanilla yogurt
- 50 g rolled oats (optional)
- 25 g each almonds and hazelnuts
- 1 tbs sunflower seeds
- 1 tsp poppy seeds
- Optional as a sweetener:
1 tbsp maple syrup or honey

Chop the nuts coarsely and mix them with the rolled oats. Put the raspberries, half a banana and yogurt in a blender and purée until creamy, sweetening with maple syrup or honey. Pour into a bowl and arrange on top the rolled oats and nut mixture, the remaining banana, a few raspberries and the poppy seeds.

To go, layer everything in a screw-top jar.



A little warmth goes a long way!

A hot, invigorating soup is a pleasure for the palate and the soul. And if curry and coconut are involved, they'll provide inner warmth and an enticing aroma.

Hot soup happiness

With or without meat, with rice, noodles or potatoes: a bowl of hot soup takes us back to our roots of simple and healthy eating. Add your favourite vegetables to a stock or miso for a quick lunchtime bowl. Garnish it with sprouts to add an extra portion of protein. Crispy and nutritious!



Sprouts in the kitchen

Fresh, crisp sprouts are the superstars of the plant world, delivering vitamins, minerals and essential amino acids as well as chlorophyll that are especially important during the cold months. Broccoli Rapini sprouts also contain exceptionally valuable mustard oil compounds, which recent studies show are currently the hottest phytonutrients on the market for a healthy lifestyle.

And best of all: sprouts and green herbs can be grown in no time in a mini garden on the windowsill.



Curry Lunch Bowl (for 2 people)

- 2 tbsp sesame oil
- 1/2 chilli pepper
- 2 scallions
- 2 tbsp curry powder
- 1 piece ginger (3 cm, finely grated)
- 400 ml coconut milk
- 1/2 Herbamare® vegetable broth cube dissolved in 200 mL of boiling water
- 1 tbsp Natur® tamari sauce
- 150 g carrots
- 250 g broccoli
- 125 g rice noodles
- fresh coriander and broccoli sprouts
- Optional: 1 egg or 1 avocado

Cut the scallions and chilli pepper into fine rings. Heat up the oil and gently fry the scallions, chilli pepper, ginger and curry powder for 4–5 minutes. Next add the coconut milk, Herbamare® broth and Natur® tamari sauce and simmer for 10 minutes. Peel the carrots and cut them into fine strips. Break off the broccoli florets. Add the carrots and broccoli to the coconut milk and cook until tender. In the meantime, place the rice noodles in a large bowl and pour a litre of boiling water over them. Leave the noodles for 3–4 minutes, then drain and rinse them in cold water. Add the rice noodles to the vegetable curry, stir quickly and distribute into two bowls. Serve with fresh coriander. **Tastes great hot or cold.**

A smoothie like this doesn't just taste fresh and fruity

This creamy fruit and vegetable drink completely replaces a meal. Pure plant-based smoothies have an alkalizing effect: they help replenish the body's store of minerals and improve the gut microbiome, and in so doing, also promote digestion.

Multicoloured raw food

Here, we feature beets in our delicious purple smoothie but variations in green (spinach, apple) or orange (mango, carrot) would be just as wholesome and colorful. Dress it up with cocoa nibs and banana for a treat your palate will love. Pressed wheatgrass juice is also a nice addition.



Molkosan®

Molkosan®, a lacto-fermented whey concentrate, is made with fresh milk from the Swiss Alps. This lactose free whey is lacto-fermented with a specific and exclusive strain of lactobacillus and pasteurized. Molkosan®'s content of lactic acid (L +) has been recognized for decades for its many traditional uses as a health food.

Did you know that a balanced gut flora needs a regular supplement of (L+) lactic acid? 2 tbsp of A.Vogel Molkosan® provide twice as much lactic acid as a plain yogurt.

Smoothie Bowl (for 1 person)

- 1/4 cup of Biotta® Vita 7 juice
- 1 banana
- 150 g pre-cooked beet, peeled
- Topping: cocoa nibs and fresh sprouts

Peel the banana. Purée one half of banana and the beet in a blender, mix with the Biotta® Vita 7 juice and pour into a bowl. Cut the remaining half of banana into bite-sized pieces, distribute on top and serve sprinkled with cocoa nibs. The ideal accompaniment is fresh sprouts, which deliver a crispy vitamin boost.

To go, jars with a wide neck and screw top are best.



It's possible to live without animal protein

Anyone who masters the skill of plant-based food combinations can live a healthy, balanced life as a vegan. Eating veggie food takes you back to the basics and has a detoxifying effect. Plus the environment benefits too.

