



# TASTE THE GOLD

---

**2018** ORGANO™ Recipe book



# INDEX

## 1 Winning Recipes from the **SHAKE WITH THE X** Contest

- > Pomegranate Season Shake
- > Peanut Butter Chocolate Shake
- > Banana, Watermelon, Carrot Smoothie

### **Breakfast Bowls**

- 2 Caffeine Boost
- 3 Protein Boost

- 4 ORGANO™ Red Tea Fruit Smoothie
- 5 ORGANO™ Red Tea Blueberry Cooler
- 6 Berry Blast ORGANO™ Red Tea
- 7 Moroccan ORGANO™ Iced Tea
- 8 ORGANO™ Two-Layered Smoothie
- 9 Farfalle Italiane with ORGANO Green Tea™ Seasoning
- 10 Coffee-Rubbed Salmon Sandwiches
- 11 Miso Green Tea and Ginger Zucchini
- 12 OX FENIX Vanilla Quinoa and Chia Protein Bars
- 13 FENIX Chocolate Coconut Eney Bars
- 14 ORGANO™ Green Tea - Chocolate Muffins



WINNING RECIPES FROM THE  
**SHAKE WITH THE X**  
CONTEST:



**Pomegranate  
Season Shake** FROM  
JUAN GONZALES (RIALTO, CA)

- 1 scoop OGX FENIX Vanilla
- 6 oz pomegranate
- 6 oz pineapple
- 6 oz water

Blend and enjoy!

**Peanut Butter  
Chocolate** FROM  
ILSE CASTILLO (ARLINGTON, TX)

- 1 scoop OGX FENIX Chocolate
- 4 oz vanilla almond milk
- 4-6 oz water
- 4-6 ice cubes
- 1 Tbsp peanut butter

Blend and enjoy!

**Banana, Watermelon  
Carrot Smoothie** FROM  
GREGORY JEAN MICHEL (BROOKLYN, NY)

- 1 scoop OGX FENIX Vanilla
- 1 cup 2% milk
- 1 banana
- 1 whole carrot
- 6-10 slices fresh watermelon
- 1 Tbsp honey
- ½ tsp vanilla extract
- 5-10 ice cubes

Blend and enjoy!





*BREAKFAST BOWL:*  
**Caffeine Boost**

**YIELDS:** 2 servings

- 
- 1 sachet ORGANO Black Coffee™
  - 1 scoop OGX Chocolate Shake
  - 1 frozen banana
  - 1 cup almond milk
  - ½ yogurt
  - 1 cup oatmeal

1. Blend together the content of an ORGANO Black Coffee™ sachet, the OGX Chocolate Shake, the frozen banana, the yogurt, and the almond milk until you get creamy consistency.
2. Pour mix in bowl and stir in oatmeal. Refrigerate overnight.
3. Garnish with your favorite fruits.

**CALORIES:** 219 per serving

**PREPARATION TIME:** Prep: 5 min





*BREAKFAST BOWL:*

## Protein Boost

**YIELDS:** 2 servings

---

- 1 scoop OGX Chocolate Shake
- 1 frozen banana
- 1 cup low-fat or almond milk
- ½ cup greek yogurt
- 1 Tbsp natural peanut butter
- 4-5 ice cubes

1. Blend all ingredients together until you get a creamy consistency.
2. Pour in a bowl and garnish with some granola and your favorite fruits.

**CALORIES:** 235 per serving

**PREPARATION TIME:** Prep: 5 min

# ORGANO™ Red Tea Fruit Smoothie

**YIELDS:** 1 serving

---

- 2 sachets ORGANO Red Tea™
- 2 cups frozen unsweetened mixed fruit (preferably peaches and pineapple)
- 1 cup milk
- 1 Tbsp honey

1. Warm up milk, pour over tea bags and steep for three minutes. Remove sachets.
2. Blend frozen fruit, infused milk, and honey together until smooth and serve immediately.

