

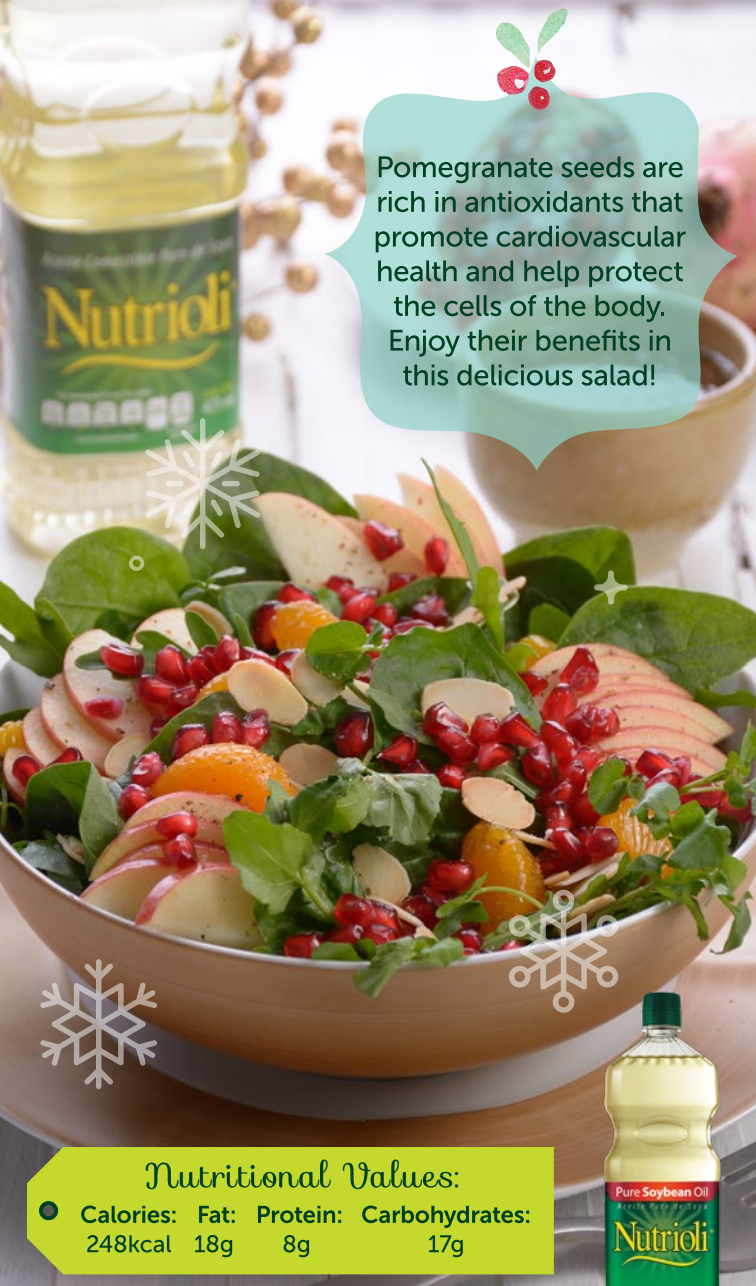


Nutrioli®



Christmas

RECIPES BOOK



Pomegranate seeds are rich in antioxidants that promote cardiovascular health and help protect the cells of the body. Enjoy their benefits in this delicious salad!

Nutritional Values:

● **Calories:** 248kcal **Fat:** 18g **Protein:** 8g **Carbohydrates:** 17g





Pomegranate tangerine salad



Ingredients:

- 1 apple.
- Juice of 1 lemon.
- ¼ cup apple cider vinegar.
- 2 tbsp. honey.
- 3 tbsp. **Nutrioli®**.
- Salt and pepper to season.
- 6-7 cups arugula or any other lettuce.
- ¼ cup pomegranate seeds.
- ¼ cup slivered almonds.
- 5 oz. goat cheese.
- Sections of 2 tangerines.



