



ALL ABOUT SUPERFOODS

Neurogan's Book of Recipes



NEUROGAN®

Wait until you see what we have in store for you!

We’ve blended, baked, and sauteed our premium quality superfoods into healthy recipes that’ll have you licking your fingers.

Who knew eating healthy could be so indulgent & tasty?

Enjoy!

CONTENTS

Ashwagandha Carrot Ginger Leek Soup	4
Strawberry + Kiwi Spirulina Raw Cakes	6
Mango + Ashwagandha Mini Raw Cheesecake	8
Vanilla Coconut Cupcakes with Ashwagandha	10
Chocolate Wheatgrass Donuts	12
Ashwagandha Buttercream Cookies	14
Post-Workout Green Smoothie	16





Adaptogen Powered!
Ashwagandha, also known as winter cherry, is an “adaptogen”, meaning that it helps the body manage stress.

ASHWAGANDHA CARROT GINGER LEEK SOUP

INGREDIENTS

- 2 tbsp hemp protein powder
- 1/4 cup Neurogan Ashwagandha Powder
- 2 tbsp extra virgin olive oil
- 2 tbsp fresh ground pepper
- 1 tbsp himalayan salt
- 2 cups chopped carrots
- 2 cups chopped leeks (white part)
- 2 cups chopped sweet potato
- 2 tbsp chopped ginger
- 2 cups low sodium veggie broth
- 1 can of low fat coconut milk

TOPPINGS

- chopped green onions
- chopped cilantro

DIRECTIONS

1. Heat 1 tbsp water in a large soup pot with olive oil then sauté carrots and leeks over medium heat for 10 mins.
2. Add sweet potato, cover and cook for 10 mins then add ginger, pepper, salt, and broth. Bring to a simmer and stir in the ashwagandha powder. Reduce heat to low and simmer for 30 mins or till veggies are soft.
3. Let cool then add to blender or food processor. Blend until smooth then add the mixture back into your soup pot. Stir in canned coconut milk over low heat.
4. Serve into 4 bowls with chopped cilantro and green onion.



TOTAL TIME
1.5 hours



SERVINGS
4 bowls





STRAWBERRY + KIWI SPIRULINA RAW CAKE

INGREDIENTS

Base

- 6 medjool dates
- 2 springs of rosemary
- 1 tsp lemon zest
- 1 cup hazelnuts
- 2 tbsp coconut oil
- splash of almond milk
- pinch of sea salt

Strawberry Layer

- 2 cup frozen strawberries
- 1/2 cup full fat coconut milk (refrigerated overnight)
- 1/2 cup cashews (soaked overnight)
- 1 tsp lemon zest
- 2 tsp lemon juice
- 2 tbsp maple syrup
- 1 tsp vanilla
- 1/4 cup coconut oil

Kiwi Spirulina layer

- 5 kiwis peeled
- 1/2 cup full fat coconut milk (refrigerated overnight)
- 1/2 cup cashews (soaked overnight)
- 1/2 tbsp Neurogan Spirulina Powder
- 2 tbsp maple syrup
- 1 tsp vanilla
- 1/4 cup coconut oil

DIRECTIONS

1. Grease a 6” form spring pan with coconut oil and line the bottom of the pan with parchment paper.
2. In a food processor, blend the ingredients for the base of the cake until everything clumps together in a ball.
3. Take the mixture and evenly spread it across the bottom of the cake pan. The base layer should be about a quarter inch high.
4. In a high powered blender, mix together the ingredients for the strawberry layer until you have a creamy consistency. Evenly distribute this mixture on top of the base layer. Allow this to set in the freezer for an hour.
5. In a high powered blender, mix together the ingredients for the kiwi spirulina layer until you have a creamy consistency. Allow this to set in the freezer for another hour.
6. Top your beautiful cake with kiwis, hazelnuts or fresh flowers to make your recipe come to life. Be sure to keep the cake in the fridge or freezer as long as possible as this cake tends to soften pretty quickly.





MANGO + ASHWAGANDHA MINI RAW CHEESECAKES

INGREDIENTS

Base	Mango-Cheesecake Layer	Coconut Whipped Cream
2 tbsp Neurogan Ashwagandha Powder	2 cup frozen mangos	1 can coconut cream (refrigerated)
9 medjool dates pitted	2 cup cashews (soaked overnight)	1/4 cup maple syrup
3/4 cup hazlenuts	1 can of coconut cream	
1/2 tsp salt	1 cup melted coconut oil	
2 tsp vanilla	3 tsp vanilla	
splash of nut milk (if needed)	1/2 cup maple syrup	
	1/2 tsp salt	
	2 tbsp sunflower lecithin powder	

DIRECTIONS

1. Grease three 4” springform cake pans with coconut oil and line the bottom with parchment paper.
2. Mix the ingredients for the base in a food processor until the mixture clumps together.
3. Distribute mixture into the pans evenly and press down to create a 1/2” flat layer. Save the extra mixture and roll into small balls to top your cheesecakes with.
4. Mix together the ingredients for the mango cheesecake layer in high speed blender until smooth. Move half of the mixture into a small bowl and add yellow food coloring power to deepen the color (optional).
5. Pour the darker color mango mixture into the pans at 1/4” thickness. Let it set in the freezer for 1 hour.
6. Pour the lighter color mango layer onto the previous layer at 1/4” thickness and let set for another hour.
7. Remove cheesecakes from the springform pans. In a standing mixer, combine the hardened parts of the coconut cream with maple syrup. Mix until fluffy. Add a small amount of blue food coloring powder to the whipped cream and spread over the cheesecakes (optional).
8. Top your desserts with edible flowers, kumquats and the small rolled balls you made from the base ingredients.