**CALORIES:** 272 per serving

**PREPARATION TIME:** Prep: 5 min





## ORGANO™ Red Tea Blueberry Cooler

**YIELDS:** 1 servings

---

- 2 sachets ORGANO Red Tea™
- 1 cup blueberries
- 1 Tbsp flax seeds
- ½ cup water
- 3 ice cubes

1. Bring water to boil, pour over tea bags and steep for about 4 minutes. Squeeze and remove tea bags, chill the tea overnight.
2. Place infused water, blueberries, and flax seeds in the blender and process. Add ice and enjoy.

**CALORIES:** 104 per serving  
**PREPARATION TIME:** 5 min



# Berry Blast ORGANO™ Red Tea

**YIELDS:** 1 serving

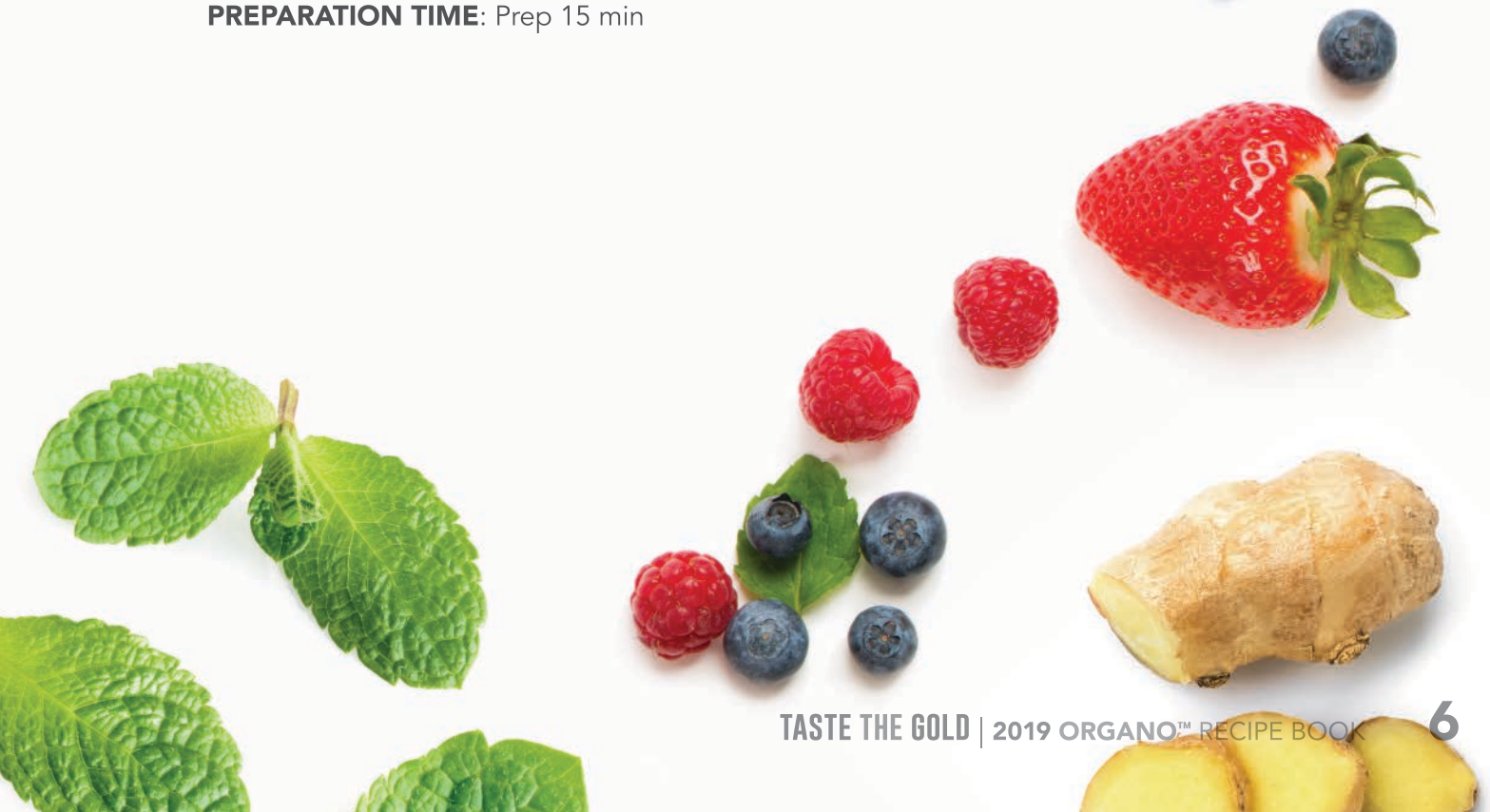
---

2	sachets	ORGANO Red Tea™
½	cup	hot water
4-5		ice cubes
3-4		mint leaves
1/3	cup	mixed berries
¼	cup	ginger ale

1. Place the tea bags in hot water and simmer for 10 minutes. Remove bags.
2. Add mixed berries, mint leaves, ice cubes, and ginger ale. Enjoy.

**CALORIES:** 161 per serving

**PREPARATION TIME:** Prep 15 min





# Moroccan ORGANO™ Iced Tea

**YIELDS:** 1 serving

---

- 2 sachets ORGANO Organic Green Tea™
- 1 cup water
- 1 bunch fresh mint
- 1 Tbsp granulated sugar
- ¼ cup lime juice
- 5 ice cubes

1. Steep the two ORGANO Organic Green Tea™ sachets and the mint for 3 minutes in one cup of hot water.
2. Remove the sachets and the mint and stir in the granulated sugar and the lime juice.
3. Add ice cubes, stir, and enjoy.

**CALORIES:** 17 per serving  
**PREPARATION TIME:** Prep: 10 min





# ORGANO™ Two-Layered Smoothie

**YIELDS:** 2 servings

- |     |         |                             |    |  |
|-----|---------|-----------------------------|----|--|
