



# GOJI BERRY

*The Ultimate Recipe Guide!*

nutrient  elements

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## Introduction

Goji Berries are alternatively known as Wolfberry, or Lycium Fruit or Tibetan Goji Berries. It is also affectionately referred to in the Himalayas as 'The Happy Berry' because of the sense of well-being that they bring!

They are berries that are produced by deciduous woody perennial plants varying between 1m and 3m high. The plants grow predominantly in the Far East, and the berries have been consumed for many years.

What made Goji berries popular is that it is believed to improve general health and well-being. They are high in vitamins C, B1 and B2 and compounds rich in vitamin A and contain minerals necessary for a healthy body.

## The Benefits To Good Health From Goji Berries

As a provider of vitamins B1 (Thiamin), B2 (Riboflavin), C and A, Goji berries can assist the body with many ailments. Researchers have found out that it contains Glutathione, a small molecule produced by the body in every cell which helps the liver remove chemicals that are foreign to the body.

These berries also have antioxidant properties to help with preventing the breakdown of the cell structure of the body and lessening the immune system.

The combined effects of the vitamins are known to provide support to the liver, eyes, nervous system and brain. It can also improve conditions such as hair loss, retarded growth, fatigue, irritability, depression, wet dreams, sexual inadequacy and abdominal discomfort.

Glutathione, or its precursor Immunocal, in animal and laboratory studies, has been found to support sufferers of almost any disease. Particularly, it can help fight ageing by enhancing the immune system.

Tests have suggested that patients with Cancer, AIDS and other very serious diseases can improve with treatment. That pertains to their general body and immune system and not the recovery from the illness.

## **The History Of The Goji Berry**

The Chinese claim that over 15 centuries ago, the Goji Berry was considered to be a great source to develop a healthy body. Whether or not that was because it was the only thing to eat, or it was better than the alternatives is not documented. But it has stood the test of time both in the belief in the benefits of the product in the Far East, and the gradual introduction of the concept to the rest of the world.

The commercial and medical organisations are ever developing. The commercial world needs to provide new products to maintain and stimulate consumer interest in their brands; the medical profession is developing and researching at enormous lengths to seek new remedies and cures for our illnesses and ailments. The Goji Berry and many other natural products play an important part in providing sources of interest. However, we should look carefully at how we react to the various claims.

There is no evidence that consuming Goji Berries prevents Cancer, has as been claimed by some marketers and disputed. Medical evaluation is at a relatively early stage, and whether or not it concludes that the Goji Berry or the vitamins it contains will benefit our health remains to be seen.

## **The Dangers Of Goji Berries**

Surprisingly, very few, unless you get a dried one stuck in your windpipe.

It is not suggested that you do not consume them if you are taking Warfarin, suffering from diabetes, experiencing blood pressure problems or having pollen allergies.



## GOJI BERRY OATMEAL COOKIES



Preparation Time  
10 Mins



Cooking Time  
10 Mins



Ready In  
20 Mins



Servings  
Makes about  
2 dozen cookies

### INGREDIENTS

- 1/2 teaspoon Cinnamon
- 1/2 cup Goji Berries
- 1/4 teaspoon Xanthan Gum
- 1 cup Gluten-Free Rolled Oats
- 1 cup Gluten-Free All-Purpose Flour
- 1 ½ teaspoon Baking Soda
- 1/3 cup Coconut Oil
- 1/4 cup Coconut Sugar
- 1/3 cup Unsweetened Applesauce
- 2 tablespoons Maple Syrup
- 1 teaspoon Vanilla
- 1/8 teaspoon Fine Sea Salt

### DIRECTIONS

1. Mix the coconut oil, coconut sugar and maple syrup to form a light and fluffy, creamy mixture.
2. To this mixture, add the applesauce and vanilla and blend.
3. Gently add the gluten-free flour and baking soda by sifting through a fine sieve, and also put in the cinnamon, salt and xanthan gum.
4. Next, add in the rolled oats and goji berries. Fold and mix the mixture until it is properly mixed.
5. Pour the mixture in scoops on a greased cookie sheet about 2 inches apart using a cookie dough scoop or a large tablespoon. Lightly flatten the scoop with a spatula before setting for baking. Dip the spatula lightly in water before flattening each new scoop.
6. Bake for about 10 minutes in an oven preheated to 350 degrees F or until the cookies become golden brown on the bottom.
7. Cool before serving.

