
FROM SEED TO SEAL

PERUVIAN SUPERFOOD

RECIPES




Karen Berrios®

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BREAKFAST



CAMU CAMU AND MACA SMOOTHIE BOWL

INGREDIENTS:

- 1 Green apple (chopped and freeze)
- 1 & ½ Banana (chopped and freeze)
- 1 cup Spinach (freeze)
- 2 tbsp. Karen Berrios Maca powder
- 1 tsp. Karen Berrios camu camu powder
- ½ cdta. Karen Berrios ginger root powder
- 1 celery stick
- 1 cup Almond, coconut or soy milk
- 1 tsp. Spirulina

OPTIONAL TOPPINGS:

- Fresh Fruit (blackberry, apple, banana)
- Karen Berrios chia seed
- Karen Berrios Cacao Nibs

COOKING INSTRUCTIONS:

1. Defrost the bananas, apples and spinach from the freezer for 10 minutes.
2. Add all the ingredients to a high-speed blender and slowly pulse until thick and creamy, should have the ice cream consistency.
3. Transfer the mixture to a bowl, top with your favorite fruits, Karen Berrios chia seeds, cacao nibs, and enjoy.



CHOCO ORANGE CHIA PUDDING

INGREDIENTS:

- 3 cup almond, soy or coconut milk
- ½ cup Karen Berrios chia seed
- 3 cinnamon sticks
- zest of 1 orange
- ½ orange (juice)
- 1/3 cup monk fruit or coconut sugar
- 3 tbsp. Karen Berrios cacao powder

TOPPING:

- Fruits (chopped)
- Karen berrios cacao nibs

COOKING INSTRUCTIONS:

1. In a medium bowl, add the Karen berrios chia seed
2. Combine the almond milk, cinnamon sticks and coconut sugar in a medium saucepan and heat over low heat for 15 minutes.
3. Blend the mixture and stir it into the chia seed, whisk until be mixture. Add the cacao powder, orange juice and zest.
4. Transfer the mixture to 3 jars.
5. Refrigerate for 5 hours before eating.
6. Top with your favorites chopped fruits and Karen berrios cacao nibs.

KETO PUMPKIN & LÚCUMA PANCAKES

INGREDIENTS:

- 1 cup pumpkin puree
- 1 ¼ cups plant-based milk
- 3 tbsp. coconut oil or vegan butter (melted)
- 3 eggs or 2 bananas (mashed)
- 3 tbsp. coconut sugar or monk fruit(golden)
- 1 cup Almond flour or gluten free flour
- ¼ cup Karen Berrios Lúcura Powder
- 1 ½ tsp Baking Powder
- 1 tsp. ground cinnamon
- 1 tsp. Karen Berrios Ginger Root Powder

OTHERS:

- 2 tbsp. maple syrup
- ½ cup pecans, chopped
- Greek Yogurt or vegan
- Karen Berrios Cacao Nibs

COOKING INSTRUCTIONS:

1. In a large bowl, combine pumpkin, milk, coconut oil melted, egg and coconut sugar. Whisk until well combined
2. In another large bowl, combine dry ingredients. Add dry ingredients to wet ingredients and whisk until just combined.
3. Heat up a griddle or frying pan to medium heat. Cook each pancake until golden brown, flip to the other side, and cook.
4. Serve pumpkin pancakes with Maple syrup, Greek yogurt, chopped pecans and KB cacao nibs.





BEST PUMPKIN MACA BREAD WITH CREAM CHEESE

INGREDIENTS:

- 2 cups pumpkin puree
- 3 whole eggs or vegan egg
- 1/3 cup maple syrup
- 2 cups Gluten Free Rolled oats, Almond or coconut Flour
- ¼ cup Karen Berrios Maca Powder
- 1 tsp Baking soda
- 1 tsp cinnamon
- 1 tsp. Karen Berrios Ginger Root Powder

Others:

- Vegan Cream Cheese
- Salt, pepper

COOKING INSTRUCTIONS:

1. Preheat oven to 350 F. Prepare a loaf pan with parchment paper
2. Add all ingredients to a food processor and blend until fully combined.
3. Transfer the batter to the prepared loaf pan and smooth evenly
4. Bake 35 minutes. Remove the pan from the oven and set aside to cool.
5. Slice into 8 pieces and enjoy with vegan cream cheese as a perfect breakfast.



EASY MACA CINNAMON ROLL IN A MUG

INGREDIENTS:

Cinnamon roll:

- ¾ cup oat flour
- 2 tbsp. Karen Berrios Maca Powder
- 2 tbsp. Karen Berrios Lucuma Powder
- 3 tbsp. Coconut sugar or Monk fruit
- 1/3 cup Almond, coconut or soy milk
- 1 tsp. vanilla extract
- 1 tsp. Baking powder

Filling:

- 2 tbsp. coconut oil or vegan butter (melted)
- 3 tbsp. coconut sugar
- 1 tsp. ground cinnamon

Frosting (optional):

- ¼ cup vegan yogurt
- 1 tsp. vanilla extract
- 1 tbsp. Karen Berrios yacón syrup

COOKING INSTRUCTIONS:

1. Place all dry ingredients in a medium mixing bowl. Add in liquid ingredients and stir until form a dough.
2. Place the dough in your table and press it with your rolling pin until have no more than 5 mm thick.
3. Fill it with coconut oil, coconut sugar and ground cinnamon. Roll it and place it in your mug.
4. Cook in microwave for 4-5 minutes. Top with your frosting and enjoy this easy recipe as a breakfast.



FRENCH TOASTS SWEETENED WITH YACÓN SYRUP

INGREDIENTS:

French Toasts:

- 2 eggs or aquafaba
- ½ cup almond, soy or coconut milk
- 1 tbsp. Ground Cinnamon
- 3 slices of whole meal bread or keto bread

To top:

- 3 tbsp. Karen Berrios yacón syrup
- 2 tbsp. Karen Berrios cacao nibs sweetened with yacón syrup
- Fresh fruit (chopped)

COOKING INSTRUCTIONS:

1. In a medium bowl, mix all your vegan French toast ingredients. Moisten the whole meal bread in the previous mixture.
2. Heat up your frying pan and place your slices of bread. Toast it until brown
3. Enjoy with Karen Berrios yacón syrup, cacao nibs and chopped fruit.



LUCUMA WAFFLES

INGREDIENTS:

- 1/3 cup Karen Berrios Lucuma Powder
- 2 cups oat flour
- 1 ¼ cup almond, soy or coconut milk
- 2 eggs or vegan eggs
- 1 tbsp. Karen Berrios chia seed
- 1 tsp. baking powder
- 3 tbsp. Karen Berrios yacón syrup
- 1 tbsp. coconut oil or vegan butter

To top:

- 2 tbsp. Karen Berrios yacón syrup
- 2 tbsp. Karen Berrios cacao nibs sweetened with yacón syrup
- 1 tbsp. Karen Berrios golden Berries
- Fresh fruit

COOKING INSTRUCTIONS:

1. Place all ingredients for the waffles in your blender.
2. Pour 1 cup of the mixture in your waffle iron until brown.
3. Enjoy with Karen Berrios yacón syrup, cacao nibs and golden berries.



BANANA BREAD AND CACAO NIBS

INGREDIENTS:

- 3 ripe bananas (mashed)
- 1 ½ cup oat flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- 1 tsp. ground cinnamon
- ½ cup Karen Berrios yacon syrup
- 1 egg or vegan egg (3 tbsp. Karen Berrios chia seed + 2 tbsp. water)
- 2 tbsp. Karen Berrios chia seed
- 1 cup Karen Berrios cacao nibs sweetened with yacon

To top:

- 2 tbsp. Karen Berrios cacao nibs sweetened with yacon

COOKING INSTRUCTIONS:

1. Preheat oven to 180°C (350°F).
2. In a large bowl, mash bananas and beat in vegan egg, add yacon syrup.
3. In a separate bowl, whisk together dry ingredients
4. Pour dry ingredients into large bowl with wet ingredients and use a mixer to blend everything together.
5. Once combined, pour into greased loaf pan and sprinkle cacao nibs on top.
6. Bake for 50 minutes. Once bread has cooled, pop it out of the pan and serve.



BAKED CACAO OATMEAL

INGREDIENTS:

- ½ cup rolled oats
- ¾ cup almond, soy or coconut milk
- ½ ripe banana
- 2-3 tbsp. Karen Berrios yacón syrup
- ¼ tsp. baking powder, ground cinnamon and salt
- 3 tbsp. Karen Berrios cacao powder
- 2 tbsp. Karen Berrios cacao nibs sweetened with yacón

Top with:

- Karen Berrios yacón syrup
- Karen Berrios cacao nibs sweetened with yacón

COOKING INSTRUCTIONS:

1. Preheat oven to 350°F (180°C)
2. Blend all ingredients except for the cacao nibs into a blender and blend until fully combined.
3. Stir in Karen berrios cacao nibs. Pour the batter into greased baking disk or ramekin, top with extra Karen Berrios cacao nibs.
4. Bake for 20-25 minutes
5. Let cool, top with yacón syrup, peanut butter and cacao nibs.



