

Berry Radical Recipes



CuppaRadical

Serves 1

- 1 x sachet Berry Radical
- 1 x teaspoon organic raw sugar
- hot water
- organic milk/cream of choice



BAR shake (Banana Anti-Radical)

(best hangover cure ever – works in 5 minutes!)

Serves 2

- 2 x sachets Berry Radical
- 1 x tablespoon organic honey
- 1 x organic banana
- 250 ml organic milk of choice



Mix together in a blender (preferably rinse out the left-over alcohol from last night's daiquiris first!)

Bananas have sugar in the form of fructose. They also contain potassium, which is one of the nutrients you lose the most of when you drink. Bananas are also a natural antacid which can help out with nausea. They are high in magnesium (as is the cacao in Berry Radical) which can help relax those pounding blood vessels causing that hangover headache.

Chai Radical

Serves 2

- 2 x sachets of Berry Radical
- 1 x small can of coconut cream (270ml)
- Pinch of each to taste (allspice, black pepper, cardamon, cinnamon, cloves, coriander, ginger, nutmeg, star anise, fennel)
- 1 x bay leaf
- 1 x vanilla bean
- 1 x tablespoon honey
- 270ml water (fill empty coconut milk can with water)



Gently simmer spices, coconut milk and water over low heat for 10 minutes to infuse flavours.

When ready to serve, add Berry Radical and stir well.

Pour through tea-strainer into big mugs.

Narelle's Radical Raw Smoothie

I'm often asked how I use Berry Radical in my daily life, besides making the scrumptious warm beverage.

I have a super-charged way to start my day; it's my organic, raw, green, smoothie. It's a delicious, nourishing, meal that keeps me going until lunchtime.

- 1 x baby green coconut (juice and flesh)
- ½ cup of fruit of the season (paw paw, mango, peaches, pears, berries)
- 1 x banana
- 1 x handful of goji berries
- 1 x tsp bee pollen granules
- 1 x tsp maca root powder
- 2 x tsp In-Liven
- 1 x sachet Berry Radical
- 1 x tbs spirulina (or chlorella)
- 1 x tbs barley grass (or wheat grass)
- 2 x tbs crushed linseed (or chia seed)
- 1 x big handfull of spinach (or other leafy green)
- 1 x tbs flax oil (or evening primrose or hemp, or good EFA blend)
- 2 x tbs undenatured whey protein

Blend in a powerful blender (like a vitamix or ice-tank) until smooth, creamy and green!

Additional hint: to crush the linseeds or chia seeds, purchase an inexpensive coffee grinder from your local supermarket.

