

# Dr Cabot Ultimate Superfood

## Your Spring Health Kick

PACKED  
WITH VITAMINS,  
MINERALS  
AND 28  
SUPERFOODS

CABOT HEALTH  
Your health is your greatest asset  
Maintenance  
DR CABOT  
ULTIMATE  
SUPERFOOD  
Dr. Jonathan Cabot

500g Powder



# Ultimate Superfood

The Ultimate Superfood powder is a breakthrough formula combining 28 different superfoods, greens, superior golden pea protein, digestive enzymes, vitamins, minerals and liver cleansing herbs.

## MAIN BENEFITS:

- Provides potent vegetarian protein
- Boosts energy levels
- Optimises fat burning in the liver
- Strengthens the immune system
- Enhances the removal of toxins
- High in antioxidants

## SUITABLE FOR THOSE WHO:

- Have inflammation in the body
- Lack energy or suffer fatigue
- Want to supplement their diet with a super-nutrient and protein formula
- Are exposed to toxins/chemicals
- Have a weak immune system
- Want anti-ageing benefits
- Have a toxic or fatty liver
- Experience regular stress
- Have frequent headaches or pain
- Want healthy, glowing skin
- Are time poor and need a quick nutrient boost
- Have methylation issues and need the activated form of folate



## INGREDIENTS:

Pea Protein Isolate, Lucuma, Mangosteen Fruit, Carrot, Rosehip, Apple, Sacha Inchi Protein, Calcium Carbonate, Silica Colloidal, Grapeseed, Bromelain, Natural Vanilla Flavour, Chia Seed, Dandelion Leaf, Kakadu Plum, Kelp, Acai Berry, Camu Camu, Peppermint Leaf, Maqui Berry, Pomegranate Juice, Rosemary, Coconut Water, Spinach Leaf, Cocoa, Noni Fruit, Pineapple Juice, Papain, Calcium Citrate, Carica Papaya Fruit, Broccoli, Bilberry Fruit, Ascorbic Acid, Acerola Berry, Magnesium Citrate, Citric Acid, St Mary's Thistle, Turmeric, Vitamin and Mineral mix, Ashwagandha, Beetroot, Citrus Bioflavonoids, Natural Dark Chocolate Flavour, 5-Methyltetrahydrofolate



# Breakfast



Serves: 2



VEGETARIAN DAIRY FREE

## Banana and pecan overnight oats

### Ingredients

- 1/2 cup rolled oats
- 4 tbsp chia seeds
- 1/2 cup pecans, chopped
- 2 scoops [Ultimate Superfood powder](#)
- 1 cup unsweetened coconut yoghurt
- 2 tbsp water
- Pinch cinnamon
- 1/2 tsp [Nature Sweet](#)
- 1 large ripe banana, peeled and sliced

### Method

1. Divide all ingredients evenly between 2 jars and mix them until combined.
2. Cover and allow to set overnight.



# Breakfast



Serves: 1



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Coconut strawberry chia pudding

### Ingredients

- 2 tbsp chia seeds
- 1 tbsp coconut flakes
- 1 tbsp hemp seeds
- 1 scoop [Ultimate Superfood powder](#)
- 1/2 cup coconut milk
- 1 tsp honey
- 1/4 tsp ground vanilla bean
- 1/2 cup strawberries, sliced

### Method

1. Mix all ingredients (except the strawberries) together.
2. Pour into a small jar or bowl, either layering or topping with strawberries. Allow to set for at least 2 hours in the fridge.





# Beverages



Serves: 1



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Berry avocado smoothie

### Ingredients

- 1/4 avocado, peeled and pitted
- 1/2 cup berries
- 1/3 cup almond or coconut milk
- 1/2 cup water
- 1 scoop [Ultimate Superfood powder](#)
- 1 tbsp hemp seeds
- 10 almonds

### Method

1. Place all ingredients in a blender and blend until smooth. Add additional avocado if you prefer it creamier.



# Beverages



Serves: 1



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Healthy chocolate frappe

### Ingredients

- 1 cup ice
- 3/4 cup macadamia or coconut milk
- 1 tsp cacao powder
- 2 squares 70% dark chocolate
- 1/2 banana
- 1 scoop [Ultimate Superfood powder](#)