## SUPERFOOD & GOJI BERRY SALAD



Preparation Time  
15 Mins



Cooking Time  
40 - 45 Mins



Ready In  
60 Mins



Servings  
Makes 2 Bowls

### INGREDIENTS

- 150g of black or wild rice peel
- 1 large sweet potato, and chopped into chunks
- 1 butternut squash, cored and chopped into chunks
- 100g of mixed pumpkin seeds, golden and normal flaxseeds sunflowers seeds
- 50ml of maple syrup
- 50ml of extra virgin olive oil plus 4 extra tablespoons
- A bunch of small basil leaves
- 50g each of dried cranberries and goji berries
- 1 cup of hot water
- Salt and pepper as per taste
- Freshly-grated nutmeg

### DIRECTIONS

1. Add 1 or 2 pinches of salt in a large pan with boiling water and put in the rice in it to boil for some time taking care not to overcook it.
2. When done, drain the rice, mix it nicely with a few tablespoons of olive oil and keep it aside.
3. In a bowl mix the squash, salt, pepper, a little nutmeg (1/4 teaspoon) and about 2 tablespoons of oil. Pour this mixture into an oven dish and roast in a preheated oven at 180 degrees C for 20 to 25 minutes or until the mixture turns golden brown.
4. In a separate bowl, combine about 50ml of olive oil with maple syrup and pour this over the sweet potatoes. Sprinkle salt over this mixture and 1/4 teaspoon nutmeg. Repeat the roasting step - Pour this mixture into an oven dish and roast in a preheated oven at 180 degrees C for 20 to 25 minutes or until the mixture turns golden brown. (While they are cooking, check the potatoes from time to time to stir them and also see if they are cooking evenly)
5. Soak the goji berries in a cup of hot water for 5 minutes, then drain.
6. Mix the rice, goji berries, cranberries, roasted squash and sweet potatoes in a serving bowl and pour the juice of the sweet potatoes and squash over this mixture.
7. Sprinkle basil leaves and a pinch of freshly grated nutmeg on the top before serving.



## GOJI BERRY

# GOJI BERRIES & KALE SALAD WITH KABOCHA SQUASH & PUMPKIN SEEDS



Preparation Time  
10 Mins



Cooking Time  
20 - 25 Mins



Ready In  
30 - 35 Mins



Servings  
Makes 1 Large  
Bowl

### INGREDIENTS

- 1/4 cup goji berries
- 1 small head cauliflower, cleaned and chopped into small florets
- 1/3 cup maple cinnamon candied pumpkin seeds, slightly crumbled
- 1 small kabocha squash, halved, seeds removed and chopped into small pieces
- 1 medium bunch curly kale, washed, dried and chopped into small pieces
- 2 tbsp coconut or olive oil
- 1/4 cup orange juice
- 2 tbsp lemon juice
- 1/4 tsp ground ginger
- 2 tbsp agave or maple syrup
- 1 tsp turmeric
- Salt and pepper as per taste

### DIRECTIONS

1. Mix the olive oil, lemon juice, turmeric, maple syrup, ginger, and sea salt well to form a dressing.
2. Separately toss the cauliflower and squash in 1 tablespoon oil and season with salt and pepper.
3. In a preheated oven, roast both the squash and cauliflower at 375 degrees for 20 to 25 minutes and you can smell their fragrance.
4. Apply the dressing prepared in the first step on the kale, goji berries, and pumpkin seeds by tossing in a large bowl.
5. When they are well coated with the dressing, add in the roasted cauliflower and squash and pour the extra dressing over the salad. Serve!