RAINBOW SMOOTHIE FOR SPRING SWEETENED WITH YACÓN SYRUP

INGREDIENTS:

1st layer:

- 1 cup banana (frozen) + 1 cup mango (frozen)+ 1 tbsp. spirulina

2nd layer:

- 1 cup banana(frozen) + 1 cup mango(frozen) + 1 cup Karen Berrios Ginger root powder

3rd layer:

- 1 cup banana(frozen) + 1 cup mango (frozen)+ 1 cup papaya (frozen)+ 1 cup Karen Berrios Ginger root powder

4th layer:

- 1 cup banana(frozen) + 1 cup mango (frozen)+ 1 cup raspberries or strawberries+ 1 cup Karen Berrios Ginger root powder + 1 tbsp. Karen Berrios yacón syrup

5th layer:

- 1 cup banana(frozen) + 1 cup mango (frozen)+ 1 cup blueberries+ 1 cup Karen Berrios Ginger root powder + 1 tbsp. Karen Berrios yacón syrup

Toppings:

- Fresh fruit chopped
- Karen Berrios cacao nibs sweetened with yacón syrup
- Karen Berrios Golden Berries

COOKING INSTRUCTIONS:

1. Blend the ingredients of each layer until smooth and then layer in a glass or jar.
2. Top with your favorites fresh fruits and enjoy with Karen Berrios superfoods.



CAMU CAMU YOGURT WITH GRANOLA AND SUPERFOODS

INGREDIENTS:

- 1 tbsp. Karen Berrios camu camu powder
- 2 cups Greek or vegan yogurt
- 1 tbsp. or more Karen Berrios Yacón syrup
- ½ cup Karen Berrios Golden Berries (soaked)
- 1 tsp. ground turmeric

Top with:

- Granola
- Karen Berrios cacao nibs
- Karen Berrios Golden Berries

COOKING INSTRUCTIONS:

1. Blend all ingredients of your camu camu yogurt. Pour the mixture in your jar or glass.
2. Top with your favorites superfoods and enjoy as a perfect breakfast or snack.

CITRUS CAMU CAMU, PAPAYA SMOOTHIE

INGREDIENTS:

- ½ cup freshly squeezed orange juice
- ½ papaya(chopped)
- 2 tsp. Karen Berrios camu camu powder
- ½ tsp Ground turmeric
- 1 banana(frozen)
- ½ cup carrots (chopped)
- 2 tbsp. maple syrup, monk fruit or coconut sugar
- 1 cup plant yogurt or milk
- 1 tbsp. sunflower seeds

COOKING INSTRUCTIONS:

1. Blend all ingredients, and taste test for sweetness.
2. Serve and top with sunflower seeds and KB cacao nibs.
3. Enjoy this natural potent immunity booster drink as a perfect breakfast





RASPBERRY AND MATCHA CHIA PUDDING

INGREDIENTS:

- 2 cup coconut milk
- 2 cup Greek or coconut yogurt
- 6-8 tbsp. maple syrup (monkfruit)
- 2 tsp. ground cinnamon
- 1 cup raspberries
- 2 tsp. matcha powder
- 1 & ½ cup Karen Berrios chia seed

Topping:

Karen Berrios cacao nibs

COOKING INSTRUCTIONS:

1. Blend 1 cup coconut milk, 1 cup Greek yogurt, 4 tbsp. maple syrup,

ground cinnamon and raspberries.

Pour into a container and stir in half of the chia seeds.

2. In another container, combine remaining coconut milk, Greek yogurt, maple syrup and matcha powder. Whisk until combined, then stir in remaining chia seeds.
3. Cover both containers and refrigerate overnight. To serve, layer raspberry chia pudding and matcha chia pudding in jars.
4. Top with fresh raspberries and KB cacao nibs.



BLUEBERRY & MACA POWDER SMOOTHIE BOWL

INGREDIENTS:

- 1 cup almond, coconut or soy milk
- 1 banana (chopped and freeze)
- 1 cup blueberries (freeze)
- 1 tbsp. Karen Berrios Maca powder
- 1 tsp. ground cinnamon
- ¼ cup ice cubes

Toppings:

- 1 tbsp. (15 gr) Karen Berrios cacao nibs

COOKING INSTRUCTIONS:

1. Chopped and freeze the banana and blueberries
2. Blend all the ingredients of blueberry and maca powder smoothie
3. Serve in a bowl and sprinkle with Karen berrios cacao nibs
4. Enjoy as your best boost energy drink.



GOLDEN SMOOTHIE BOWL WITH GOLDEN BERRIES

INGREDIENTS:

- 1 cup frozen mango chunks.
- 1 cup frozen Pineapple chunks
- ½ cup Karen Berrios Golden Berries (soaked)
- 2 tsp. Karen Berrios chia seeds
- ½ tsp. Karen Berrios Ginger root powder
- 1 tsp. ground cinnamon

- 1 tsp. ground turmeric (optional)
- 1/3 cup plant-based milk

COOKING INSTRUCTIONS:

1. Blend all ingredients until smooth and creamy.
2. Pour the mixture in your smoothie bowl and top with fresh fruit and KB cacao nibs



■ LUNCH AND DINNER



KETO QUESADILLAS WITH CHIA TORTILLA

INGREDIENTS:

Chía tortilla:

- 1 cup Karen berries chia seed.
- 1 cup Almond flour
- 1 cup flaxseed flour
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. oregano powder
- 1 tsp. garlic powder
- 1 cup water (warm)
- 1 tbsp. olive oil

Quesadilla:

- 1 cup vegan mozzarella cheese
- 1 carrot (julienne)
- 1 red pepper (julienne)
- 3 celery sticks (julienne)
- 1 avocado (slices)
- lettuce (leafs)
- 1 cup hummus (optional)

COOKING INSTRUCTIONS:

1. In a food processor, blend the chia seed to create a very fine flour.
2. In a medium mixing bowl, add the chia seed flour, almond flour, flaxseed flour and the spices. Finally, add the warm water, olive oil and knead with your hand.
3. Squish the dough with your fingers and knead energetically. Form a dough ball, it should not be sticky.
4. Cut the dough into 8 even pieces
5. Prepare two 30x30 cm of greased paper. Spray some oil on both pieces
6. Place the dough balls onto a piece of oiled greased paper, place the other piece of greased paper on top and press the ball with your hand palm.
7. Roll with a rolling pin until flat but not too thin
8. Use a cake ring to cut your tortillas.
9. Warm your frying pan under high heat and put the tortilla into the hot pan. Reduce to medium heat and cook for 1-2 minutes. Flip over the tortilla and cook for about 1 extra minute
10. Fill your tortilla with the quesadilla ingredients and cover with another one. Warm in the frying pan until the cheese is melted.
11. Enjoy this fast recipe.



PROTEIN FALAFEL WITH MACA POWDER

INGREDIENTS:

- 1 & ½ cup chickpea (cooked)
- ½ cup fava bean (cooked)
- 3 tbsp. Olive oil
- 4 garlic cloves
- 1 handful of Parsley & cilantro
- ¼ cup onion (chopped)
- Salt & pepper
- 3 tbsp. Karen Berrios Maca powder
- 4 tbsp. whole flour or almond flour

COOKING INSTRUCTIONS:

1. Place the chickpeas, fava beans, onion, olive oil and water (if is necessary) in the food processor. Blend well until creamy
2. Add cloves of garlic, parsley, cilantro and Maca powder into the mixture.
3. Place the mixture into a bowl, chill in fridge for 15 minutes.
4. Having rest your mixture, make croquettes and stir it into almond flour.
5. Warm your frying pan with olive oil (not too much) under medium heat and put the croquettes of falafel into the hot pan.
6. Enjoy with fresh vegetables or a vinaigrette of yogurt.



CAULIFLOWER BUFFALO WINGS WITH GINGER MAYONNAISE

INGREDIENTS:

Cauliflower Buffalo wings

- ½ head of cauliflower, cut into florets
- ¾ cup almond flour
- 1 tsp. ground paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp. Karen Berrios Ginger root powder
- 1 tsp salt
- ¾ cup buttermilk or (¾ cup coconut milk cream + 1 tbsp. white vinegar)
- 1/3 cup Buffalo Sauce

Ginger Mayonnaise

- 1 cup Tofu (diced) or vegan cream cheese
- ½ cup sunflower seeds
- 1 tsp. Karen Berrios Ginger root powder
- Salt, Pepper and garlic powder
- ½ cup Almond milk
- 2 tbsp. sesame oil or olive oil
- 1 tsp. Karen Berrios Chia Seeds. b

COOKING INSTRUCTIONS:

1. Preheat the oven to 375° F and line one baking sheet with parchment paper. Set aside
2. In a large bowl, combine the spices and almond flour. Add the buttermilk and stir until combined
3. Add the cauliflower florets to the batter. Place the coated cauliflower on the prepare baking pans
4. Bake for 20 minutes and then flip the cauliflower over to it's other side to get an even bake. Bake for another 20 minutes
5. Blend all the ingredients of the Ginger Mayonnaise and taste for the condiments.
6. Enjoy your cauliflower Buffalo wings with Protein Ginger Mayonnaise as your lunch or light dinner.



