

# BlueGreen<sup>®</sup>

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## Meals & Snacks Recipes

Healthier alternatives of snacks and dishes using our organic  
agave syrup + 3 intuitive eating exercises



# BlueGreen<sup>®</sup>

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## Our certifications

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# Avocado and Quinoa Salad

Servings: 2 ⌚ 30 minutes

## Ingredients

- 1 cup quinoa uncooked 1/4 cup walnuts
- 1 medium avocado
- 2 medium celery stalks, sanitized
- 2 carrots
- 1 lemon
- 1 orange
- 6 tablespoons olive oil
- 2 tablespoons white vinegar
- 2 tablespoons Blue Organics agave syrup

## Method

1. Rinse the quinoa until its liquid runs clear. In a pot, boil 2 cups of water, add the quinoa to cook according to the instructions on the package or for approximately 20 minutes. Strain and let cool.
2. Chop the walnuts and celery finely
3. Grate the carrots and peel the avocado and cut into medium cubes. Mix the cooled quinoa, walnuts, celery and carrot
4. For the agave and citrus vinaigrette, mix: olive oil, white vinegar, juice of half an orange, juice of half a lemon and agave syrup.



# Yogurt Bars

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Several servings ⌚ 4 hours

## Ingredients

- 2 cups of greek yogurt
- 2 tablespoons  
Blue Green Organic  
Agave Syrup
- Sliced fruit (your choice)

## Method

1. Cover a cookie baking tray with wax paper.
2. In a bowl, mix the yogurt with agave nectar
3. Distribute it evenly onto the tray.  
Flatten with spatula if necessary.
4. Distribute the fruit and freeze for 4 hours.
5. Enjoy now or save for later!



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Exercise #1: See, smell, and maybe even feel your food before eating.  
Take it all in!

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# Ice Cream with Berries



Several servings ⌚ 6 hours

## Ingredients

- Sugar free yogurt
- Raspberries
- Blackberries
- Light agave nectar

## Method

1. Blend yogurt, berries, and agave nectar.
2. Pour the mixture into a container and freeze for at least 6 hours.
3. Serve and enjoy!

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Exercise #2: Take note of your emotions. What are you feeling and how might that impact your eating?

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# Green Smoothie

Servings: 2

🕒 5 minutes

## Ingredients

- 6-7 spinach leaves
- 1/2 cucumber without seeds or peel
- 1 small green apple with peel
- 3 tablespoons of oat flakes
- 1 glass of water

## Method

1. Wash and cut the vegetables and fruits, place them in the blender.
  2. Add the oats and water.
  3. Blend it and enjoy!
- \*Optional: Chia for extra nutrients.



Exercise #3: Gauge your hunger and fullness during your meal, in the beginning, middle and end, to know when you're full and stop overeating.

# Cauliflower Rice



Servings: 2 ⌚ 25 minutes

## Ingredients

- 1 cup of cauliflower, finely chopped
- 2/3 canned coconut milk
- 1 tablespoon of vanilla
- 1 tsp ground cinnamon
- 2 tablespoons agave syrup
- 1-2 pieces of cloves

## Method

1. Place all the ingredients (except the almonds and raisins) in a non-stick pot, over medium heat and stir for approximately 15-20 minutes.
2. When it starts to boil, lower the heat to a minimum and cook for 3 more minutes or until it reaches the desired consistency.
3. You can add water to thin out the consistency and a little more agave syrup to achieve the ideal sweetness.
4. Add toppings if wanted and enjoy!



# Tuna with Sesame Crust

Servings: 2 ⌚ 30 minutes

## Ingredients

- 1 tbsp of sesame oil
- 1/2 cup orange juice
- 3 soy sauce
- Tuna loin medallion
- 50 g of white sesame
- 10 g of black sesame
- 2 cups of fresh orange juice
- 1/4 cup of soy sauce
- 1/3 of agave syrup
- 1 tbsp of mustard

## Method

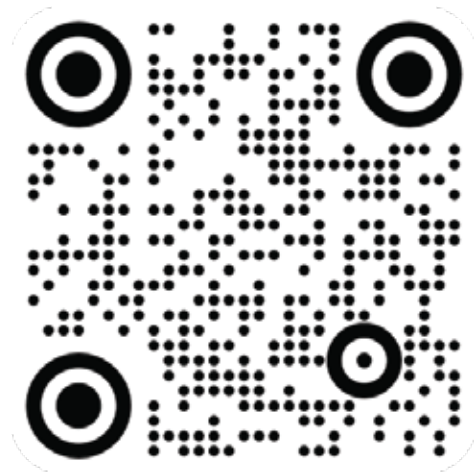
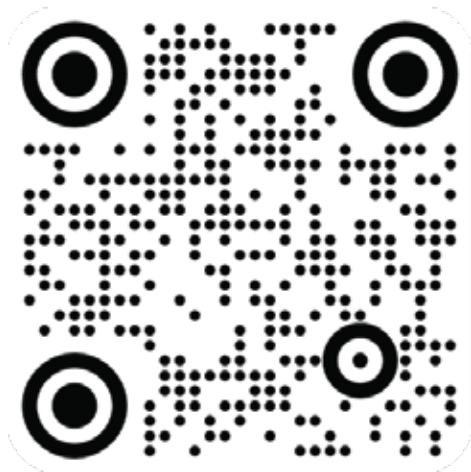
1. Mix sesame oil, orange juice and soybeans (from the INGREDIENTS list).
2. Let the tuna marinate in mixture for 5-7 minutes.
3. Prepare the sauce by mixing all the ingredients;
4. Pour in pan over low heat for a few minutes before removing off heat.
5. Combine sesame seeds and form a bed on a flat plate.
6. Cover one side of the tuna loin with sesame seeds thickly.
7. Cook tuna in oil until the desired term.
8. Finally, place the sealed tuna on your plate and bathe in the sauce.



# Enjoy!

*We created this short recipe book to thank everyone that supports us.  
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Blue Green Organics 2422 Gravel Dr, Fort  
Worth, TX 76118  
[bluegreenagave.com](http://bluegreenagave.com)