

Bard Valley
NATURAL DELIGHTS
FRESH MEDJOOL DATES



VOLUME 1 | ISSUE 5

Featuring Kathy Patalsky from **Healthy. Happy. Life.**
lunchboxbunch.com 100% vegan

M E D J O O L C O L L E C T I O N



BLOGGER SPOTLIGHT: HEALTHY. HAPPY. LIFE.

Kathy from [Healthy. Happy. Life.](http://Healthy.Happy.Life) is a top vegan food blogger. Her blog reaches millions of vegan-curious individuals, each seeking delicious, cravable, fun, inspiring, plant-based recipes and vegan lifestyle advice.

In 2013, Kathy became an accomplished cookbook author, writing and photographing the book [365 Vegan Smoothies](#).



COFFEE SHAKE: WALNUT CINNAMON MOCHA

INGREDIENTS

- 5 "coffee" ice cubes, sweetened (about 1 cup loose cubes)
- 5 non-dairy milk cubes (almond milk used) (about 1 cup loose cubes)
- 2 water ice cubes (or for stronger coffee flavor, 3 more coffee cubes)
- 1 large frozen banana
- 2-4 Natural Delights Medjool dates, pitted, to sweeten to taste
- 1/2 cup non-dairy milk (add more as needed to blend)
- 1/4 tsp cinnamon
- 2 Tbsp raw walnuts, chopped (about 1 small handful)
- 1 tsp cacao powder

PREPARATION

1. To make your coffee cubes, you can either freeze strongly brewed coffee that has been sweetened to your preference in ice cube trays or use espresso. If using espresso, I recommend watering down each shot of espresso with one shot of water, then add sweetener to taste. These will be your coffee cubes in your shake.
2. Blend the ice cubes and all the other ingredients in a blender until thick, creamy and frosty. Serve right away.

Serves 1-2



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For more vegan smoothies, check out Kathy's cookbook

VANILLA COFFEE AND MEDJOOL DATE PROTEIN SHAKE

INGREDIENTS

- 3 Natural Delights Medjool dates, pitted and torn
- 1 oz vanilla protein powder (about 1 scoop)
- 1 Tbsp raw almond butter
- 2 Tbsp espresso (1 shot) or 2 tsp espresso powder
- 1 ½ cups unsweetened almond milk or skim milk
- Ice cubes

Optional:

- 1 Tbsp cocoa powder or cacao nibs
- 1 Tbsp chia seeds
- 1 Tbsp hemp seeds
- 1 Tbsp flax seeds or ground flax



PREPARATION

1. In a blender, combine dates, protein powder, almond butter, espresso and milk.
2. Add about 5 ice cubes, cover and blend until combined.

Optional Steps:

1. Add in some or all of the optional ingredients for extra kick!

Serves 1

NON-DAIRY COCOA-DATE SMOOTHIE

INGREDIENTS

- 1 cup vanilla-flavored almond milk
- 2 ripe bananas, peeled, sliced and frozen
- 9 Natural Delights Medjool dates, pitted and chopped
- 1 Tbsp unsweetened cocoa
- ¼ tsp orange zest
- ½ cup ice cubes

PREPARATION

1. Place ingredients into blender and purée until smooth.

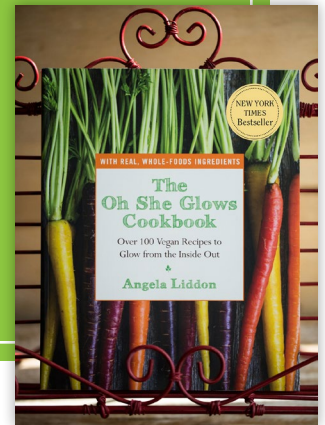
Serves 2





BLOGGER SPOTLIGHT: OH SHE GLOWS

Angela is the writer, photographer and recipe developer for Oh She Glows, the web's destination for healthy vegan recipes. Her debut cookbook, The Oh She Glows Cookbook, is a New York Times Bestseller and features over 100 healthy plant-based recipes and drool-worthy photographs.