ZUCCHINI GRATIN CASSEROLE WITH MACA AS SUPERFOOD

INGREDIENTES:

Hummus:

- 2 taza garbanzos (cocidos)
- 1 & ½ taza agua
- 2 dientes de ajo
- Paprika, sal, pimienta, oregano
- ½ taza aceite de oliva
- 1 cda. Karen Berrios Maca en Polvo

Gratinado de Zucchini:

- 2-3 zucchinis medianos (en rodajas finas)
- 3 cebolla china (en rodajas)
- 1 taza queso cottage
- Mezcla de Hummus (1 taza Hummus + 1 huevo o huevo vegano)
- 1 cdta ajo picado
- 1 cda oregano
- 1 cdta. sal

INSTRUCCIONES:

1. Coloque todos los ingredientes para su hummus en su procesador de

alimentos. Mezclar bien hasta que quede cremoso. Calentar la mezcla en una cacerola pequeña hasta que hierva y reservar.

2. Espolvoree el calabacín en rodajas con un poco de sal y déjelo escurrir durante 30 minutos.
3. Precaliente el horno a 350° F. Rocíe una fuente para hornear con aceite en aerosol o aceite de oliva
4. Combine (cebollas verdes, queso cottage, ajo, orégano y sal) en un tazón y mezcle bien.
5. Ponga una capa de calabacín en rodajas finas y otra de la mezcla anterior y cubra con 1/3 taza de la mezcla de hummus. Repite esto hasta llenar.
6. Hornee por 35-40 minutos hasta que esté dorado y burbujeante.
7. Disfruta de esta cazuela como guarnición.



GRILLED PORTOBELLO MUSHROOMS WITH GINGER SAUCE

INGREDIENTS:

- 10 large Portobello mushrooms (cleaned with a damp cloth)

Marinade:

- 6 cloves garlic minced
- 2 tsp. extra virgin olive oil
- 1 tsp smoked paprika or ground paprika
- 4 tsp Vegan Worcestershire sauce or soy sauce
- 4 tsp white wine or wine vinegar (optional)
- Salt, pepper, onion powder

Creamy Ginger Sauce:

- 2 tsp extra virgin olive oil
- 1 medium onion finely chopped
- 5 cloves garlic minced
- 1/3 cup pumpkin seeds or raw cashews (soaked)
- 1 tbsp. corn starch or almond flour
- ½ tsp. Karen Berrios Chia Seed
- 1 ½ cup water
- 1 tbsp. nutritional yeast (optional)
- 1 tsp. Karen Berrios Ginger Root Powder
- Salt, Pepper, chopped fresh herbs

COOKING INSTRUCTIONS:

1. Mix all the ingredients of the marinade. Place the Portobello mushrooms in the dish and brush the marinade all over. Marinade for 10 to 15 minutes
2. Heat a grill. When hot, place the mushrooms on the grill and cook for 3 to 4 minutes per side.
3. Make the sauce: Heat oil in a skillet over medium heat. Add onion and garlic until translucent.
4. Transfer half of the mixture to a blender. Add rest of the ingredients and blend until smooth and creamy.
5. Pour it into the skillet with the remaining mixture.
6. Serve the mushrooms drizzled with the creamy sauce, fresh herbs and enjoy!



CHIA SEED VEGAN MEATBALLS WITH SPICY GINGER SOY GLAAZE

INGREDIENTS:

- 2 cups ground soy meat
- 3 cloves garlic, minced
- 1 tsp. Karen Berrios Ginger root powder
- 1/3 cup minced onion
- ¼ cup fresh cilantro, finely chopped
- 2 tbsp Karen Berrios chia seeds

For the glaze:

- ¼ cup Soy sauce
- 1 tsp. Karen Berrios Ginger root powder
- 1 tbsp. rice vinegar
- 1 tbsp. Karen berrios Yacón syrup
- 2 tbsp. tomato paste

COOKING INSTRUCTIONS:

1. Preheat oven to 220°C (375°F). Line a large baking tray with baking paper or silpat.

2. Place all the ingredients for the vegan meatballs in a large bowl. Using your hands, mix all of the ingredients until well combined.
3. Use your hands to mold the vegan meatballs mixture into 1-inch meatballs, and arrange them on the prepared baking sheet.
4. Bake for 20 minutes until lightly browned and cooked through.
5. In a small bowl, whisk together all of the ingredients for the glaze. Pour the glaze into a large non-stick pan over medium heat. When hot, add the vegan meatballs and toss to coat.
6. Serve meatballs warm over your stir-fried vegetables or noodles.



PIZZA WITH RED PEPPER AND CHIA CRUST

INGREDIENTS:

Crust:

- 1 red bell pepper
- 1/3 cup sunflower seeds
- 1/3 cup hemp or sesame seeds.
- 1/3 cup Karen Berrios chia seed
- ½ tsp. salt, pepper

Toppings:

- Tomato sauce
- Tomatoes, fresh basil leaves, mushroom, vegan cheese

COOKING INSTRUCTIONS:

1. Process all of your crust ingredients in a food processor. Place the mixture in a circle shape, in your Silpat or non-stick paper sheet.
2. Bake in the oven at 150 °C for 1 hour.
3. Spread tomato sauce on crust. Top with vegan cheese, tomatoes, and mushrooms.
4. Remove from the oven and add fresh basil leaves. Enjoy this pizza as a perfect low-calories lunch or dinner.



CREAMY CAMU CAMU SALAD DRESSING

INGREDIENTS:

- 1 tbsp. mustard
- 1 cup of olive or sesame oil
- ½ cup of white vinegar
- 3 tbsp. Karen Berrios yacón syrup
- 1 tsp. Karen Berrios camu camu powder
- 1 ½ tsp. cloves of garlic or garlic powder
- 1 tsp. salt, ¼ tsp. ground pepper

- 1 tbsp. greek yogurt (optional)

COOKING INSTRUCTIONS:

1. Place all ingredients in a blender and mix well until creamy.
2. Enjoy this perfect creamy camu camu dressing with fresh vegetables.



SCALLOPED POTATOES WITH MACA POWDER

INGREDIENTS:

- 3 tbsp. vegan butter, olive oil or coconut oil without strong flavor
- 1 small white onion, peeled and thinly sliced
- 4 large garlic cloves, minced
- 3 tbsp. Karen berrios Maca powder
- 2 tbsp. organic flour (if it's necessary)
- 1 cup vegetable stock or water
- 2 cups plant based milk
- 1 ½ tsp. salt / ½ tsp. black pepper/ 2 tsp. oregan
- 4 pounds Potatoes, sliced into 1/8-inch rounds
- 2 cups freshly-grated sharp vegan cheese

COOKING INSTRUCTIONS:

1. Heat your oven over to 400 °F. Grease your baking dish and set aside.
2. Melt butter or oil in a large sauté pan over medium-high heat. Add onion, and sauté for 4-5 minutes until soft and translucent. Add garlic and sauté

- for an additional 1-2 minutes. Stir in maca powder until it is evenly combined, and cook for 1 minute more.
3. Pour in the stock or water, and whisk until well combined. Add in the plant based milk, salt, pepper and oregan.
4. Remove from heat and set aside.
5. Spread half of the sliced potatoes in an even layer or the bottom of the pan. Top evenly with half of the cream sauce. Sprinkle 1 cup of the shredded cheese and all of parmesan cheese.
6. Top evenly with the remaining sliced potatoes, the other half of the cream sauce and the remaining cheese
7. Cover the pan with aluminum foil and bake for 30 minutes. Then remove the foil and bake uncovered for 25-30 minutes, or until the potatoes are cooked through.
8. Transfer the pan to a cooling rack, and sprinkle with the remaining oregan and parmesan
9. Serve warm



VEGAN COLESLAW WITH GINGER DRESSING

INGREDIENTS:

Ginger Dressing:

- 2 tbsp. almond or peanut butter
- 1 tbsp. tahini (optional)
- 2 tbsp. low-sodium tamari
- 2 tbsp. rice or white vinegar
- 3 tbsp. lemon juice
- 1 tbsp. Karen Berrios Yacón syrup
- 1 medium garlic clove peeled
- 1 tbsp. Karen Berrios Ginger root powder

Coleslaw

- 5 cups green cabbage thinly sliced
- 5 cups red cabbage thinly sliced (optional)
- 2 cups carrots thinly sliced

- 1 cup cilantro roughly chopped

COOKING INSTRUCTIONS:

1. Put all sesame ginger dressing ingredients in a small blender and blend on high until smooth and creamy
2. Place all coleslaw ingredients in a bowl and add in the dressing. Mixture and toss to combine.
3. Cover and put the coleslaw in the fridge to chill for 1 hour before serving.
4. Enjoy this salad as a perfect garnish for your lunch or dinner.