| 2   | sachets | ORGANO Organic Green Tea™   | 1. | In a blender, process mango, ½ cup yogurt, lime rind, 2 Tbsp of honey until smooth. Add some water if you consider necessary. Pour mixture into two glasses and place it in the freezer. |
| 2½  | cups    | frozen diced mango          | 2. | Steep the two tea sachets in ¼ cup of hot water. Remove after 3 minutes.   |
| 2/3 | cup     | fat-free vanilla yogurt     | 3. | Rinse blender and process ¼ cup yogurt, 2 Tbsp honey, kiwi, baby spinach, the tea-infused water, and the ice cubes.  |
| ¼   | cup     | honey                       | 4. | Gently spoon green tea mixture into the mango mixture. Serve the drink immediately.  |
| ½   | cup     | grated lime rind            |    |  |
| 3   |         | kiwis, peeled and quartered |    |  |
| ½   | cup     | baby spinach                |    |  |
| ¼   | cup     | water                       |    |  |
| 2   | cups    | ice cubes                   |    |  |

**CALORIES:** 275 per serving

**PREPARATION TIME:** Prep 20 min







## Farfalle Italiane with ORGANO™ Green Tea Seasoning

**YIELDS:** 4 servings

- 1 sachet ORGANO Organic Green Tea™
- 400 g Farfalle Italiane
- 400 g Zucchini, diced
- ¼ cup raisins
- 3 Tbsp Pistachios, ground
- A handful of Fresh fennel leaves
- Salt, pepper
- Extra virgin olive oil

1. Boil a pot of water and cook the pasta according to its package instructions
2. Meanwhile, sauté the zucchini with extra virgin olive oil over medium heat until it changes color.
3. Cut open two ORGANO Organic Green Tea™ Sachets and collect one tablespoon of loose leaves. Combine it with the raisins and the pistachios and toss into the pasta. Add salt and pepper to taste and a little bit of water used for cooking the pasta.
4. Add the fennel leaves and drizzle with extra virgin olive oil before serving.

