



ALOHA recipe

HEALTHY PARTY RECIPES

Good • Clean • Fun

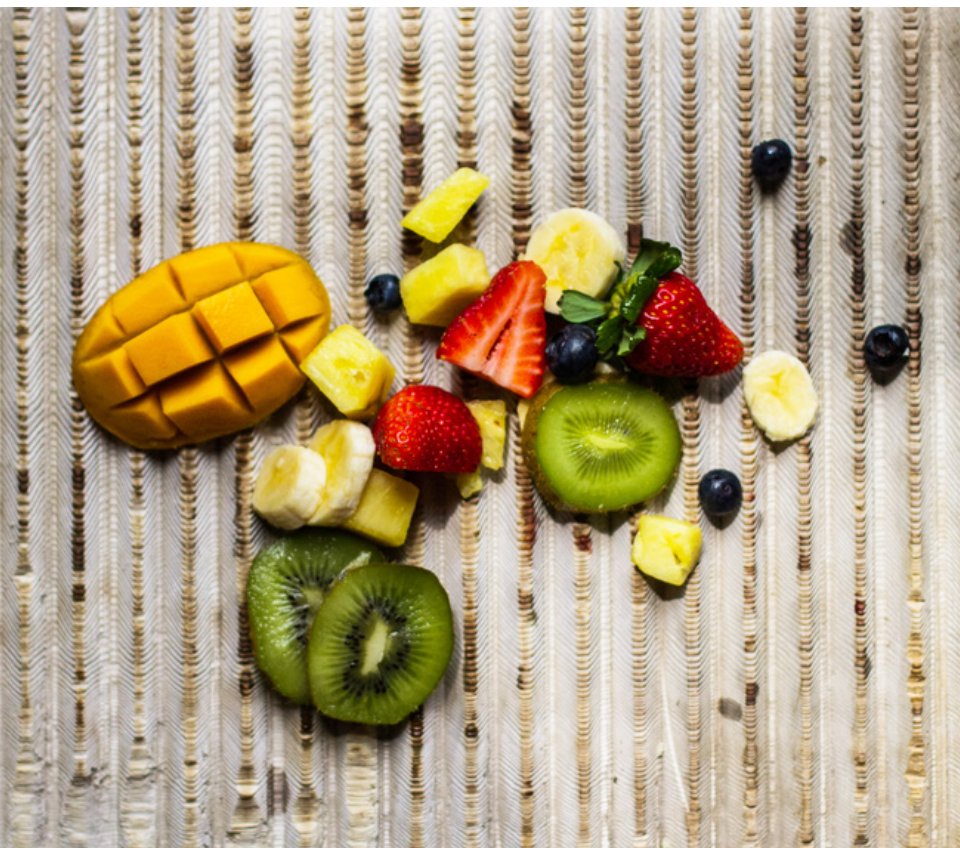
ALOHA

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ALOHA recipe

Party like a rock star without aging like one! Make your next event a healthy one so you can celebrate a long, happy life. ALOHA's party recipes are fun, delicious, easy, and nutritious. Cheers to that!





RETOX & DETOX WITH SUPERFOODS & HYDRATION LOVERS TEA • BERRY DAILY GOOD & COCONUT

Superfood Blueberry Lemon Sangria

INGREDIENTS

- 1/2 cup muddled blueberries
- 2/3 cup lemon juice
- 1/3 cup brewed ALOHA Lovers Tea
- 2 tbsp ALOHA Coconut
- 1 packet ALOHA Daily Good Berry
- 1/2 bottle white wine of choice
- Optional ice cubes

PREPARATION

Brew one bag of ALOHA Lovers Tea in 1 cup of water for 5 minutes. Remove the bag and pour 1/3 cup of brewed tea into a pitcher and refrigerate for 10 minutes. Muddle your blueberries until you have 1/2 cup. Combine all ingredients in the pitcher. Add a handful of ice cubes if desired. Mix well and serve. Garnish with a slice of lemon if you fancy.



PALEO, GLUTEN-FREE, VEGAN
CHOCOLATE PROTEIN, LOVERS TEA, CHOCOLATE DAILY
GOOD & COCONUT

Protein Chia Pudding

INGREDIENTS

1/4 cup raw chia seeds
1 cup ALOHA Beauty Tea
1 serving ALOHA Chocolate Protein
1 packet ALOHA Daily Good Chocolate
3 tablespoons ALOHA Coconut
1/2 tsp cinnamon (optional)
1/2 tsp vanilla extract (optional)
Strawberry for garnish, if desired

PREPARATION

Brew one bag of ALOHA Beauty Tea in 1 1/4 cup of water for ten to 15 minutes. Remove the bag and pour one cup of brewed tea into a small bowl or large glass. Add the chia seed and let them soak for an hour.

Add the ALOHA Chocolate Protein, ALOHA Daily Good Chocolate, ALOHA Coconut, and the cinnamon and vanilla if desired. Combine lightly. Blend the mixture in a food processor until it reaches your desired consistency. The chia takes a little while to breakdown evenly—I blended mine for about three minutes, stopping to mix it up with a spoon.

Spoon into a small dish, glass, or bowl. Top with a strawberry if you are feeling fancy.