TOFU WITH PEANUT BUTTER GINGER SAUCE

INGREDIENTS:

- 18 oz. block firm tofu
- 2 tbsp. cornstarch
- ¼ cup low-sodium tamari
- 2 tbsp. Karen Berrios Yacón syrup
- 1 tbsp. rice or white vinegar
- 2 tbsp. almond butter or peanut butter
- 1 tbsp. Karen Berrios Ginger root powder
- 1 tsp. garlic powder
- 3 tbsp. water
- 2 tbsp. cornstarch
- 1 tbsp. lemon juice
- ¼ cup green onions sliced
- 1 tsp. sesame seeds

COOKING INSTRUCTIONS:

Preheat the oven to 375 degrees.

1. Press the tofu for 30 minutes and then drain the excess water. Cut the block of tofu into small cubes.
2. Place the cubes on a parchment-lined tray. Sprinkle cornstarch over the tofu and use your hands to gently toss and coat each side. Bake it for 30 minutes, flipping halfway through.
3. Combine tamari, yacón syrup, rice vinegar, almond butter, ginger powder, garlic powder into a medium sauce pan over medium heat.
4. In a separate small bowl, whisk together water and cornstarch into a slurry and then stir it to the sauce.
5. Take the tofu out of the oven and carefully transfer it to the pan with the sauce. Add lemon juice and gently toss the tofu with the sauce.
6. Garnish with sliced green onions and sesame seeds.
7. Enjoy with whole rice and vegetables as your perfect lunch or dinner.

The image is a full-page background featuring a stack of three chocolate brownies on a white ceramic plate. The brownies are dark and appear moist. In the background, slightly out of focus, is a white bag of 'Cacao Superfood Powder'. The bag has the brand name 'Kiss Brand' at the top and 'CACAO SUPERFOOD POWDER' in large, bold letters. The entire scene is overlaid with a semi-transparent blue filter. On the left side, there is a small white square icon. The text 'HEALTHY DESSERTS AND SNACKS' is written in a clean, white, sans-serif font, centered vertically and horizontally over the image.

HEALTHY DESSERTS AND SNACKS



CHOCOLATE & GOLDEN BERRY MOUSSE

INGREDIENTS:

Mousse:

- ½ cup Karen Berrios Golden Berries (hydrated)
- ⅔ cup semi-sweet chocolate (chopped)
- ¾ cup almond or soy milk
- 1 banana
- 1 avocado
- 3 tbsp. Karen Berrios cacao powder
- 1 tsp. Cinnamon powder
- 5 tbsp. coconut sugar (optional)
- 1 tbsp. & 1 tsp. Coconut oil (melted)

Toppings:

- Fresh berries and cacao powder

COOKING INSTRUCTIONS:

1. Hydrate the golden berries with hot water to be soft. Then, remove that water

2. In a medium mixing bowl, melt all the semi-sweet chocolate in a bain-marie.
3. Blend all the ingredients (plant-based milk, Karen Berrios cacao powder, banana, avocado, cinnamon, coconut oil, Karen berries golden berries, coconut sugar).
4. Pour the mix into the melted semi-sweet chocolate.
5. In an ice bath, whisk the mixture with an electric hand mixer until creamy.
6. Pour the mix into the two cake rings lined with transparent food film
7. Chill in the fridge for 30 minutes
8. Remove from the cake ring and enjoy with fresh berries.



RAW VEGAN CAMU CAMU TART

INGREDIENTS:

Crust:

- ½ cup flaked oats
- ⅓ cup almonds
- ½ tbsp. cinnamon powder
- ¼ cup Karen Berrios Golden Berries (hydrated)
- 2 tbsp. Water

Orange gelatin:

- ½ cup orange juice
- ½ cup water
- 1 tsp. Agar agar or unflavored gelatin

Camu camu Filling:

- 1 & ½ avocado
- 1 banana
- 3- 4 tbsp. monk fruit
- 1 tsp. Karen Berrios camu camu

- Orange gelatin
- ⅓ cup coconut oil

COOKING INSTRUCTIONS:

1. In a food processor combine all the crust ingredients until a wet sand-like mixture forms.
2. Press the mixture into the cake ring and chill in the fridge.
3. Combine the ingredients of orange gelatin in a saucepan and heat over medium-low heat.
4. Blend the camu camu filling ingredients, pour and spread into the crust and refrigerate for 40 minutes.
5. Enjoy this creamy tart with lemon zest and coconut.



DELICIOUS CAMU CAMU JELLO

INGREDIENTS:

- 1 cup orange juice
- 1 cup water
- 1 tbsp. agar agar or unflavored gelatin
- 5-6 tbsp Monk fruit
- 1 tbsp. Karen Berrios camu camu powder

Optional:

- Fruit (Chopped)

COOKING INSTRUCTIONS:

1. Combine all the ingredients of camu camu gelatin in a heavy-bottomed saucepan and heat over medium- low heat. Add the chopped fruit if you want.
2. Pour the mixture into a silicone mold.
3. Chill in the fridge for 1 or 2 hours.
4. Serve each jelly with fruit and enjoy



VEGAN CHIA AND CARROT CAKE MUFFINS

INGREDIENTS:

Muffin:

- 3 vegan eggs: 3 tbsp. Karen berries chia seed + 10 tbsp. warm water
- $\frac{3}{4}$ cup coconut sugar or monk fruit
- $\frac{3}{4}$ cup almond, soy or coconut milk
- $\frac{1}{3}$ cup coconut oil (melted) or vegetable oil
- 1 tbsp. vanilla extract
- 2 cup almond flour
- $\frac{1}{2}$ cup Karen Berrios chia seed (flour)
- 1 tsp. baking powder

- 1 tbsp. ground cinnamon
- $\frac{1}{2}$ tsp. Karen Berrios ginger root powder
- $\frac{1}{2}$ tsp. salt
- 1 cup grated carrots
- $\frac{1}{2}$ cup pecans, almond or walnuts (chopped)

Vegan cream cheese frosting

- 1 cup vegan cream cheese (soft)
- $\frac{1}{3}$ cup powdered Monk fruit
- $\frac{1}{4}$ cup coconut cream milk
- 1 tsp. Nutritional Yeast (optional)
- 1 tsp. vanilla extract

COOKING INSTRUCTIONS:

Muffins:

1. Preheat oven to 350 °F (180 °). Line a 12-hole muffin pan with muffin paper
2. In a medium sized mixing bowl, whisk your vegan eggs, coconut sugar or monk fruit, almond milk, melted coconut oil and vanilla extract.
3. In another bowl, combine all your dry ingredients (almond flour, chia seed flour, baking powder, cinnamon powder, ginger root powder, and salt.
4. Stir in the dry ingredients into the wet ingredients gradually. Finally, stir in the grated carrots and chopped walnuts.
5. Transfer the muffin batter into the 12-

muffin case, using a mechanical ice cream scoop.

6. Bake for 30-35 minutes
7. Transfer onto a cooling rack and cool for 40 minutes at room temperature or more before decorate.

Vegan cream cheese frosting:

1. In a medium bowl, add all the ingredients for the frosting. Beat with your whip whisk until fluffy and creamy. Rest in the fridge for 20 minutes
2. Use this frosting on top of cooled muffins. Sprinkle grated carrots and chopped walnuts on top of the frosting to decorate.





CHOCO KETO ICE CREAM

INGREDIENTS:

1 cup vegan cream cheese (soft)

- 1 ½ cup coconut milk cream
- ½ cup almond or soy milk
- ½ cup Erythritol or Monk fruit (Maple)
- ⅓ cup Karen berries cacao powder

Topping:

- ¼ cup Karen berries cacao nibs
- Fruits (chopped)

COOKING INSTRUCTIONS:

1. Place your loaf pan in the freezer
2. In your food processor, combine all

your ingredients for the chocolate ice cream and blend until thick and creamy

3. Pour the chocolate ice cream mixture in the chilled container. For the first hour, stir the mixture every 20 minutes, to ensure it doesn't freeze solid.
4. Lightly wet your scoop before serving ice cream.
5. Serve in your dessert bowl and enjoy with your favorites fruits and Karen berries cacao nibs.