## GOJI BERRIES CLEAR SOUP WITH MUSHROOM



Preparation Time  
5 Mins



Cooking Time  
20 Mins



Ready In  
25 Mins



Servings  
Makes 1 Large  
Bowl

### INGREDIENTS

- 8 oz of brown mushrooms, washed and chopped
- 1.5 tbsp goji berries
- 1 carrot, peeled and chopped
- 1 shallot, finely minced
- 2.5 cups of low-sodium vegetable broth
- 1/2 tsp ginger, finely minced
- A few sprigs of fresh thyme
- 2 big handfuls of fresh spinach
- 4 cloves garlic, finely minced
- 1 tbsp lemon juice
- 2 tbsp cooking oil
- 1/2 tsp sea salt
- 1/8 tsp black pepper

### DIRECTIONS

1. Cook shallot in 1 tablespoon oil for about a minute on medium heat until it becomes fragrant.
2. To this add some minced ginger and chopped carrot and fry for another 3 minutes.
3. Add in the cut mushrooms and cook until the mushrooms become tender.
4. Add the minced garlic, salt and pepper and cook for a minute.
5. Pour in the vegetable broth and add the fresh thyme also. Simmer the gas and let it heat for about 10 minutes.
6. To this, add the lemon juice and goji berries and let it heat till the goji berries become soft.
7. Remove from heat and immediately add spinach. Serve hot!

## GOJI SHAKE WITH CINNAMON & VANILLA



Preparation Time  
2 Mins



Cooking Time  
None



Ready In  
2 - 3 Mins



Servings  
Makes 2 Small  
Sized Glasses

### INGREDIENTS

- 1/2 cup Tibetan Goji Berries
- 2 scoop of vanilla whey protein powder
- Pinch of cinnamon
- 1/2 cup of low-fat peach yoghurt
- 1 cup of skim milk
- 1 tablespoon of safflower oil
- 1 tablespoon of flaxseed oil

### DIRECTIONS

1. Place the goji berries, vanilla powder and cinnamon along with the milk in a blender and blend for 30 seconds.
2. Add the yoghurt and oils and blend again for another minute until everything is finely mixed.
3. Put a few ice cubes in a glass and pour the shake. Enjoy chilled!

## GOJI BERRY & WILD RICE SALAD



Preparation Time  
10 - 15 Mins



Cooking Time  
None



Ready In  
15 Mins



Servings  
Makes 6 Small  
Bowls

### INGREDIENTS FOR VINAIGRETTE

- 2 tablespoons finely cut shallots or red onion
- 1/4 cup red wine vinegar
- 2 tablespoons honey
- 2 tablespoons orange or pineapple juice
- 1/3 cup olive oil
- 1 tablespoon chopped parsley

### DIRECTIONS FOR PREPARING VINAIGRETTE

1. Blend all ingredients and refrigerate until serving. Before using, mix well again.

### INGREDIENTS FOR SALAD

- 1/2 cup Goji Berries
- 2 cups cooked wild rice
- 1 can black beans or pinto beans, rinsed, drained
- 1 can kidney beans, rinsed and drained
- 1 cup Vinaigrette
- 6 cups spinach leaves
- 2 beets or one can beets, drained and diced
- 12 to 16 ounces broiled or grilled boneless, skinless chicken breast, sliced or cubed
- 1/2 cup coarsely diced toasted pecan or walnut halves
- Salt and pepper, to taste

### DIRECTIONS FOR SALAD

1. Mix the rice, beans and goji berries and pour more than half cup of the vinaigrette over it. Season with pepper and salt and toss nicely.
2. Line spinach leaves on a plate and take out the salad prepared in step 1 on the leaves in the plate.
3. Arrange the chicken on the salad and place the beets on the side.
4. Pour the remaining vinaigrette over the salad and serve.

## GOJI BERRY CUPCAKES WITH CHOCOLATE FROSTING AND PINK SALT



Preparation Time  
40 - 45 Mins



Cooking Time  
1 Hour



Ready In  
1 Hour and 45 Mins



Servings  
Makes About 10  
Cupcakes

### INGREDIENTS FOR CHOCOLATE CUPCAKES

- 3/4 cup goji berries, chopped
- 1 1/4 cups (156 g) all-purpose flour
- 12 ounces (340 g) unsalted butter, room temperature
- 2 1/4 cups (450 g) sugar
- 7 ounces (200 g) bittersweet chocolate, roughly chopped
- 1/4 cup (22 g) unsweetened cocoa powder
- 1 1/2 teaspoons baking powder
- 8 large eggs, room temperature
- 1/4 teaspoon Himalayan pink salt