**CALORIES:** 317 per serving

**PREPARATION TIME:** Prep: 25 min



# ORGANO™ Coffee-Rubbed Salmon Sandwiches

**YIELDS:** 4 people

- 1 Coffee Rub\* mixture
- 1 lb fresh or frozen skinless salmon fillet
- ¼ cup light sour cream
- 1 Tbsp fresh parsley
- 1 tsp cider vinegar
- 1 tsp horseradish sauce
- 2 tsp olive oil
- ⅓ cup brioche buns, toasted
- 2 cups baby salad greens
- 8 thin red onion rings

## \*COFFEE RUB

- ½ sachet ORGANO™ Black Coffee
- 1 tsp dried ancho chile powder
- ½ tsp packed brown sugar
- ¼ tsp dry mustard
- ¼ tsp ground cumin
- ⅛ tsp cayenne pepper

**CALORIES:** 400 per serving

**PREPARATION TIME:** Prep + Cook: 20 min

1. Thaw salmon, if frozen. Rinse fish and pat dry with paper towels. Cut salmon into four equal pieces; set aside. In a small bowl stir together the sour cream, parsley, vinegar, and horseradish. Set aside.
2. Sprinkle salmon evenly with Coffee Rub; rub mixture into salmon with your fingers.
3. In a large nonstick skillet heat oil over medium heat. Cook salmon in hot oil for 5 to 7 minutes or until fish begins to flake when tested with a fork.
4. Top bottom halves of toasted buns with salad greens, salmon pieces, and onion rings. Spoon sauce over salmon and onion rings. Add top halves of buns.

## \*COFFEE RUB

1. In a small bowl stir together espresso powder, chile powder, brown sugar, mustard, cumin, and cayenne pepper.







## ORGANO™ Miso Green Tea and Ginger Zucchini Noodles Soup with Tofu [VEGAN]

**YIELDS:** 2 people

- 2 sachets ORGANO Organic Green Tea™
- 1½ cups water
- 1 tsp sesame oil
- ½ cup minced ginger
- 1½ cups vegetable broth
- ½ cup small diced tofu
- 1 Tbsp miso paste
- ⅓ cup chopped scallions
- 1 Tbsp soy sauce
- 1½ medium zucchinis (made into noodles with a spiralizer)
- pepper, to taste



1. In a medium saucepan, boil the water. Once boiling, remove from heat and add in the ORGANO Green Tea™ bags. Let them steep for 3 to 4 minutes, and then remove them. Set the broth aside.
2. Place a medium saucepan over medium heat, and add in your sesame oil and then your ginger. Let it cook for 30 seconds, then pour in your vegetable stock, tofu and green tea broth, and bring it all to a boil.
3. Once the soup is boiling, ladle out about ⅓ of a cup of the soup into a bowl. In that bowl, add the miso paste, and whisk until it is dissolved. Add this miso broth back into the saucepan, and lower the heat.
4. Add the soy sauce, scallions, zucchini noodles and pepper to the soup, and let it cook for 2 to 3 minutes or until the zucchini noodles soften.
5. Once done, pour the soup into a bowl and enjoy.

**CALORIES:** 132 per serving

**PREPARATION TIME:** Prep + Cook: 25 min

**NOTE:** For extra boost of antioxidants, add Ganoderma capsules (open capsules and empty content during Step #1)

# OGX FENIX VANILLA

## Quinoa and Chia Protein Bars

**YIELDS:** 16 bars

- 1 sachet OGX FENIX Vanilla
- ½ cup dry quinoa
- ½ cup chia seeds
- 2 Tbsp ground flax seeds
- 1 cup rolled oats
- ¼ tsp Pink Himalayan salt
- 1 tsp cinnamon
- 1 tsp cardamom
- ½ cup raw almonds; coarsely chopped
- ¼ cup honey
- ¼ cup maple syrup
- ½ cup almond butter

