



Love Consumption

LEVERAGING OUR
RELATIONSHIPS WITH FOOD
IN ORDER TO LEVERAGE OUR
RELATIONSHIP WITH LOVE



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INGREDIENTS

- 1.5c oat milk (or plant milk of choice)
- 2.5 frozen bananas
- 2 dates, pitted
- 2tbs cocoa
- 3/4 tbs ashwaghanda powder
- 3 tbs p butter
- 1 tbs agave
- Blend all the above, then add: 2 handfuls ice
- 3 tbs cacao nibs

NOTES

- This smoothie is naturally sweet so you'll want to use no, or less ,dates if you are sugar sensitive and/or not a sweet tooth person.
- The cacao nibs are intended to give this smoothie a delightful crunch at the end. For best results, follow the instructions verbatim.



Peanut Butter Cup Smoothie



32 minutes



10 minutes

INSTRUCTIONS

1. Place all ingredients (except cacao nibs and ice) in high-speed blender.
2. Speak Life.
3. Blend, very well.
4. Add in cacao nibs and ice. Flash blend.
5. FullJOY!



INGREDIENTS

12 organic green apples
8 organic red apples
3 organic cucumbers
1/2 ripe pineapple
coconut, distilled or spring water

NOTES

Amount of yield juice will vary based upon the type of juicer that is used. This recipe was made with a Nama J2.



Absolute Delight Juice



1 gallon



30 minutes

INSTRUCTIONS

1. Cleanse and chop produce. Note: be sure to skin the cucumbers.
2. Run all ingredients through the juicer.
3. Strain. (optional)
4. Separate evenly into jars. Top with water as needed. (optional)
5. FullJOY!



INGREDIENTS

1pkg shiitake mushrooms
Hefty bundle of cilantro
4 cloves garlic, minced
1/4c sesame oil
1/2c coconut aminos
1tsp onion powder
1tsp chili powder
1/2tbs garam masala powder
1/4c sundried tomatoes
Juice of 1 lime



Marinated Mushrooms



2 servings



40+ minutes

INSTRUCTIONS

1. In a clean bowl, combine ingredients in the order listed.
2. Mix all ingredients evenly.
3. Speak Love.
4. Allow to sit for at least 30mins. The longer, the more lovely they taste.
5. Enjoy alone, atop a salad or paired with delectables such as couscous or quinoa.





INGREDIENTS

- 1 can chickpeas
- 1/4 red onion
- 3 cloves garlic
- 1/2tsp cumin
- 1/2 tsp smoked paprika
- 1/2 tsp ginger
- 1 tbs coconut aminos
- 2 tsp tahini
- Fresh Cilantro
- Juice of 1 lime
- 1 tsp sea salt
- 1 tsp Trader Joe's crunchy chili onion oil*

NOTES

- Trader Joe's crunchy chili onion oil gives this dish a zingy kick. However, it can be left out and still taste amazing. Crushed red pepper can also be used as a substitute.
- Cilantro is best measured according to when Grandma whispers "that's enough".



Zingy Chickpeas



2 servings



15 minutes

INSTRUCTIONS

1. Strain and wash canned chickpeas.
2. Mince garlic and cilantro.
3. Place all ingredients in bowl, in the order above.
4. Mix, very well.
5. FullJOY!