PERFECT CHOCO LUCUMA BROWNIES

INGREDIENTS:

Wet ingredients:

- 1 cup semisweet chocolate
- ½ cup avocado (puree)
- 3 tbsp. coconut oil (melted)
- 1 vegan egg (1 tbsp. Karen Berrios chia seed + 4 tbsp. water)

Dry ingredients:

- 1/3 cup Karen berrios lúcuma powder
- 1/3 cup almond flour
- 1/3 cup Karen berrios chia seed (blended)
- ¼ cup Karen berrios cacao powder
- 1 tsp. baking powder
- 1 tsp. baking soda

Topping:

- Karen berrios cacao nibs
- ¼ cup semisweet chocolate (chopped)

COOKING INSTRUCTIONS:

1. Preheat the oven to 350 °F (180 °C) . Lightly grease your square baking pan with a greased paper.
2. In a medium mixing bowl, melt all the semi-sweet chocolate in a bain-marie. Add the avocado puree, coconut oil and vegan egg. Whisk well to combine
3. Stir the all the dry ingredients into the wet ingredients and whisk with your silicone spatula until creamy.
4. Sprinkle cacao nibs and semisweet chocolate before baking.
5. Bake for 25 to 30 minutes for just under done-brownies (fudgier texture)
6. Enjoy these brownies as a low sugar dessert



HOMEMADE NUTELLA

INGREDIENTS:

- 1 & ½ cup toast hazelnuts
- ¼ cup Karen Berrios cacao powder
- ½ cup monk fruit
- 1 & ½ cup almond, soy or coconut milk
- 8 tbsp. coconut oil (melted)
- 1 tsp. ground cinnamon

Toppings:

- Fruits (chopped)
- Karen Berrios cacao nibs
- Vegan Crepes

COOKING INSTRUCTIONS:

1. In a saucepan, toast the hazelnuts for 15 minutes
2. In a food processor, blend all the ingredients of the Homemade Nutella until creamy
3. Maintain into a small jar
4. Spread into a vegan crepe and add your favorite chopped fruit with Karen berrios cacao nibs
5. Enjoy it as your healthy breakfast or snack



PERUVIAN SUSPIRO DE LUCUMA

INGREDIENTS:

Lucuma pudding:

- ½ cup coconut sugar
- ¼ cup water
- 1 cup coconut milk (cream)
- 1 cup sweet potato (puree)
- ½ cup Karen Berrios Lucuma powder

Meringue:

- ½ cup white egg or aquafaba
- 1 cup monk fruit (powder)

Topping:

- Ground cinnamon

COOKING INSTRUCTIONS:

1. Blend all the ingredients until smooth.
2. Place the mixture into glasses and chill in fridge.
3. Whisk the eggs white with your hand mixer in a medium bowl. Add monk fruit little by little and beat until the meringue is firm.
4. Place the meringue into your disposable piping bag and decorate your lucuma pudding with picks of meringue. Sprinkle ground cinnamon on your meringue.
5. Enjoy as a Peruvian low sugar dessert or snack.

MACA CHURROS WITH CARAMEL SPREAD

INGREDIENTS:

Maca Caramel Spread:

- 2 cups Almond, coconut or soy milk
- 2/3 cup Coconut sugar
- 1/3 cup Karen Berrios Maca Powder

Churros:

- 500 gr. Wholemeal flour
- 65 gr. Karen Berrios Maca Powder
- 90-100 gr Coconut sugar or Monk fruit (Golden)
- 5 gr Salt
- ¼ tsp. Ground Turmeric
- 10 gr Nutritional Yeast or dry Yeast
- 220 ml Almond, coconut or soy milk
- 2 eggs or 120 gr Pumpkin puree
- 90 ml water
- 45 gr Vegan Butter

Other:

- Coconut oil
- Monk Fruit

COOKING INSTRUCTIONS:

Maca Caramel Spread:

1. Place your non-dairy milk and coconut sugar in your saucepan, heat up and stir it well until you get a spreadable texture. Add 3-4 tbsp. of your mixture to Maca powder, stir, and combine

with the rest of the mixture very well. Chill in the fridge for 45 minutes

Churros:

1. Weight all the ingredients. In your mixing bowl, add all the dry ingredients (whole meal flour, Maca powder, coconut sugar, salt, ground turmeric) and mix well with your dough hook attachment
2. In a bowl, mix almond milk, pinch of coconut sugar and dry yeast. Rest in a warm place covered to double its volume.
3. Add all the wet ingredients (pumpkin puree, water and the previous mixture) into the dry ingredients. Knead the dough until the ingredients are well combined. Add the butter at the end.
4. Pour the dough into your oiled table and cut into 15 pieces.
5. Roll out each piece into a triangular shape, filled with Maca caramel spread and roll the churros
6. Ferment for 90 minutes or until doubled in volume.
7. In your frying pan, add coconut oil and fry each churro, and warm place it into monk fruit.
8. Enjoy as your perfect Peruvian dessert





LEMON COCONUT GOLDEN BERRIES BITES

INGREDIENTS:

- ½ cup coconut flour
- ½ cup cashew nuts or almond butter
- Zest and Juice of 1 lemon
- 5-6 tbsp. maple syrup
- 2 tbsp. coconut oil (melted)
- 1 tsp. ground turmeric
- ¼ cup Karen Berrios Golden Berries (soaked)
- 1 tbsp. Karen Berrios Camu camu Powder

For cover it:

- Coconut Flour

COOKING INSTRUCTIONS:

1. Place all the ingredients into a food processor and pulse until come together
2. Take 2 tbsp. of the mixture and roll into bite sized balls.
3. Roll balls into more coconut
4. Enjoy as a fast snack or dessert



CAMU CAMU GUMMY SNACK FOR KIDS

INGREDIENTS:

1. 4-5 gelatin leaves or 3 tbsp. agar agar
2. $\frac{3}{4}$ cup freshly squeezed orange juice
3. $\frac{3}{4}$ cup full-fat coconut milk
4. 1 tsp. Karen Berrios camu camu powder
5. 4-5 tbsp. maple syrup
6. $\frac{1}{2}$ tsp vanilla extract
7. 1 tsp. ground turmeric (optional)

COOKING INSTRUCTIONS:

1. Add coconut milk cream, juice, vanilla and honey to a saucepan and whisk until there are no lumps.
2. Heat over low heat, move away and add the gelatin leaves (hydrated). Mix well until dissolved, stirring constantly.
3. Allow the mixture to cool a bit before whisking in camu camu powder.
4. Pour the mixture in a basic pan and chill in fridge for 10-15 minutes to firm up. Then, cut squares or use a cookie cutter.
5. Enjoy as a perfect snack for kids.



SWEET POTATO-MERINGUE PIE

INGREDIENTS:

Crust:

- 4 cups almond flour
- 1 cup semisweet chocolate
- ¼ cup coconut oil
- ¼ cup Karen Berrios cacao nibs sweetened with yacón

Filling:

- 5-6 medium sweet potatoes
- 1/3 cup Karen Berrios Yacón syrup
- ½ tsp. salt
- ½ cup plant based milk
- 3 eggs or vegan eggs
- 2 tsp. vanilla
- 2 tbsp. orange juice and 1 tsp zest
- ½ tsp. ground cinnamon

Meringue:

- ½ cup white egg or aquafaba
- 1 cup monkfruit (powdered)

COOKING INSTRUCTIONS:

1. Preheat oven to 400 °F or 200 °C. Line a baking sheet with parchment

paper. Place your sweet potatoes and bake 45 to 50 minutes.

2. For crust: In a frying pan heat almond flour over medium-low 7 minutes or until toasted. Turn off heat and stir in semisweet chocolate, coconut oil and KB cacao nibs. Continue stirring until chocolate is melted and incorporated. Press mixture onto bottom in your foil lined pan. Bake 12 to 15 minutes. Let cool
3. For filling: In a food processor combine all ingredients. Process until smooth. Pour into crust
4. Bake 40 minutes, let cool on a wire rack 1 hour.
5. For Meringue: Beat your white egg with a mixer and add powdered monkfruit until having glossy peaks form.
6. Top your sweet potato pie with meringue and enjoy as your perfect dessert.



CINNAMON GOLDEN BERRIES BANANA SQUARES

INGREDIENTS:

- 1 ½ cups flour (oat, almond or gluten free)
- ¼ cup non dairy milk
- ¼ cup Karen Berrios Yacón syrup
- 2 eggs or flax if vegan
- 1 tsp. baking powder + 1 tsp. baking soda
- 2-3 very ripe bananas (mashed)
- 1/4 cup Karen Berrios Golden Berries

To top:

- Drizzle of nut butter on top
- 2 tbsp. Ground cinnamon

COOKING INSTRUCTIONS:

1. Heat your oven over to 350°F (180° C). Grease your baking dish and set aside
2. Place flax egg or egg in a bowl. Add in non dairy milk, yacón syrup and mashed bananas.
3. Add all dry ingredients and whisk until well combined. At the last, add Karen Berrios golden berries and put your mixture into your baking dish. Bake for 25 minutes
4. Top with ground cinnamon, sliced bananas and golden berries to garnish.
5. Enjoy with drizzle of nut butter on top, you could eat these squares as your perfect snack or dessert.