"I used Neurogan Ashwagandha powder in the base of the cupcakes to boost their nutrient content. I love using ashwagandha powder in conjunction with coconut sugar because I think the flavors balance each other."

- Nutmeg & Honeybee, vegan baking blog

VANILLA COCONUT CUPCAKES WITH ASHWAGANDHA

INGREDIENTS

Base

- 2 cups gluten free pastry flour
- 1/2 cups coconut flour
- 1 1/2 cups coconut sugar
- 1/2 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tbsp Neurogan Ashwagandha Powder
- 1/2 cup coconut oil melted
- 1 1/2 cup oat milk
- 2 tsp vanilla extract or 1 tsp vanilla powder

Coconut Whipped Cream

- 2 cans of full fat coconut milk (refrigerated)
- 4 tbsp maple syrup
- 1 tsp vanilla
- natural powders to dye whipped cream (optional)

DIRECTIONS

1. Preheat your oven to 350F and fill cupcake pans with cupcake liners. Optional to spray the liners with coconut oil.
2. In a mixer with paddle attachment, add ingredients by order in which they appear on this post. Mix together until the texture is pretty thin and smooth.
3. Bake cupcakes for about 18-20 minutes or until fairly firm in the centers. Allow the cupcakes to cool for 30 minutes before adding the coconut whipped cream to the tops.
4. Place your mixing bowl and whisk attachment in the freeze for 10 minutes. Add your refrigerated coconut milk (only the firm contents of the can, not the liquid) to the chilled mixing bowl.
5. In a standing mixer, whisk the coconut milk until light and fluffy (1 minute) and then slowly add the maple syrup and vanilla. If you are using food coloring, I recommend natural powders as they help keep the whipped cream stay as light and fluffy as possible.
6. Start mixing different colors in separate bowls and then fill pastry bags with different piping tips to achieve those glorious swirls on the cupcakes. I used Wilton piping tips, 8B, 4B, and 2D.
7. Top your cupcakes with edible flowers to add to your summer-time vibe.





CHOCOLATE WHEATGRASS DONUTS

INGREDIENTS

Dry Ingredients

- 1 1/2 cups unbleached all-purpose flour
- 2/3 cup coconut sugar
- 2 tbsp corn starch
- 2 tsp baking powder
- 1 tsp pink Himalayan salt
- 1/2 - 1 tsp cinnamon
- 2 tbsp (1 serving) of Neurogan Wheatgrass Powder
- a handful of Enjoy Life
- 1 mini chocolate chips (optional)

Wet Ingredients

- 2/3 cup plant milk of your choice
- 1 egg (using Bob's Red Mill Egg Replacer)
- 2 tbsp melted vegan butter
- 1/2 tsp vanilla extract

DIRECTIONS

1. Preheat your oven to 375F and lightly grease your donut pan (I used coconut oil)
2. Prepare your egg replacer at this time.
3. In a large bowl combine flour, coconut sugar, cornstarch, baking powder, salt, cinnamon, wheatgrass powder & chocolate chips.
4. In a separate bowl combine the plant milk, melted butter, vanilla, and egg replacer.
5. Stir the wet ingredients into the dry ingredients slowly, until well combined. If the batter is dry add a tiny bit more plant milk as needed.
6. Transfer the batter to a zip log bag & clip the corner, or use a traditional piping bag.
7. Fill the cavities about 2/3 full.
8. Place in the oven for about 11-12 minutes!
9. Remove from the oven and let cool for about 5 minutes before transferring to a wire cooling rack.





ASHWAGANDHA BUTTERCREAM COOKIES

INGREDIENTS

Base

- 1 cup whole raw almond
- 1 1/2 cup granulated sugar
- 2 egg whites

Buttercream

- 1 cup butter
- 1 1/4 cup powdered sugar
- 3 egg yolks
- 3 tsp of Neurogan Ashwagandha Powder

Topping

- 300g dark chocolate

DIRECTIONS

Cookie:

1. Set oven to 347 Fahrenheit.
2. Grind the almonds to a powder. Add to sugar.
3. Whisk egg whites stiff. Mix together with the almond paste.
4. Pipe the batter onto a baking sheet, about 1 inch in diameter/ one tablespoon of batter per cookie.
5. Bake in the oven for about 15 minutes. Let cool completely.

Ashwagandha butter cream:

Mix softened butter, powdered sugar, egg yolks and ashwagandha powder smooth.

Assemble:

Add buttercream in the shape of a pyramid to the bottom of the cookies. Let the cookies set in the fridge while melting the chocolate.

Dip the pyramid of buttercream in melted chocolate. Store the cookies in the fridge.





Your body loves barley grass! It's rich in fiber, protein, minerals, chlorophyll, and antioxidants. Known to promote healthy weight loss and help maintain healthy immune function, enjoy daily for better health.

POST WORKOUT GREEN BARLEY GRASS SMOOTHIE

INGREDIENTS

- 1 frozen banana
- 1/2 avocado
- 1/4 cup of unsweetened almondmilk
- 1 scoop of vegan protein powder
- 2 cups of ice
- 1 tbsp of Neurogan Barley Grass Powder

EXTRA BENEFITS

- An antioxidant boost
- Improved immunity
- Healthy weightloss
- Increased satiety
- Essential vitamins and minerals
- Assisting insulin resistance
- Overall skinhealth



TOTAL TIME
5 minutes



SERVINGS
2 smoothies





858-832-2065



8515 Miramar Place
San Diego, CA. 92121



www.neurogan.com



support@neurogan.com