Plant power for everyone

This bowl really hits the spot: millet and chickpeas are perfect companions and deliver high-quality plant protein, while walnuts provide essential fatty acids. Parsley contributes a lovely herbal fragrance. And as soon as the first wild herbs peek through the earth, they are also a crucial ingredient. Our vegan bowl tastes great hot or cold from a jar.



Cooking with wild herbs

Dandelion and stinging nettle are not just the first signs of spring: they also provide the body with vitamins and minerals. Gathering them yourself is great fun and doesn't cost a penny!



Vegan Green Bowl (for 2 people)

- 200 g millet
- 1-2 tbsp Natur® safflower oil
- 1 garlic clove
- 1 small red onion, chopped
- 100 g frozen peas
- 200 g chickpeas
- 150 g leaf spinach
- 1-2 scallions, sliced crosswise
- Walnuts
- Pistachios, peeled
- Pine nuts
- Parsley
- Sprouts or wild herbs
- 1-2 tbsp soya yogurt
- Herbamare® to taste

Cook the millet in Herbamare® vegetable broth according to the instructions on the packet, then drain. Heat the oil in a pan, add the red onion, garlic clove and frozen peas and cook for ten minutes over medium heat. Heat the chickpeas in the liquid from the jar; drain and season with Herbamare®. Put the spinach in the pan, sauté briefly and season with Herbamare®.

Divide the mixture into two bowls and add the sliced scallions. Chop up a handful of peeled pistachios and walnuts and sprinkle with a few drops of Natur® safflower oil, a spoonful of soya yogurt, the pine nuts, fresh parsley and sprouts. **Tastes great hot or cold.**

SUGAR...

Too much of a good thing!

We all love it and it definitely makes us happy but too much is addictive. It is more beneficial to sweeten our diets with exotic fruits and berries as they provide your cells and brain with just what they need —and completely naturally too!

Naturally sweet

This creamy treat in a bowl tastes better than any cake: pure, exotic mango, pineapple and banana topped with blueberries and crunchy coconut flakes.



Why sweet things make you happy

Tasting something sweet causes the brain to release dopamine, a chemical that makes you happy but is also addictive. If the level of dopamine in the blood falls, we crave more of it and reach for excessively sugary soft drinks and sweets. In the long run, consuming such foods can result in weight gain and diabetes. Rather than succumb to this vicious cycle, drink plenty of water and enjoy natural sugars from honey, coconut sugar or dried fruit.



Fruity Bowl (for 1 person)

- 1 mango
- 1 orange
- ½ small pineapple
- Topping: coconut flakes, blueberries
- 1 banana

Peel the fruit and cut it into bite-sized cubes. Puree half of the fruit in a blender, pour it into a bowl and arrange with the rest of the fruit, a few blueberries and coconut flakes. While it may seem a little unusual, fine sprouts are the perfect topping—try the slightly milder alfalfa sprouts. **And to eat on the go, simply put this fruity bowl in a jar with a tight-fitting lid or in a plastic container.**

The secret to a great tasting recipe is its seasoning!

A great way to enhance the flavor of any recipe, Herbamare® seasoning salt is made according to Alfred Vogel's original recipe of 12 specially selected garden fresh, organic herbs and vegetables, blended with natural sea salt.

The vegetables and herbs in Herbamare® are organically grown in Colmar, France and brought to our factory within hours of being freshly harvested. They are then carefully chopped and mixed with sea salt and steeped for many months to produce Herbamare®'s distinctive quality and fresh flavor.

A.Vogel Herbamare® Range

Use it as table salt

- Each grain of sea salt is infused with 12 organically grown, freshly harvested herbs and vegetables
- Reduce your salt consumption without giving up the flavour
- 100% natural, GMO, MSG and gluten free
- Available in 3 varieties: Original, Sodium-Free and Spicy

HERBAMARE® ORIGINAL

Herbed Sea Salt

Its unique taste enhances the flavor of any recipe. Use it to replace table salt for seasoning vegetables, meat, poultry, fish, and seafood.

HERBAMARE® SPICY

Spicy Sea Salt

Its unique taste gives an extra tang of any recipe. Its spiciness perks up vegetables, meat, poultry, fish and seafood. Ideal for mix grills.

HERBAMARE® SODIUM-FREE

Natural Salt Substitute

Herbamare® Sodium-free secret lies in its mixture of a natural salt substitute infused with freshly harvested, organically grown herbs and vegetables. Use it to season all your meals.



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<http://www.avogel.ca/en/food/>

Ask the health helpline

If you have any questions or are looking for personal health advice, call the A.Vogel health hotline (during office hours) on 800-361-6320 or send an email to info@avogel.ca

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