VEGAN STRAWBERRY CHEESECAKE

INGREDIENTS:

Crust:

- 1 cup almond flour o vanilla gluten free cookies
- 3 tbsp. coconut oil (melted) or vegan butter

Filling:

- Cornstarch cream ($\frac{3}{4}$ cup of plant based milk + $\frac{1}{2}$ cup Monkfruit (powdered)+ 3 tbsp. cornstarch)
- 3-4 cups of block firm tofu or cashew seed (soaked)
- 1 tbsp. lemon juice
- 2 tbsp. plant based milk
- vanilla extract
- $\frac{1}{8}$ tsp. salt
- 14 tbsp. coconut oil

Strawberry chia jam:

- ¾ cups strawberry
- 2 tbsp. Karen Berrios Yacón syrup



CHOCO-LUCUMA BARS

INGREDIENTS:

Crust:

- ¾ cup peanut or almond butter
- ¼ cup Karen Berrios Yacón syrup
- ¼ cup Karen Berrios Lucuma Powder
- 1/8 cup Almond or oat flour

Chocolate filling:

- ½ cup semisweet chocolate
- 2 tbsp. peanut or almond butter
- 6 tbsp. coconut oil (melted)

To garnish:

- 1 tbsp. Peanut butter
- Karen Berrios cacao nibs sweetened with yacón syrup

COOKING INSTRUCTIONS:

1. Mix all crust ingredients until well combined, spread in your square pan and let it rest.
2. For the filling, melt semisweet chocolate, add peanut butter and coconut oil. Pour the mixture into your crust
3. Garnish with more peanut butter and cacao nibs
4. Enjoy these bars as your pre workout to have more energy.



RAW GOLDEN BERRIES ENERGY BITES

INGREDIENTS:

- ¼ cup pumpkin seeds
- ¼ cup Karen Berrios cacao nibs
- ⅓ cup Karen Berrios Golden Berries (soaked)
- 2 tbsp. Karen Berrios Chia seed
- 1 tbsp. Monk fruit (Maple Syrup)
- ½ cup Almond Flour
- 1 tsp. vanilla extract
- zest of 1 orange
- zest of ½ lemon
- 2 tbsp. coconut oil (melted)

To coat with:

- 1 & ½ cup semisweet chocolate
- shredded coconut

COOKING INSTRUCTIONS:

1. Soak the dried golden berries in water for overnight. Drain the excess liquid.
2. Add all the ingredients to food processor and pulse until combined
3. Make 9 small firm balls and place on parchment paper or silpat. Set in fridge for 1-2 hours
4. Melt the semisweet chocolate, remove the balls from the fridge and roll each one in the melted chocolate. Sprinkle shredded coconut and cacao nibs, let them cool into the silpat
5. Enjoy as the perfect snack or pre workout



HEALTHY LUCUMA MOUSSE

INGREDIENTS:

Lucuma Mousse

- 1 cup Extra Firm Tofu or vegan cream cheese
- 1 cup $\frac{1}{2}$ coconut, almond or soy milk
- 2 tsp. Vanilla Extract
- $\frac{1}{2}$ cup. Karen Berrios Lucuma powder
- $\frac{1}{2}$ cup peanut or almond butter

Topping:

- Karen Berrios cacao nibs

COOKING INSTRUCTIONS:

1. Add all the ingredients to a large blender or food processor and blend until smooth.
2. Pour into mason jars and refrigerate. Top the mousse with chopped, salted peanuts and KB cacao nibs
3. Enjoy as a snack or healthy dessert



■ DRINKS



FRESH CAMU CAMU LEMONADE

INGREDIENTS:

- 4 (Lemon juice)
- 1 cup strawberry
- $\frac{1}{4}$ cup raspberry
- $\frac{1}{4}$ cup monk fruit or honey
- Leafs of 5 branch of mint
- 1 tbsp. Karen berrios camu camu powder
- 4 cups water

COOKING INSTRUCTIONS:

1. Blend all the ingredients.
2. Serve in a jar with cubes of ice and chopped strawberry
3. Enjoy



ANTI-INFLAMMATORY PINEAPPLE GINGER AND CAMU CAMU DRINK

INGREDIENTS:

- 3 cups fresh pineapple (peeled)
- ½ tsp. Karen Berrios Ginger root powder
- 1 tsp. Karen Berrios Camu camu powder
- 1 lime (juice)
- 1 tbsp. Karen Berrios Yacón syrup
- 1 cup water

Serve with:

- ice cubes
- coconut water or water

COOKING INSTRUCTIONS:

1. Blend all ingredients one at a time through a high-powered blender.
2. Stir the juice with a wooden spoon to blend well.
3. Pour ¼ glass full of juice, ¼ glass full of cubes ice and fill the rest of the glass with coconut water or water.
4. Enjoy this perfect anti-inflammatory drink in the morning to feel great



HEALTHY MIMOSA WITH CARROT JUICE AND GINGER POWDER

INGREDIENTS:

- 1 bottle Dry champagne 375 ml
- ½ cup 100% carrot juice
- ½ cup orange juice
- ½ cup sparkling water
- Juice of 4 mandarin oranges plus 5 wedges
- ½ tsp. Karen Berrios ginger root powder
- 2 tbsp. Karen Berrios yacón syrup
- Finely shredded coconut for the rim of glasses

COOKING INSTRUCTIONS:

1. In a large measuring cup add carrot juice, sparkling water, juice of 4 mandarin oranges, orange juice, ginger root and yacón syrup
2. Take 4 glasses and rub the rims with a wedge of orange then place upside down into the coconut
3. Fill each glass half full with champagne
4. Pour the juice mixture in each glass
5. Garnish with orange wedges



CACAO NIBS TEA

INGREDIENTS:

- 1 cup Karen Berrios cacao nibs
- 1 cup boiled water
- ½ cup of almond, coconut or soy milk
- 1 tsp. ground cinnamon
- 1 tsp. coconut sugar, maple syrup, monk fruit
-

COOKING INSTRUCTIONS:

1. Preheat oven to 350 °F (180°C) and line a baking sheet with parchment paper or silpat.
2. Pour the cacao nibs on the pan and spread
3. Bake for 10 mins. Take them out and let them cool about 10 mins.
4. Place your roasted cacao nibs in a mini food processor and pulse until they look like regular coffee grounds.
5. Place all your grounds in a French press and add boiled water.
6. Place enough quantity of your instant cacao nibs tea in your mug, and add plant based milk with ground cinnamon and your sweetener of choice.



FRESH GINGER LEMONADE

INGREDIENTS:

- 2 cups of water
- 1/3 cup honey or maple syrup
- ½ tbsp. Karen Berrios Ginger root powder
- 2 cups soda or soda water
- ½ cup lemon juice
- 1 tsp. turmeric

COOKING INSTRUCTIONS:

1. Blend all ingredients until well combined.
2. Pour into a glass and enjoy as a fresh anti-inflammatory drink.



BOOST-ENERGY CACAO CINNAMON SHOTS

INGREDIENTS:

- 1 cup Almond or coconut milk
- 1 tbsp. Karen Berrios Cacao Powder
- 1 tsp. ground cinnamon
- 1 tbsp. Karen Berrios Chia Seeds.

Toppings:

- Karen Berrios cacao nibs

COOKING INSTRUCTIONS:

1. Combine in the blender until smooth
2. Let chia seeds soften for a few minutes before serving
3. Top with KB cacao nibs
4. Serves 5-6 shots as a perfect boost-energy shot



MACA AND LÚCUMA FRAPPE

INGREDIENTS:

- 1 cup almond, coconut or soy milk
- 1 banana (chopped and freeze)
- 2 tbsp. Karen Berrios Maca powder
- 2 tbsp Karen Berrios Lucuma powder
- 1 tbsp. peanut butter
- 1 tsp. coffee
- 1 tsp. ground cinnamon
- ¼ cup ice cubes

Toppings:

- 1 tbsp. Karen Berrios cacao nibs

COOKING INSTRUCTIONS:

1. Chopped and freeze the banana
2. Blend all the ingredients of the peanut butter frappe.
3. Serve in a large cup and sprinkle with Karen berrios cacao nibs
4. Enjoy as your best post workout



HEALTHY HOMEMADE PUMPKIN AND MACA LATTE

INGREDIENTS:

- ½ cup almond or coconut milk
- 3 tbsp. homemade pumpkin puree
- ½ tsp. pumpkin pie spice (optional)
- ½ tsp vanilla extract
- 2 tbsp. Karen Berrios Maca Powder
- 2 tsp. maple syrup or monk fruit
- sprinkle of cinnamon

Other:

- 1-2 tbsp. instant coffee or shots of espresso

COOKING INSTRUCTIONS:

1. Add all ingredients to a high-speed blender, and blend until foamy
2. Place the mixture into your saucepan and cook on medium heat on the stovetop for 1 minute or until warm.
3. Pour coffee into a large mug, add the foamy milk mixture on top.
4. Sprinkle with cinnamon and enjoy!



