

Bhel Puri

WET

- Tomatoes
- Red Onion
- Green Chili
- Coriander
- Scallions
- Tamarind Chutney
- Olive Oil
- Mustard Oil
- Lemon
- Mint



DRY

- Peanuts
- Puffed Rice
- Papdi Crisps
- Lentils
- Chaat Nasala
- Chilli Powder
- Salt

1

Chai Tea Cocktail “Blossom”



- Four Cocktails
- 1/2 cup sugar
- 1/2 cup fresh lime juice
- 10 oz. club soda
- 4 whole star anise pods
- 4 lemon twists
- 2 chai tea bags

Hot Chai Tea

2

Superfood Charger

Build a Bowl

Compressed Cabbage
Soba Noodles
Carrot Spaghetti

Peppers
Sprouts
Ginger Lime dressing
Mushroom Candy
Nut Crunch
Bok Choy Chips
Miso Paint

3

Super Salmon Salad

- **Salmon:** for protein, omega-3's and vitamin D
- **Wild Rice:** another source of protein as well as manganese, phosphorus, magnesium, and zinc
- **Sweet Potato:** a great source of vitamin A, vitamin C, and vitamin B6
- **Chopped almonds:** for heart-healthy fats, protein, and fiber
- **Kale:** packed with vitamin A, vitamin K, vitamin C, and antioxidants)
- **Red Onion:** a great source of cancer-fighting flavanols)
- **Pumpkin Seeds:** nutrient powerhouses providing protein, fiber vitamins, and minerals)
- **Extra Virgin Olive Oil:** fantastic source of antioxidants and healthy fats that reduce cholesterol)
- **Apple Cider Vinegar:** antimicrobial and helps blood sugar regulation)
- **Lemon Juice:** a boost of vitamin C and other vital phytochemicals)
- **Wholegrain Mustard:** rich in copper and iron and beneficial for cardiac health)
- **Honey:** beneficial for the immune system and boost energy levels)
- **Garlic:** excellent source of vitamin B6 as well as manganese, selenium, and vitamin C)
- **Black Pepper:** improves digestion and boosts the metabolism)

https://ayoubs.ca/blogs/news/superfoods-everything-you-need-to-know?_pos=4&_sid=08118472&_sif=&utm_source=klavio&utm_medium=email&utm_id=01GMZCSPZQIN70TW9R8V7H2T8_kxvj5YKLDcoj39n9GjyGzH4pbllE25yL8ro%3D.RzjXr

4

Perfect Bar

- Nut - Nut - Seeds add 70 % Chocolate