CLEMENTINE CREAMSICLE SMOOTHIE

INGREDIENTS

- 1 large ripe banana, peeled, sliced and frozen
- 1/2 small avocado, flesh scooped out and frozen
- 2-3 Clementines, peeled and broken into segments
- 2 Tbsp coconut milk (the cream from top of can)
- 1/2 cup coconut milk (watery part) OR 1/2 cup milk
- 1/2 cup + 2 Tbsp milk (I use almond milk)
- 1/4 tsp almond extract
- 1 Natural Delights Medjool date, pitted and roughly chopped
- 1-2 tsp fresh lemon juice

PREPARATION

1. Peel and freeze the avocado, clementines and banana before making this smoothie. Once frozen, place all ingredients into a blender and blend until smooth. You may add more liquid if it is too thick.

Serves 2



oh she glows
glow from the inside out.



BLOGGER SPOTLIGHT: RABBIT FOOD FOR MY BUNNY TEETH

Catherine from [Rabbit Food For My Bunny Teeth](#) takes traditional comfort foods and puts her own spin on them to create healthier alternatives. Her recipes never use refined sugar, which is why she is such a fan of Medjool Dates.



PB&J MEDJOOl DATE SMOOTHIE

INGREDIENTS

- 1/2 cup unsweetened almond milk
- 1 Tbsp natural peanut butter
- 4 Natural Delights Medjool dates, pitted
- 1 frozen banana
- 1/2 cup strawberries
- 1/2 tsp vanilla extract

PREPARATION

1. Blend until smooth

Serves 1



LOW-FAT STRAWBERRY-DATE SMOOTHIE

INGREDIENTS

- 6 oz low-fat vanilla yogurt
- 1 cup strawberries, sliced
- 1 banana, sliced and frozen
- 8 Natural Delights Medjool dates, pitted and chopped
- 1/2 cup ice

PREPARATION

1. Place ingredients into blender and purée until smooth.

Serves 2





BLOGGER SPOTLIGHT: A SPICY PERSPECTIVE

Sommer from [A Spicy Perspective](#) is a professional food writer, recipe developer, food stylist and photographer who shares her love of cooking on her blog. She loves to give classic dishes a saucy makeover and also enjoys sharing recipes from global fare to easy, gourmet dishes and healthy options to good ol' American comfort food.



TROPICAL SMOOTHIE

INGREDIENTS

- 2 - 14 oz. cans lite unsweetened coconut milk
- 2 ripe mangoes
- 2 ripe papayas
- 3 bananas
- 1 lb. roasted macadamia nuts
- 30 Natural Delights Medjool dates
- 10 cups rice milk (Rice Dream)

PREPARATION

1. Shake the cans of coconut milk to mix. Then pour the coconut milk into two standard ice cube trays (with 16 cubes per tray.) Place in the freezer.
2. Cut a small slit in each Medjool date and remove the pit.
3. Peel and cut the bananas into chunks the same size as the coconut ice cubes.
4. Peel, seed, and chop the mangoes and papayas into chunks the size of the coconut ice cubes.
5. Place all items, including the macadamia nuts, into zip bags and place in the freezer, until frozen solid. Keep the rice milk in the fridge.
6. For EACH smoothie, place in the blender: 3 coconut milk cubes, 2 mango chunks, 2 papaya chunks, 1 banana chunk, 1/4 cup macadamia nuts, 3 dates and 1 cup rice milk.
7. Puree until smooth and thick.



A SPICY
PERSPECTIVE

Serves 8-10

GOALS: _____

DATE:

M Tu W Th F Sa Su

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WEIGHT:

SLEEP (hrs):

CALORIES:

TIME (minutes):

NOTES:

[illegible]

*1RM - One Rep Max (for reference)

[illegible]

*Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate