

ALL-IN-ONE SUPERFOOD EUGLENA HEALTHY RECIPE BOOKLET

BY CALEB MOK, DIETITIAN

🍒 Euglena Dragonfruit Salsa 🍒

🥑 Euglena Avo-Cuddle Egg Wrap 🥑


🍍 Incredible Hulk Smoothie 🍍

🥜 No-bake Euglena Energy Ball 🥜

Euglena Dragonfruit Salsa

BY CALEB MOK, DIETITIAN

SERVES    

 15 MINS

You will need:

- 1 large purple dragonfruit, cut into cubes
- 2 tablespoons red onion, finely chopped
- 3 tablespoons fresh cilantro leaves, chopped
- 3 tablespoons lemon juice
- Salt to taste
- 9 capsules Euglena P-3, remove the capsules
- Crackers / tortilla chips

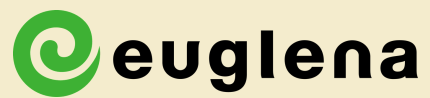
Directions

1. Place the dragonfruit, red onion, cilantro leaves, lemon juice, salt and Euglena P-3 into a large bowl and mix them well.
2. Serve the salsa with crackers / chips. You may also serve with other dishes like grilled chicken, pan-fried salmon etc.





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Euglena Avo-Cuddle-Egg Wrap

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SERVES 4

⌚ 20 MINS



You will need:

1 medium avocado, pitted and peeled
2 tablespoons of low-fat plain yogurt
1 1/2 tablespoon of lemon juice
4 hard-boiled eggs, peeled
1 medium green apple, chopped
8 cherry tomatoes, sliced

1 tablespoon parsley, finely chopped
Salt and ground black pepper to taste
9 capsules Euglena P-3, remove the capsules
Arugula or baby spinach
Tortilla wrap or pita bread

Directions

1. In a large bowl, place the avocado, yogurt, lemon juice and eggs.
2. Mash and mix the ingredients.
3. Mix in green apple, cherry tomatoes, parsley, salt, black pepper and Euglena P-3.
4. Serve with arugula or baby spinach in tortilla wrap or pita bread (or another of your preferred bread).



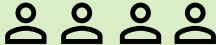
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 **euglena**



Incredible Hulk Smoothie

BY CALEB MOK, DIETITIAN

SERVES 

 15 MINS

You will need:

Smoothie

300g silken tofu, chilled	8 capsules Euglena P-3, remove the capsules
1/2 cup banana, cut and frozen	1 cup baby spinach
1/2 cup mango, cubed and frozen	1/2 cup mint leaves
1/2 cup pineapple, cubed and frozen	1 tablespoon honey, chilled (optional)
1 scoop Life Extension Whey Protein Powder (Vanilla)	Cold water (optional)

Toppings

Few slices pineapple	8 strawberries	1 sprig of mint
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Directions


1. Gradually place the ingredients for smoothie into a blender and blend until smooth. If the smoothie is too thick, you may add some cold water. Likewise, if the smoothie is a bit sour, depending on the ripeness of the fruits, you may add some honey.

2. Pour the smoothie into a bowl. Top with pineapple, strawberries and mint leaves (or another of your preferred fruits or nuts) and serve chilled.

No-bake Euglena Energy Ball

BY CALEB MOK, DIETITIAN

SERVES     

 20 MINS



You will need:

3/4 cup raw cashews

1/4 cup shelled unsalted pistachios

10 - 12 Medjool dates

1 scoop Life Extension Whey Protein Powder (Vanilla)

10 capsules Euglena P-3, remove the capsules

Cold water (optional)

Directions

1. Gradually place the ingredients into a food processor or blender and blend until smooth. If the paste is too dry, you may add some cold water.
2. Shape to paste into spherical shape and serve chilled.