

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



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1.5c oat milk (or plant milk of choice)

2.5 frozen bananas

2 dates, pitted

2tbs cacoa

3/4 tbs ashwaghanda powder

3 tbs p butter

1 tbs agave

— Blend all the above, then add: 2 handfuls ice

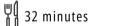
3 ths cacao nibs

#### **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





( ) 10 minutes

- 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. FullIOY!



12 organic green apples8 organic red apples3 organic cucumbers1/2 ripe pineapplecoconut, distilled or spring water



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

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30 minutes

- 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!



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





- 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.



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 luice 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".









2 servings \( \mathbb{I} \) 15 minutes

- 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!

