

FOREVERGREEN

PARTY PACK RECIPES

ENJOY FOREVERGREEN PRODUCTS



CINNAMON APPLE DIP

Items needed:

Fresh Cut Apples
Yacon
Preventatives - Cinnamon

Directions:

Wash and cut apples. Squirt Yacon into bowl and drizzle the Preventatives - Cinnamon to taste.

Note: To keep apples from turning brown you can soak them in water and fresh squeezed lemon juice.



GOURMET BREAD DIP

Items needed:

Healthy Gourmet Bread
Olive Oil
Preventatives - Garlic
Preventatives - Basil
SolSaltz
Black Pepper

Directions:

Cut bread into bite size pieces. Add Olive Oil to bowl or plate. Add a few drops of Preventatives - Garlic, and Preventatives - Basil to the oil, stir and taste. If you want a stronger dip add more Preventatives - Garlic and Preventatives - Basil. Add SolSaltz and Black Pepper to taste.

FONDUE CHOCOLATE FRUIT PLATE

Items needed:

Fresh Fruit
Pretzels
Raw Almonds
24 Karat Fondue Chocolate
Preventatives - Cinnamon*
White Dragon*

Directions:

Wash and cut fruit. Warm the 24 Karat Fondue Chocolate in the chocolate warmer. Arrange fruit on a plate. Place warm fondue chocolate onto plate. For an added kick you can add White Dragon or the Preventatives - Cinnamon to the melted Fondue Chocolate.

* Optional

Note: Any fresh fruit is good with chocolate. Try Strawberries, Pineapple, Bananas, Apples, Grapes, Peaches, Kiwis, Fresh Berries, Melons, etc.



VEGGIE DIP

Items needed:

Fresh Veggies
Sour Cream
Preventatives - Oregano
Preventatives - Chili
Chives*

**Optional*

Directions:

Wash and cut veggies and arrange on plate. Put sour cream into bowl and add a drop of Preventatives - Oregano and Preventatives - Chili, stir and taste. If you want it stronger add a few more drops of the Preventatives. Add chopped chives on top of sour cream.



SPICED APPLE JUICE

Items needed:

Apple Juice
White Dragon
Fresh Lemon Juice*

**Optional*

Directions:

Pour the apple juice into a pitcher. Add a few squirts of White Dragon, stir and taste. For a spicier drink add more White Dragon. For an extra kick add some fresh squeezed lemon juice.

TERIYAKI SALMON

Items needed:

Salmon
Soy Sauce
Yacon
Preventatives - Ginger*
Preventatives - Garlic*
Sesame Seeds*

**Optional*

Directions:

Put soy sauce into mixing bowl and add a few squirts of Yacon. Add a few drops of Preventatives - Ginger and/or Preventatives - Garlic, stir and taste. Place salmon into mixing bowl. Make sure that the teriyaki sauce covers the entire piece of salmon. Bake, broil, or grill the salmon. About half-way through cooking time sprinkle with sesame seeds.



COOKING WITH BRENDA

Brenda Huang, Chief Marketing Officer, came up with these fast, easy to make, healthy recipes using the ForeverGreen products found in the Party Pack. To watch a video on how to prepare the above recipes visit the ForeverGreen Cinema.

If you would like to share some of your favorite ForeverGreen recipes please send an email to support@forevergreen.org.