CREAMY HOT CHOCOLATE

INGREDIENTS:

- 1 cup Heavy coconut cream
- 1 cup water
- 2 tbsp. Karen Berrios Cacao Powder
- 1/3 cup semisweet chocolate
- 1 tbsp. coconut oil
- 1 tbsp. Monk fruit or coconut sugar
- ½ tsp. vanilla extract
- ¼ tsp. Karen Berrios Ginger Root Powder

To cover:

- Heavy coconut cream
- Karen Berrios Cacao Nibs

COOKING INSTRUCTIONS:

1. Place your heavy coconut cream

and water in a sauce pan. Heat over medium heat and whisk together.

2. Whisk Cacao powder into the previous mixture
3. Place the semisweet chocolate and coconut oil in a microwave and heat for 30 seconds or until completely melted.
4. Pour the melted chocolate into the hot cacao mixture. Whisk in your sweetener, vanilla extract and Ginger powder.
5. Remove the hot cacao from the heat and serve.
6. Top with whipped cream and KB cacao nibs and enjoy.



HEALTHY APPLE PIE MACA SMOOTHIE

INGREDIENTS:

- $\frac{3}{4}$ cup Greek yogurt or vegan yogurt
- 2 apples chopped (frozen)
- $\frac{1}{2}$ cup almond, soy or coconut milk
- 1 tsp. Karen Berrios Ginger root powder
- 1 tsp. Karen Berrios Maca powder
- 1 tbsp. Karen Berrios yacón syrup
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{2}$ cup ice cubes

Top with:

- Karen Berrios cacao nibs
- Karen Berrios Golden Berries
- Whipped cream, Greek or vegan yogurt

COOKING INSTRUCTIONS:

1. Place all ingredients in a blender and blend until smooth.
2. Top with Karen Berrios cacao nibs, golden berries and vegan yogurt. Enjoy as a perfect and easy breakfast.



HOLIDAY RECIPES



EASTER EGGS WITH SUPERFOODS

INGREDIENTS:

- 1 cup Peanut butter
- 2 cup Almond Flour
- 1 cup Karen Berrios Lucuma Powder
- 2 tbsp. Karen Berrios Maca powder
- 1 tsp. Vanilla extract
- 7 tbsp. coconut oil (at room temperature)
- ½ tsp. salt

Others:

- colored candy coating
- 2 cup low-sugar chocolate coating

COOKING INSTRUCTIONS:

1. Combine all ingredients in the bowl of a large mixer fitted with a paddle attachment
2. Mix everything on low speed until it's blended together, then turn it to medium speed and beat for 30-60 seconds, until it's very smooth and well-combined
3. Set aside until you're ready to fill the eggs
4. Melt the chocolate coating in the microwave, stirring frequently.
5. Once is melted, spoon a teaspoon or two of chocolate into one of the egg cavities. Take a clean, dry paintbrush and paint the chocolate up the inside of the cavity.
6. Refrigerate until the chocolate layer is hard.
7. Use a spoon or cookie scoop to put a spoonful of peanut butter filling into each cavity, and press down with your fingers until it's an even layer.
8. Then, spoon a bit of melted chocolate coating on top of the peanut butter filling. Spread it all the way to the edges of the cavity.
9. Refrigerate the molds for at least 10 minutes
10. Invert the molds over your work surface, decorate them with colored candy coating and enjoy as your perfect snack or dessert.



EASTER LUCUMA COOKIES

INGREDIENTS:

Easter cookies:

- 1 ½ cup organic flour, gluten free or oat flour
- 5 tbsp. Karen Berrios Lucuma Powder
- 1 tsp. baking powder
- 1 pinch salt
- zest of one lemon
- 1 large egg
- ¼ cup vegan butter or coconut oil (melted and cooled)
- 8-9 tbsp. plant based milk

Lemon glaze:

- 1 ½ cup monk fruit powder
- 1 tbsp. lemon juice
- 1 tbsp. plant based milk

COOKING INSTRUCTIONS:

1. In a large bowl whisk together all dry ingredients. Make a well in the middle and add the egg, butter and the milk. With a fork combine until mixture is almost combined, move it to a flat surface and gently knead to form a smooth dough.
2. Remove pieces of dough to form (13-16 cm) ropes. Make the ropes thin to then make a knot.
3. Place on prepared cookie sheet and bake for approximately 15-18 minutes.
4. Let cool then cover with lemon glaze or dust with powdered monk fruit
5. Enjoy them as a perfect snack or dessert for easter.



LUCUMA BLONDIES FOR 4TH OF JULY

INGREDIENTS:

- ¼ cup vegan butter or coconut oil
- 1 cup coconut sugar (solid)
- 3 eggs
- 1 tbsp. vanilla extract
- ½ tsp. salt
- 1 tsp. baking powder
- 1 cups oat, almond or gluten free flour
- 1/3 cup Karen Berrios Lucuma Powder
- ½ cup patriotic sprinkles

COOKING INSTRUCTIONS:

1. Preheat oven to 350°F or 180° C. Line a pan with foil and spray well with cooking spray

2. Mix butter or coconut oil and coconut sugar with a hand mixer until crumbly. Mix in eggs and vanilla until smooth. Mix in salt, baking powder, then lucuma powder and gluten free flour. Stir in sprinkles.
3. Spread in prepared pan. Top with extra sprinkles to make them prettier
4. Bake for about 22-25 minutes.
5. Enjoy this Lucuma Blondie's as your perfect snack or dessert for 4th of July.



PATRIOTIC POPSICLES

INGREDIENTS:

- 1 heaping cup strawberries or raspberries
- 1 cup blueberries
- 1 tbsp. blue spirulina
- 1 cup vanilla flavored Greek yogurt or vegan yogurt
- 2 tbsp. Karen Berrios Yacón syrup

COOKING INSTRUCTIONS:

1. Using a small cup food processor, puree the strawberries with 1 tbsp. yacón syrup until smooth. Set aside
2. Do the same with blueberries with 1 tbsp. yacón syrup and spirulina.
3. Put the yogurt and each of the berry purees in small measuring cups with spouts. The goal is to thin them just a bit so they are pourable.
4. To layer your pops, start by pouring a little of the blueberry in the bottom of each mold.
5. Put the mold in the freezer and freeze till firm, at least an hour.
6. Layer a little bit of yogurt into each mold for the next stripe. At this point, insert the popsicle stick.
7. Next comes your strawberry stripe, and so on until the molds are filled.
8. Once filled and completely frozen solid, you can un-mold your pops.
9. Enjoy this refreshing popsicles for 4th of July.



SUPERFOOD SNOWBALLS

INGREDIENTS:

- 1 & ½ cup Almond or coconut flour
- 1 cup Karen Berrios Lucuma Powder
- ¼ cup Karen Berrios Maca Powder
- ¾ cup peanut or almond butter
- ¼ cup coconut oil (melted)
- 1 tsp Karen Berrios Ginger Root Powder
- 1 lemon zest
- 1 tbsp. Karen Berrios Chia Seeds

To cover:

- 2 cups vegan white chocolate
- Colored Sprinkles (optional)
- Karen Berrios Cacao Nibs

COOKING INSTRUCTIONS:

1. Place all the ingredients into a food processor and pulse until come together
2. Take 2 tbsp. of the mixture and roll into bite sized balls.
3. Cover the balls in white chocolate melted and sprinkle KB cacao nibs and colored sprinkles
4. Enjoy this perfect Christmas idea full of superfoods



GINGERBREAD WHOOPEE PIES

INGREDIENTS:

For the cookies:

3 $\frac{3}{4}$ cup coconut flour, 1 to 1 baking flour or oat flour
 1 tsp. salt
 1 tsp. baking soda
 1 tsp. Karen Berrios Ginger root powder
 1 tsp. ground cinnamon
 $\frac{1}{4}$ cup coconut oil (cold)
 1 stick vegan, almond or peanut butter

$\frac{3}{4}$ cup coconut sugar or monk fruit(golden)

1 large egg or 1 banana (mashed)
 vegan butter milk ($\frac{3}{4}$ cup coconut milk + $\frac{1}{2}$ lemon juice)

For the filling:

1 cup vegan cream cheese
 $\frac{1}{2}$ cup monk fruit (powdered)
 $\frac{1}{2}$ tsp Karen Berrios Ginger root powder
 1 tsp. vanilla extract

COOKING INSTRUCTIONS:

For the cookies:

1. Preheat oven to 180°C (375°F). Line 3 baking sheets with parchment paper or silpat.
2. In a medium-sized mixing bowl, whisk together all dry ingredients. Set aside
3. In a large mixing bowl combine coconut oil ,vegan butter and monk fruit. Beat until the mixture is smooth and fluffy.
4. Add the egg, beat until incorporated.
5. Add half of the flour mixture to the butter mixture and mix to combine.
6. Mix the buttermilk and the remaining dry ingredients. Add into the mixture
7. Using a spoon, place 1 tbsp. of dough, leaving 2 cm between, on the prepared baking sheets.

8. Bake cookies for 12 to 15 minutes. Remove and place the cookies on a rack to cool completely.
9. Spread frosting onto the cooled cookies and place another cookie on top.
10. Enjoy as a healthy snack or dessert

Filling:

1. Beat vegan cream cheese with mixer until light and fluffy. Add powdered monk fruit and continue mixing until combined.
2. Pour in the milk and vanilla, and beat on high until you reach desired consistency.





