

HEALTHY LIFESTYLE

# COOKBOOK

*nutty recipes*

BY BARUVIDA





# HERE'S WHERE TO FIND ALL THE GOOD STUFF:

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*Enjoy!*



# CHOCO BARU-BUZZ SMOOTHIE



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A Sweet Boost of Energy!

This irresistible blend of rich chocolate, sweet dates, creamy bananas, and the nutty crunch of Classic Roast Baruvita is the perfect treat to satisfy your cravings and give you a natural energy lift. Perfect as a snack, dessert, or post-workout indulgence!

## PROCEDURE

1. Mix ingredients into blender
2. Blend to desired consistency and Enjoy!

## INGREDIENTS

- 1 banana
- 1 scoop protein powder
- 1/2 scoop rolled oats
- 1/2 cup Baruvita nuts
- 2-3 dates (adjust for sweetness)
- Water or Coconut milk (to desired consistency)

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# DATE NUT SMOOTHIE



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## PROCEDURE

1. Gather all ingredients
2. Add liquid first
3. Add remaining ingredients
4. Blend & enjoy!



## INGREDIENTS

- 1/4 cup Baruvida
- 3 large dates
- 1 banana
- 1 scoop vanilla protein
- pinch of cinnamon
- ice
- 2 cups water

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# BARUVIDA FRAPPE SMOOTHIE



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## PROCEDURE

1. Gather all ingredients.
2. Add in each of the ingredients to the blender.
3. Blend & enjoy!

## INGREDIENTS

- 1/2 cup Baruvida Nuts
- 1/2 cup Ice
- 1 Banana
- 3 Dates
- 1 1/2 cups Califia Farms Espresso Latte Almond Milk
- 1/2 scoop IronVegan Sprouted Vanilla Protein
- 1 tbsp Cacao or Cocoa Powder

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# BANANA NUT SMOOTHIE



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## PROCEDURE

1. Gather all ingredients.
2. Add in each of the ingredients to the blender.
3. Blend & enjoy!

## INGREDIENTS

- 1/2 cup Baruvida Nuts
- 1 scoop vanilla protein powder
- Handful of spinach
- 1 tbsp Cacao or Cocoa Powder
- 1/4 cup greek yogurt
- 1 banana
- 3 dates
- 2 cups coconut water

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# ISLAND SMOOTHIE BOWL



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## PROCEDURE

1. Mix base ingredients together
2. Pour into bowl (ensure thick consistency)
3. Add toppings & enjoy!

## INGREDIENTS

### BASE

- 1 cup of milk of your choice
- 1/2 frozen banana
- 1 cup frozen cauliflower
- 1 scoop of protein powder
- 1 - 2 tablespoons of spirulina/ spirulina mix
- handful of ice optional

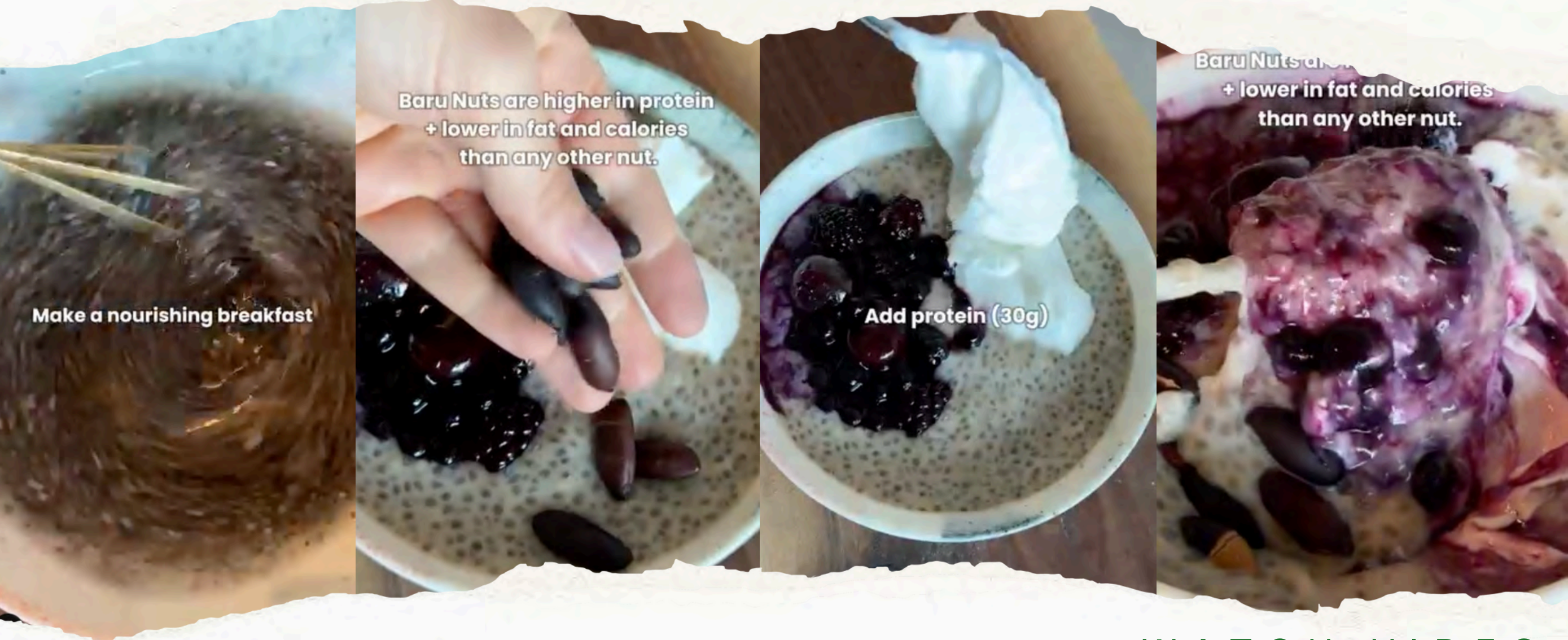
### TOPPINGS

- BARUVIDA nuts
- Fresh blueberries & kiwi
- Coconut flakes

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# CHIA NUT BREAKFAST BOWL



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## PROCEDURE

1. Mix chia seeds with the vanilla protein powder and water to let them expand (15-20 minutes).
2. Add in greek yogurt, blueberries, Baruvia nuts.
3. Mix & enjoy!

## INGREDIENTS

- 1 scoop vanilla protein powder
- 2 scoops plain greek yogurt
- Handful of blueberries
- Handful of Original Baruvia nuts
- 1/4 cup chia seeds
- 1/4 cup water

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# CURRIED PUMPKIN SOUP

## (PALEO)



## PROCEDURE

### Saute:

Heat the olive oil in a large pot over medium heat. Add the diced onion and minced garlic, and sauté until soft and fragrant, about 5 minutes.

### Add the spices:

Stir in the curry powder (or individual spices), ground ginger, cinnamon, paprika, and cayenne pepper (if using). Cook the spices for about 1 minute to release their flavours.

### Add the liquids, pumpkin, and Barunuts:

Add the mashed pumpkin, vegetable broth, coconut milk, peanut butter, tomato paste, lime juice, and roasted Barunuts.

### Simmer the soup:

Bring the mixture to a gentle simmer and let it cook for 15-20 minutes, allowing the flavors to meld together. The Barunuts will soften and blend with the soup during this time.

### Blend the soup:

Using an immersion blender (or carefully transferring to a blender), blend the soup until smooth and creamy. Add more broth if the soup is too thick.

### Season and finish:

- Taste the soup and adjust seasoning with salt and pepper. Let it simmer for an additional 5 minutes after blending to ensure all the flavors are well incorporated.

### Serve and garnish:

- Ladle the soup into bowls and top each serving with a dollop of coconut yogurt, a sprinkle of chopped BARU nuts (or other nuts), and fresh coriander.



# CURRIED PUMPKIN SOUP (PALEO)

## INGREDIENTS (SERVES 4)

### Main Ingredients:

- 2 cups mashed pumpkin (or pumpkin puree)
- 2 cups vegetable broth
- 1 cup coconut milk (full fat for creaminess)
- 2 tablespoons BARUVIDA nut butter
- 2 tablespoons tomato paste
- 1 tablespoon lime juice (juice of about 1 lime)
- ½ cup roasted BARU nuts, ground or chopped
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon salt
- ¼ teaspoon black pepper

### Spices:

- 1 tablespoon curry powder (or substitute with ½ teaspoon ground turmeric, 1 teaspoon ground cumin, 1 teaspoon ground coriander)
- ½ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- ½ teaspoon paprika (or smoked paprika)
- ⅛ teaspoon cayenne pepper (optional, for heat)

### For Topping:

- Coconut yogurt
- BARUVIDA nuts for crunch
- Fresh coriander, chopped



T A G U S @ B A R U V I D A



# ANTIPASTO BOARD



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## PROCEDURE

1. Gather ingredients together and prepare wooden board.
2. Arrange the crackers, cheeses, and meats across the board, feel free to add in fruits and jams as you wish - get creative!
3. Scatter the Barunuts throughout - you can choose the Original or BBQ flavour to best fit the flavour profile of your board.

## INGREDIENTS

- Assortment of crackers.
- Assortment of cheeses (herb & garlic soft cheese, aged cheddar, brie etc.)
- Original or BBQ Baruvida nuts.
- Smoked salmon or cured meats of your choice - prosciutto is great as well!

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# CRUNCHY FALL SALAD



## PROCEDURE

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### 1. Prepare the Salad Base:

In a large serving tray combine the mixed greens, sliced beets, apples, baby tomatoes, mint, and feta cheese.

### 2. Make the Dressing:

In a small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard, and honey until emulsified. Season with salt and pepper to taste.

### 3. Assemble the Salad:

Drizzle the dressing over the salad mixture and toss until everything is well-coated.

4. Top with the crunchy [@baruvida](#) Smoky Baru Nuts for an added layer of texture and a nutritional boost.

## INGREDIENTS

- Mixed greens (arugula, spinach, kale)
- 2 big Sliced beets
- 2 Diced apples (preferably a crisp variety)
- Sliced feta cheese
- Mint

### Toppings:

- 1/2 cup [@baruvida](#) Smoky Baru nuts

### For the Dressing:

- 3 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon honey
- 3 tablespoon Balsamic vinegar
- Salt pepper and garlic powder to taste
- Minced garlic

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# APPLE-BARU CRUNCH SALAD



## PROCEDURE

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A Crisp Twist on Tradition!

Fresh, juicy apples meet the nutty crunch of Baru nuts in this vibrant, refreshing salad. Tossed with greens and a zesty vinaigrette, the combination of sweet, tart, and savory flavors makes this dish a delightful balance of nature's best. Perfect for a light lunch or a standout side!

1. Chop the Baru nuts and thinly slice the apple.
2. Whisk the honey cinnamon dressing and stir in the apple slices.
3. Add the spinach or arugula to a large bowl.
4. Toss in the dried cranberries, cheese, and chopped Baru nuts.
5. Transfer the dressed apples to the bowl and toss everything together until well coated.
6. Drizzle additional dressing to taste and enjoy!

## INGREDIENTS

- 1/2 cup crushed Lemon Zest Baruvinda
- Spinach (for a mild flavor) or arugula (for a peppery kick)
- 1 apple, thinly sliced
- Dried cranberries (to taste)
- Goat cheese or blue cheese (your choice)
- Honey cinnamon dressing

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# BARU-CRUSTED HALIBUT



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## PROCEDURE

1. Grind up the Barunuts
2. Add desired seasoning (old bay or lemon herb is great)
3. Add a teaspoon of cornstarch
4. Coat the fish & sear
5. Serve with rice and grilled vegetables!

## INGREDIENTS

- Assortment of crackers.
- Assortment of cheeses (herb & garlic soft cheese, aged cheddar, brie etc.)
- Original or BBQ Baruvida nuts.
- Smoked salmon or cured meats of your choice - prosciutto is great as well!

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# BARU-CRUSTED SALMON

## PROCEDURE

For Oven-Baked Salmon:

1. Prepare the Topping: In a food processor, pulse Baruvida nuts, fresh rosemary, garlic powder, and a pinch of salt until finely chopped.
2. Prep the Salmon: Pat the salmon fillet dry and place it skin-side down in a greased glass or ceramic baking dish. Lightly brush the top with oil, then generously sprinkle the nut mixture on top. Gently press to ensure it sticks.
3. Bake: Preheat the oven to 400°F and bake the salmon for 9-11 minutes, or until it flakes easily with a fork.

