

BLUEBERRY PULSE

Blueberry Pulse - 116 oz can

ForeverGreen is the only company to offer you a variety of 26 raw, whole foods in one convenient, versatile product - delivered right to your door. It's food the way Nature intended it - raw, whole, unprocessed, GMO and pesticide - free.

- A variety of 26 different raw, whole food ingredients - fruits, vegetables, nuts, seed, and grains.
- Choose your enhanced version of any flavor and get 100% of your RDA (Recommended Daily Allowance) of 23 different vitamins and minerals.
- Combine it with yogurt or milk for breakfast, sprinkle it on salad or add it to cottage cheese for lunch, or simply grab it and go. No matter how you use it, you are probably enjoying the healthiest meal you have ever eaten. Pulse is an easy, great tasting replacement for empty nutrition.
- Contains multiple types of fiber found in whole, raw foods.



Ingredients

Dates, Raisins, Oats, Dried Blueberry, 8 Grain Mix (Barley Flour, Millet, Buckwheat Flour, Brown Rice Flour, Flax Seeds, Teff, Amaranth, Quinoa), Sesame Seeds, Sunflower Seeds, Cashews, Almonds, Walnuts, Pecans, Hazelnuts (Filberts), Prunes, Figs, Blueberry Granules (1%), Blueberry Powder (1.54%), AMPed Grapefruit, Beetroot Powder, Grapeseed Oil, Walnut Oil.

Pulse – our classic with 26 raw, clean and/or organic whole-food ingredients!

Eat it right out of the can, pour milk, or rice milk over Pulse for a filling breakfast, take it with you for a convenient trail mix, sprinkle it on a salad, or blend it into a smoothie. The small, bite-sized chunks make the possibilities endless. Pulse is a great way to enjoy multiple raw, high-fiber, whole-foods. No synthetics, no artificial flavorings or colorings and no preservatives. GMO-free and pesticide-free. Thousands have experienced weight loss, greater energy and better mental clarity by adding Pulse to their diets.

- RECIPE -

PULSE SMOOTHIE

Ingredients: 3 oz Pulse of choice (chopped), 1 Tbsp honey, 1 1/2 cup raspberries or strawberries, 1 small banana, 3/4 cup soy milk, 1/2 cup low-fat yogurt (any flavor), 1 cup ice (6-8 cubes).

Instructions: Put chopped Pulse into milk and let it sit for 7-10 minutes. Add other ingredients to blender. Pour milk with Pulse in last and blend until smooth. Add 2-4 Tbsp water (or milk) if too thick. Makes 1 serving.

Nutritionals per serving

Calories – 755
Carbohydrates – 140g
Protein – 21g
Fiber – 16g
Sodium – 125mg (5%)*
Fat – 18g