CHOCOLATE YULE LOG

INGREDIENTS:

Sponge:

- Buttermilk: (1 cup non-dairy milk + 2 tsp. apple cider vinegar or lemon juice)
- 1 cup whole meal flour or oat flour
- ¼ cup Karen Berrios Cacao Powder
- ¼ cup Karen Berrios Lúcumá Powder
- 1 tsp Baking powder
- ½ cup coconut oil or vegan butter (melted)

Filling:

- ½ cup Vegan Cream Cheese or Greek yogurt
- ¼ cup Monk fruit (powder)
- ¼ cup Karen Berrios Cacao Nibs sweetened with yacón

Chocolate Frosting (coating):

- ½ cup Vegan Cream cheese or vegan butter
- ¼ cup Monk fruit (powder)
- ¼ cup Karen Berrios Cacao Powder
- 1/3 cup semisweet chocolate

COOKING INSTRUCTIONS:

Sponge:

1. Preheat oven to 180° C or 375 °F and line your baking sheet with greaseproof paper
2. In a medium-sized mixing bowl, combine dry ingredients.
3. Add the coconut oil or vegan butter melted into the buttermilk and whisk to combine.

4. Add the wet into the dry and stir it until fully combined.
5. Pour the batter into the lined baking sheet. Place into the oven and bake for 20 minutes. Allow to cool in your rack for 5 minutes.
6. Lay a large piece of baking paper on your work surface, sprinkle over some cacao powder and invert the sponge onto the paper, peel away the original baking paper.
7. Trim the edges of the sponge with a sharp knife. Roll up using the paper, rolling it up with the paper inside. Set aside to cool

Filling:

1. Whisk the vegan cream cheese with your hand mixer until creamy. Add in the monk fruit powdered until fully combined.

2. Once the sponge has fully cooled, unroll and spread a thick layer of the filling, sprinkle KB cacao nibs and then re-roll tightly without the paper inside. Rest in the fridge.

Chocolate Frosting:

1. Melt the semisweet chocolate using bain-marie, then aside to cool.
2. Cream the Vegan Cream cheese or vegan butter until creamy. Add in the Monk fruit powdered, KB cacao powder and melted chocolate. Whizz together until fluffy and combined.
3. Transfer the yule log to a serving plate, spread frosting all over. Use a spatula to create bark texture by creating lines.
4. Decorate with KB cacao Nibs and enjoy one slice as your perfect Christmas Vegan dessert.





VEGAN CHOCOLATE CRINKLE COOKIES

INGREDIENTS:

- 1 cup coconut sugar, monk fruit (golden)
- 1/3 cup coconut oil (melted)
- 1 tbsp. Karen Berrios Chia seeds (ground)
- 1/3 cup non-dairy milk
- 1 tsp vanilla extract
- 1 cup brown rice flour or rice flour
- ¼ cup almond flour
- ½ cup Karen Berrios Cacao Powder
- 1 tsp. Baking powder
- ¼ tsp salt

For rolling:

- 1 cup Monk fruit (powdered)

COOKING INSTRUCTIONS:

1. Preheat the oven to 350 °F. Line two baking sheets with parchment paper.
2. In a large bowl, add the coconut sugar and coconut oil. Stir it until well combined and smooth. Add the ground chia seeds, non-dairy milk and vanilla, mix well to combine.
3. Sift in the rice flour, almond flour, cacao powder, baking powder, and salt using a fine mesh strainer. Stir until combined with the wet ingredients.
4. Place the powdered monk fruit in a small mixing bowl. Scoop out a heaping tbsp. of dough at a time, and shape into a ball. Roll the ball in the powdered monk fruit, covering all sides.
5. Place the balls onto the prepared baking sheet. Bake for 10-12 minutes until set.
6. Cool on the baking sheet for at least 10 minutes, then transfer to a wire rack.
7. Enjoy your perfect Christmas cookies



VEGAN EGGNOG SWEETENED WITH YACÓN SYRUP

INGREDIENTS:

- 2 cups coconut milk or almond milk
- 2-3 tbsp. Karen Berrios Yacón Syrup
- 1 tsp. vanilla extract
- ½ tsp ground nutmeg
- ¼ tsp. Karen Berrios Ginger Root Powder
- ½ tsp ground cinnamon
- ½ tsp. rum extract (optional)

COOKING INSTRUCTIONS:

1. Blend all ingredients in a blender for 30 seconds.
2. Serve immediately with a dash of ground nutmeg sprinkled on top.
3. Enjoy this vegan and healthy drink to celebrate Christmas



KETO OREO BOMBS

INGREDIENTS:

Oreo crumbs:

- ½ cup almond flour
- 4 tbsp. Karen Berrios Cacao Powder
- 3 tbsp. Karen Berrios Lucuma Powder
- ½ tsp. instant coffee (optional)
- pinch salt
- 2 tbsp. coconut oil or ghee (melted)

Vanilla cream:

- ¾ cup full fat coconut milk
- 4 tbsp. Monk fruit (powdered)
- pinch salt
- ¾ cup vegan cream cheese
- 1 tsp. vanilla extract
- 2 tbsp. Karen Berrios Cacao Nibs sweetened with yacón

COOKING INSTRUCTIONS:

Oreo crumbs:

1. Lightly toast almond flour in a dry skillet or pan over medium heat. Transfer to a small bowl, and mix with the other dry ingredients. Add

in melted coconut oil, mix until thoroughly combined.

2. Press about 1/3 of the mixture into cupcake liners and leave the remaining 2/3 as crumbs. Place both in the freezer

Vanilla cream:

1. Add coconut milk, sweetener and salt to a saucepan over medium heat. Whisk until the sweetener has dissolved and the mixture is smooth. Allow to cool in a mixing bowl.
2. Add vegan cream cheese to a bowl and whip until soft peaks form. Mix in vanilla extract and the cooled mixture. Having the mixture smooth, fold in the cookie crumble and KB cacao nibs.
3. Pour your cookies'n cream mixture into the prepared molds and freeze until solid.
4. Enjoy this perfect keto candies with your kids in Christmas.



RAW YACON AND COCONUT CRACKERS

INGREDIENTS:

- 3 cups shredded coconut
- 1 cup coconut oil melted
- 3 tbsp. Karen Berrios yacón syrup
- ¼ cup Karen Berrios Golden Berries (soaked)

Coating:

- 2 cups semisweet chocolate
- 2 tbsp. Karen Berrios Cacao Nibs sweetened with yacón

COOKING INSTRUCTIONS:

1. Line a square pan with parchment paper and set aside.
2. In a large mixing bowl, add all ingredients of the filled and mix very well. Pour the batter into the lined square pan.
3. Refrigerate or freeze for 30 minutes. Cut your freezed mixture in squares bars
4. Melt your semisweet chocolate and individually, dip each coconut bar in the melted chocolate until coated evenly. Sprinkle KB cacao nibs and refrigerate until chocolate firms up.
5. Enjoy this no bake crackers for Christmas



VEGAN CHRISTMAS SUPERFOOD FRUIT CAKE

INGREDIENTS:

- 1/3 cup raisins (soaked)
- 1/3 cup Karen Berrios Golden Berries(soaked)
- 1/3 cup walnuts or pecans (chopped)
- 1/3 cup Almonds (chopped)
- 1/3 cup Karen Berrios Cacao Nibs or Cacao Nibs sweetened with yacón
- 2/3 cup + 1 tbsp. vegan butter or ghee
- 2/3 cup coconut sugar, panela or monk fruit (golden)
- 1 tbsp. Karen Berrios Yacón syrup
- 2 lemon zest
- 2 ½ cups whole meal flour, oat four or whole rice flour
- ½ cup Karen Berrios Chia seeds (ground)
- 1/3 cup Almond Flour
- ¾ tbsp. bicarbonate of soda
- ½ tsp Karen Berrios Ginger Root Powder
- ½ tsp ground cinnamon
- Buttermilk: 1 cup almond, coconut or soy milk+ 2 tbsp. lemon juice)

COOKING INSTRUCTIONS:

1. Preheat the oven to 140° C or 275 ° F. Grease a round cake tin and line it with baking parchment.
2. In a large bowl whisk together, with your flat-beater attachment, the softened coconut oil or vegan butter, coconut sugar, yacón syrup and orange and lemon zest until fluffy.
3. In a separate bowl, sift together flour, ground chia seeds, almond flour, bicarbonate, ginger powder and ground cinnamon.
4. Add the dry ingredients into the previous mixture, along with the buttermilk. Stir until just combined.
5. Stir in the fruits covered with flour. Pour the batter into the prepared tin and bake for 2-3 hours. Leave the cake to cool completely in the tin on a wire rack then turn it out and brush all over with rum or brandy (optional)
6. Enjoy this fruit cake as your perfect Christmas dessert or snack.



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