For Grilled Salmon:

1. Prep as Above: Follow the same steps to prepare the salmon and topping.
2. Grill: Preheat the grill to medium-high heat, and lightly grease the grates. Place the salmon skin-side down directly on the grates. Close the lid and grill for 7-10 minutes, checking regularly to avoid flare-ups, until the salmon flakes easily with a fork.

Enjoy your crispy, flavor-packed salmon that's both healthy and eco-conscious!

## INGREDIENTS

- 1 sustainably-sourced salmon fillet (wild-caught sockeye is a nutrient-rich, eco-friendly choice)
- 1/2 cup Classic, Lemon, or BBQ Baruvida nuts
- Fresh rosemary sprigs
- Olive oil or your preferred cooking oil
- Salt and garlic powder for seasoning

T A G U S @ B A R U V I D A



# HONEY-ROASTED BARUVIDA



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## PROCEDURE

1. Heat the nuts and oil in a saucepan over medium heat for 2 minutes.
2. Stir in the cinnamon and cook for an additional 30 seconds.
3. Remove from heat and drizzle in the honey, coating the nuts evenly.
4. Spread on a baking sheet and bake at 350°F for 12-15 minutes.
5. Let the snack rest for 5 minutes and enjoy!

## INGREDIENTS

- 1 340g serving of Classic, BBQ, or Lemon Baruvida (your snack, your choice!)
- 2 tablespoons organic honey
- 1 teaspoon cinnamon
- 1 tablespoon Baru oil (or preferred alternative)

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# CHOCOLATE BARU-BARK



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## PROCEDURE

1. Break up the chocolate bar
2. Cut up dates
3. Stack them evenly in a pan
4. Melt chocolate
5. Melt peanut butter
6. Crush Baruvida nuts
7. Bake 🧑🍳

## INGREDIENTS

- 1 bar of chocolate of your choice (dark, milk or white)
- 1 cup dates
- 2 tablespoons peanut butter (or swap out for Barubutter)
- 1 cup Original Baruvida nuts

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# BARU-BANANA CRUNCH BAR



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## PROCEDURE

1. Blend 1 cup Original Baruvida in a food processor or blender to make Barubutter.
2. Chop the Barunuts and melt the chocolate.
3. Cut banana in half and put on popsicle sticks.
4. Coat the banana in Barubutter, roll in the chopped nuts and then coat with the melted chocolate.
5. Lay the treats on parchment paper and freeze for 10-15 minutes and enjoy!

## INGREDIENTS

- 2 cups Original Baruvida
- 1 Banana
- 1/2 cup melted chocolate of your choice (we used unsweetened)

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# RASP-BARU FROZEN YOGURT BARS



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## PROCEDURE

1. Line a baking sheet with parchment paper.
2. Mix Greek yogurt, peanut butter, and maple syrup until smooth.  
Scoop onto baking sheet and insert a popsicle stick.
3. Add chopped Baruvinda baru nuts and macerated raspberries.
4. Freeze for at least 2 hours or until firm.
5. Once frozen, melt dark chocolate with coconut oil.
6. Dip the frozen yogurt pops into the melted chocolate, then place them back in the freezer to set for 10-15 minutes & enjoy!

## INGREDIENTS

- 1 cup full-fat Greek yogurt
- 1/2 cup peanut butter
- 1 teaspoon maple syrup
- 1/2 cup Baruvinda baru nuts (original), chopped
- 1/2 cup fresh raspberries, macerated
- 150g melted dark chocolate
- 1 tablespoon coconut oil

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# BARUVIDA KEY LIME PIE



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## PROCEDURE

1. Blend Zesty Lemon Barunuts with graham wafers and pour into the pan.
2. Mix in butter and press into the pan to build the crust.
3. Bake crust for 10 minutes at 350 degrees.
4. Squeeze the limes and create a zest from the peel.
5. Mix in the melted cream cheese, sweetened condensed milk and one egg. Mix thoroughly.
6. Pour the mixture onto the crust that has been pulled out from the oven and cooled. Bake for 25 minutes.
7. Slice into squares, add whip cream & enjoy!

## INGREDIENTS

### Crust:

- Zesty Lemon Baruvida Nuts
- Graham Crumbs
- Butter

### Garnish:

- Coconut Whip Cream
- Lime Wheel

### Filling:

- Fresh Lime Juice & Zest
- Cream Cheese
- Sweetened Condensed Milk
- 1 egg (optional)

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