PALEO, GLUTEN-FREE, VEGAN
DAILY GOOD GREENS

Cucumber Avocado Appetizers

INGREDIENTS

1 medium cucumber
1 ripe avocado
1/2 cup basil leaves
1 clove garlic
1 tbsp lime juice
1/2 tsp salt
1 tsp ALOHA Daily Good
1/4 tsp pepper
Optional yogurt for garnish

PREPARATION

Blend all of the ingredients except for the cucumber in a food processor. Cut 12 cucumber slices, about one fourth of an inch each. Plate the slices and top with the avocado basil spread. Add a touch of yogurt on top for garnish, if desired. Capers are also a great topping if you want to try that. If you aren't serving these immediately it is best to refrigerate them.



RETOX & DETOX WITH SUPERFOODS DAILY GOOD GREENS & COCONUT

Superfood Coconut Margarita

INGREDIENTS

Drink

1 cup of ice

2 heaping tbsp ALOHA Powdered Coconut Water

5-second-pour tequila — 3-second-pour triple sec

2 limes

For a berry margarita: 1 tbsp ALOHA Daily Good Berry

Rim

2 tbsp salt

2 tbsp ALOHA Powdered Coconut Water

PREPARATION

Either juice one and a half limes or carve out the fruit, watching out for seeds, for a little more bite. Add all the ingredients into a blender and let the magic happen!

Then, mix up the salt and ALOHA Coconut in a dish, dip the rim of your glass in water or lime juice, and dust the rim with the sweet and salty medley!



PALEO & GLUTEN-FREE

LOVERS TEA, VANILLA PROTEIN, BERRY DAILY GOOD

Blueberry Tea Protein Smoothie

INGREDIENTS

- 1-2 cups brewed ALOHA Lovers Tea (depending on preferred thickness)
- 1 serving ALOHA Vanilla Protein
- 1 packet ALOHA Daily Good Berry
- 1/2 cup nonfat Greek yogurt
- 1 cup blueberries
- 1 cup chopped kale

PREPARATION

Brew one bag of ALOHA Lovers Tea in 2.5 cup of water for ten to 15 minutes. Remove the bag and pour 1-2 cup of brewed tea into a glass and refrigerate for 10 minutes. Put the iced tea into a blender and then add the remaining ingredients. Blend and enjoy!



PALEO, GLUTEN-FREE, VEGAN CHOCOLATE PROTEIN & COCONUT

Chocolate Chip Protein Cookies

INGREDIENTS

2 scoops (1 serving) ALOHA Chocolate or Vanilla Protein
1/2 cup almond flour
1 tbsp coconut oil, unrefined
1/4 tsp baking soda
1 tsp cinnamon
1/2 tsp vanilla extract
2 tbsp ALOHA Coconut
1 tbsp maple syrup
2 tbsp plain yogurt of choice (we used nonfat Greek yogurt, but for vegan cookies, use plain coconut, soy, or almond yogurt)
2 sections ALOHA Superfood Original Dark Chocolate
1/4 tsp salt
About a tbsp of water, to add as you go

PREPARATION

Preheat the oven to 350°F. Mix all ingredients in a bowl except for the water and chocolate, and then add small splashes of water until cookie dough consistency is achieved. Chop up the ALOHA Chocolate and mix. Place six mounds (eight if you want smaller cookies) on a parchment paper lined sheet. Bake for up to ten minutes, but make sure to pull them out before they feel fully cooked. Let them sit on the hot baking sheet to keep “cooking” for another ten minutes.



**PALEO, GLUTEN-FREE, VEGAN
DAILY GOOD GREENS**

Summer Salad with Superfood Dressing

INGREDIENTS

Lemon & Olive Oil Superfood Dressing

1/4 cup of olive oil and lemon juice

1 small clove garlic, finely chopped

1 packet of ALOHA's Daily Good Greens

1 tsp honey

Salad

2 cups chopped kale

1/8 cup chopped mint

1/4 cup of cooked quinoa, grilled garbanzo beans, grilled corn, chopped cherry tomatoes, and chopped red pepper

1 tbsp of olive oil

1/4 tsp salt

About a tbsp of water, to add as you go

PREPARATION

In a medium saucepan bring 1/4 cup water to a soft boil. Add 1/8 cup uncooked quinoa. Cook for 15 to 20 minutes, or until the water has boiled off, and then set aside.

Heat a frying pan on medium. Add the olive oil, beans, and corn. Grill them until seared. Set aside.

In a large to medium mixing bowl add the kale, mint, tomatoes, and red bell pepper. Top with the grilled quinoa, corn, and garbanzo beans. Serve with the Lemon & Olive Oil Superfood Dressing and enjoy! baking sheet to keep "cooking" for another ten minutes.



HYDRATE HAPPY
CLEAN TEA & COCONUT

Iced Tea Coconut Lemonade

INGREDIENTS

- 1 packet ALOHA Clean Tea
- 1 lemon
- 16 ounces water
- 1/2 cup ice
- 1 serving ALOHA Coconut, or to taste

PREPARATION

Bring the water to a boil and steep the ALOHA Clean Tea bag for five to ten minutes, depending on how strong you like the taste. Place in the freezer or refrigerator for an hour, or until cool (You can also cold brew your tea using this method).

Make sure to wash your lemon thoroughly. Cut the thick ends off of the lemon, then quarter and remove the seeds. If you want to remove the thicker parts of the peel, you can—leave on as much or as little as you like. Place lemons, brewed tea, and ice in a blender and let blend for a full minute (trust us). Taste and pour through a colander if your blender wasn't powerful enough to really break it down. Add ALOHA coconut if you prefer: it's sweet, it's low glycemic and won't ruin your detox! Enjoy!

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