1. Preheat oven to 350F.
2. In a large mixing bowl, combine OGX FENIX Vanilla, quinoa, chia seeds, flax seed, rolled oats, cinnamon, salt, cardamom and chopped raw almonds. Stir to combine.
3. In a small, microwave-safe dish, combine raw almond butter, organic brown rice syrup and honey. Stir to mix, then microwave for 1 minute to soften.
4. Pour the wet ingredients over the dry ingredients and stir with a plastic spatula to thoroughly mix. Wet ingredients may begin to firm up, in which case you will need to use clean hands to knead the mixture together.
5. When finished, transfer your mixture to a parchment lined baking dish (we used an 8 x 8 glass Pyrex dish), and pat down mixture with a plastic spatula to make a single, even layer.
6. Bake on middle rack of oven for 15 minutes.
7. When finished, remove from oven and let cool for 10 minutes.
8. After ten minutes, remove bars from the pan by lifting up the sides of the parchment paper. Place bars on a wire rack to finish cooling.
9. Cut finished bars with a sharp, non-serrated knife or pizza cutter.
10. Wrap cooled bars in saran wrap and store in refrigerator until ready to eat.

**CALORIES:** 150 per serving

**PREPARATION TIME:** Prep + Cook: 30 min  
Rest: 2 hrs or more







# OGX FENIX Chocolate Coconut Energy Bars

**YIELDS:** 16 bars

- 
- 1 scoop OGX FENIX Chocolate
  - ¼ cup dark cocoa powder
  - ½ cup cocoa butter (28-30 wafers)
  - ½ cup coconut oil
  - ¼ cup honey  
(or more to taste)
  - 1 1/5 cups shredded coconut
  - ½ cup chia seeds

Vanilla extract to taste

1. Melt the cocoa butter in a small pan over low heat.
2. Add coconut oil and melt.
3. Add honey and stir well.
4. Stir in OGX FENIX Chocolate and dark cocoa powder
5. Stir in chia seeds (optional) and/or Shredded Coconut.
6. Add vanilla, stevia tincture or other flavors to taste (optional).
7. Pour into a parchment paper lined 9x13 baking dish and refrigerate for 1 hour or until hardened (can also freeze).
8. Cut into squares/bars and enjoy!

**CALORIES:** 212 per serving

**PREPARATION TIME:** Prep + Cook: 10 min  
Rest: 1 hr or until hard



## ORGANO™ Green Tea Chocolate Muffins

**YIELDS:** 10 servings

- 3 sachets ORGANO Organic Green Tea™
- ½ scoop OGX Chocolate Mix
- 1 cup all-purpose flour
- ¾ cup sugar
- ¾ tsp baking powder
- 1 pinch salt
- 3 tsp unsalted butter, at room temperature
- 1 egg
- ¼ tsp pure vanilla extract

1. Put the three ORGANO Organic Green Tea™ sachets on the milk, cover, and refrigerate overnight if possible.
2. Preheat the oven to 350 F
3. Beat together the flour, the OGX Chocolate Mix, the sugar, the baking powder, the salt and the butter with an electric mixer until you get a sandy consistency and everything is combined.
4. Remove the tea bags from milk and combine your infusion with the egg and the vanilla.
5. Pour slowly the milk mix with the flour mixture and make sure there are no lumps and that everything is combined.
6. Spoon the batter into paper cases lined in a muffin tin until each case is two-thirds full. Bake for 20 - 25 minutes, or until a skewer inserted in the center of a cupcake comes out clean.

**CALORIES:** 75 per serving

**PREPARATION TIME:** Prep: 35 min







**FOR MORE RECIPES**



Visit the OG Cloud at [www.myogacademy.com](http://www.myogacademy.com)



or follow us





ORGANO

[www.organogold.com](http://www.organogold.com)