### DIRECTIONS FOR PREPARING CUPCAKES

1. Boil water in a large pan and simmer gar when boiled. Leave it on the gas on simmer flame.
2. Place the chocolate in a metal bowl and add the butter to it. Place this bowl in the pan of simmering water and stir until the chocolate and butter melt and combine finely.
3. Remove this mixture from the heat and add in the sugar. Keep it aside for 15 minutes to cool a bit.
4. Meanwhile, sift the baking powder, cocoa powder, flour and salt in a separate bowl.
5. Pour the cooled mixture in a blender and blend for about 3 minutes.
6. Now add the eggs, one at a time and beat the mixture nicely after adding each egg allowing a gap of at least 30 seconds between each egg.
7. Add the sifted dry ingredients to this mixture and beat nicely until finely combined.
8. Now add in the goji berries.
9. Preheat the oven to 350 degrees and line your cupcake moulds with cupcake liners.
10. Pour in the chocolate and goji berry mixture and bake for about 20 – 25 minutes checking after 15 minutes and then after each 5 minutes by inserting a toothpick vertically into the cupcake. When a toothpick comes out clean, remove the cupcakes from the oven. And let them cool.

# GOJI BERRY **CUPCAKES WITH CHOCOLATE FROSTING AND PINK SALT**

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## **INGREDIENTS FOR CHOCOLATE FROSTING**

- 2 ounces (57 g) unsweetened chocolate, roughly chopped
- 5 ounces (142 g) bittersweet chocolate, roughly chopped
- 1/2 cup (120 g) heavy cream
- 4 tablespoons (57 g) unsalted butter, room temperature, cut into 1-in pieces
- 1/4 cup (61 g) whole milk
- 1 cup (120 g) confectioners' sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon Himalayan pink salt

## **DIRECTIONS FOR PREPARING FROSTING**

1. Beat the milk, sugar, salt and vanilla in a bowl and keep aside.
2. Put the chocolate in a metal bowl.
3. In a small pan, pour the cream and heat it till bubbles start to form around the edges. Then pour the cream over the chocolate and let sit for about 1 minute and then stir till the chocolate and cream combine.
4. Just to maintain the heat of the mixture, pour it in a pan and place the pan over simmer flame.
5. Add butter to this mixture and keep stirring until it melts and everything is finely mixed. Remove from heat.
6. Pour the milk and sugar mixture prepared in step one in the chocolate, cream and butter mixture and mix until smooth. Let it sit until it cools down a bit and starts to thicken. Stir occasionally.
7. After it thickens, beat it with a hand beater or hand blender gently until it becomes fluffy.

Arrange the cupcakes in a serving dish and pipe the Frosting on the top of the cakes. Sprinkle very little pink salt just to garnish. Serve!

## GOJI BERRY

# GOJI BERRY ICE CREAM WITH COCONUT & CHOCOLATE



Preparation Time  
10 Mins



Cooking Time  
10 - 15 Mins  
(Excluding 4 Hours of Refrigeration)



Ready In  
4 Hours and 30  
Mins



Servings  
Makes about 4 – 5  
Scoops of Ice cream

### INGREDIENTS

- 100 g goji berries
- 120 g sugar
- 3 tbsp cacao
- 2 x 400 ml cans of coconut milk
- 100 g dark chocolate
- Seeds from 1 vanilla pod

### DIRECTIONS

1. Heat coconut milk in a pan and simmer gas once heated nicely.
2. Add in the cacao, sugar, chocolate and vanilla seeds and stir continuously until the chocolate has completely melted and the mixture is nicely combined.
3. After the ingredients in the pan are mixed nicely, remove the pan from the heat and add in the goji berries. Stir nicely to coat the goji berries with the mixture.
4. Immediately place the pan over iced water, stirring continuously. Keep stirring until the mixture has cooled fairly.
5. Now transfer it to a bowl that can fit into your freezer and freeze for about 4 – 5 hours. If you want, for the initial 2 hours, you can take it out after every 30 minutes and blend with a hand blender to ensure no ice crystals form. Enjoy when done!



## Conclusion

Does one look back or look forward? Does one consider every option or be selective?

The Goji Berry has certain great natural health benefits, but so do many other natural products such as a lovely ripe just-plucked strawberry.

Why not chicken breast off the BBQ, a salad with orange vinaigrette and some new potatoes. Add the vitamin content up in that dish!

If the Goji Berry is the latest fad, then fine. What will the next one be?  
If it becomes a solution to many of life's illnesses, I will be delighted.