### Method

1. Place all ingredients in a blender and blend until smooth.
2. Serve immediately.





# Beverages



Serves: 1



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Post work-out smoothie

### Ingredients

- 1 small banana
- 1/2 cup coconut water
- 1 1/2 scoops [Ultimate Superfood powder](#)
- 1/2 cup berries
- Handful of nuts
- Handful of ice

### Method

1. Add all ingredients to a blender and blend until smooth.



# Snacks

Serves: 8



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Peanut butter *rice crispies*

### Ingredients

- 1 cup puffed rice
- 1/4 cup [Ultimate Superfood powder](#)
- 1/3 cup peanut butter
- 2 tbsp chia seeds
- 2 tbsp cacao powder (add more for richer flavour)
- 1/4 cup coconut oil
- 1/4 cup honey

### Method

1. Melt peanut butter, coconut oil and honey in a bowl.
2. Stir through remaining ingredients until everything is evenly coated.
3. Transfer to a slice tin, pressing mixture down firmly. Allow to set in the fridge for at least 2 hours and cut into slices.

**Note:** Will melt at room temperature.



# Snacks



Serves: 2



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Healthy chocolate *popsicles*

### Ingredients

- 2 tbsp cacao powder
- 2 tbsp honey
- 2 scoops [Ultimate Superfood powder](#)
- 1 cup coconut milk

**Optional:** Chopped nuts or banana

### Method

1. Blend all ingredients together.  
If adding nuts, stir through.
2. Pour evenly between two popsicle moulds and place in the freezer for 20 minutes.
3. Remove from freezer and place the stick into the centre of each popsicle and put back into the freezer for 2 hours or until set.



# Dessert



Serves: 6



VEGETARIAN GLUTEN FREE DAIRY FREE

## Blueberry cashew *cheesecake*

### Ingredients

#### **Crust**

- 1/4 cup sunflower seeds
- 1/4 cup pecans
- 10 Medjool dates, seeds removed and soaked
- 1/3 cup shredded or desiccated coconut
- 6 scoops [Ultimate Superfood powder](#)
- Dash water

#### **Filling**

- 1/2 cup macadamias, soaked overnight
- 1/2 cup cashews soaked overnight
- 1/3 cup coconut cream
- Juice and zest of 1 lime
- 3 tbsp. honey
- 3/4 cup fresh or frozen blueberries + extra for topping
- 4 tbsp. melted coconut oil
- Pinch sea salt

### Method

1. Add the crust ingredients to a food processor and blend until combined. If mixture is too dry, add additional water 1 tbsp at a time.
2. Grease or line small cake tin.
3. Transfer the crust ingredients to the cake tin, evenly distribute and press down firmly.
4. Add all the filling ingredients to a blender and blend on high speed until mixture is smooth and creamy. You may need to add a little water if you find that your blender is struggling to make the mixture smooth.
5. Pour filling mixture on top of the base and spread evenly using a spatula.
6. Place in freezer to set for about 2 hours.
7. Top with additional blueberries or chocolate as desired.





# Dessert



Serves: 2



VEGETARIAN GLUTEN FREE DAIRY FREE

## Mango passionfruit cheesecake pots

### Ingredients

#### Crust

- 2 tbsp almond meal
- 2 tbsp ground flax seed
- 2 scoops [Ultimate Superfood powder](#)
- 2 tbsp coconut oil

#### Filling

- 1/3 cup cream cheese
- 1/2 tsp ground vanilla bean
- 1 1/2 tsp [Nature Sweet](#)
- Pulp of 2 passionfruit
- Flesh of 1/2 mango

### Method

1. Combine crust ingredients using a fork and press into the bottom of two small jars, glasses or bowls.
2. Using a fork or whisk, mix together the cream cheese, vanilla and [Nature Sweet](#) until combined.
3. Evenly divide the cream cheese between the two jars, spooning it on top of the base and smoothing over with the back of a spoon.
4. **Optional:** Blend the mango into a puree using a blender or food processor
5. Top with passionfruit and mango.