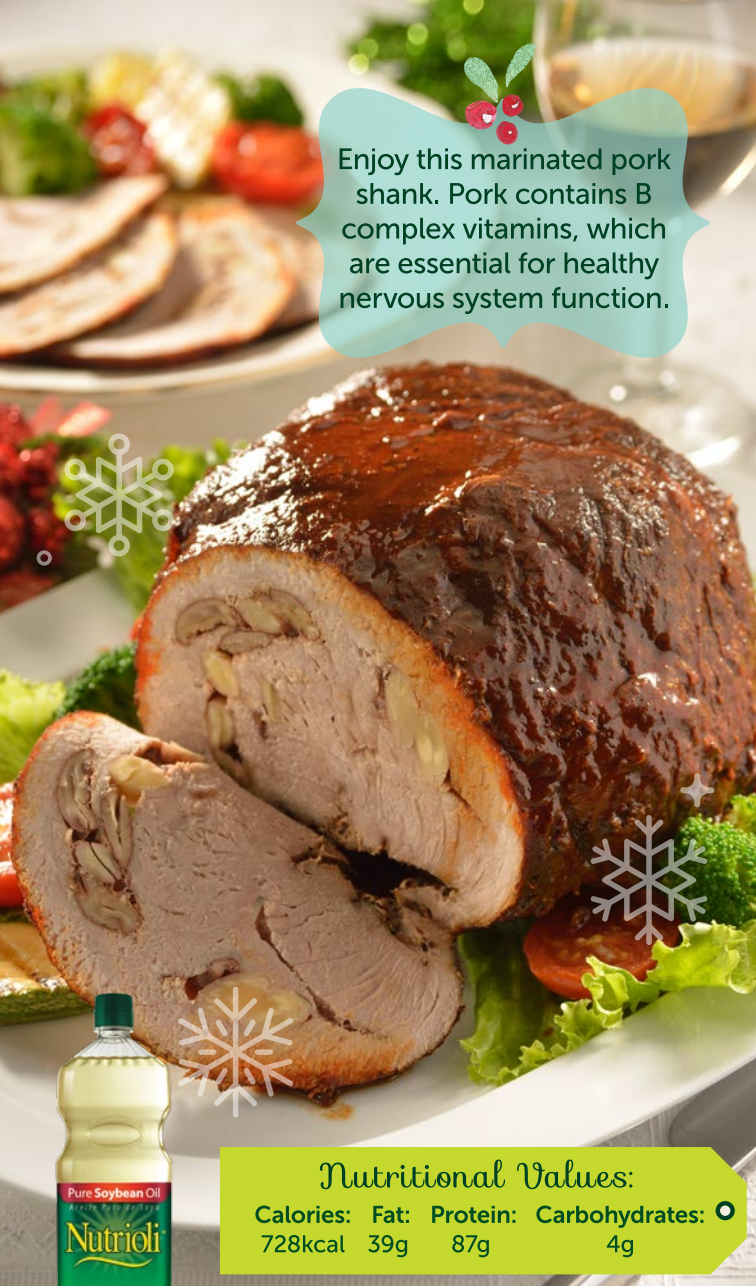
Directions:

1. Slice apple and baste with lemon juice. Combine vinegar and honey in a bowl. Slowly add **Nutrioli®**. Season with salt and pepper.
2. Place remaining ingredients in a salad bowl. Top with vinaigrette just before serving.



Nutrioli®





Enjoy this marinated pork shank. Pork contains B complex vitamins, which are essential for healthy nervous system function.



Nutritional Values:

Calories:	Fat:	Protein:	Carbohydrates:	○
728kcal	39g	87g	4g	

Marinated Pork Shank


Ingredients:

- 4 ancho chilies.
- 4 guajillo chilies.
- 1 stick of cinnamon.
- 3 cloves garlic.
- 1 large onion.
- 3 tbsp. chicken bouillon powder.
- 1 boneless pork shank (13 lbs.).
- 1 cup walnuts.
- 1 cup almonds, without skins.
- 1 small handful of cloves.
- $\frac{1}{4}$ cup vinegar (apple cider or white wine).
- 3 tbsp. **Nutrioli**®.
- Salt and pepper to taste.



Directions:

1. Rinse shank well with water. Let drain completely or dry with paper towels. Use a long knife to create openings all along the shank. Fill with walnuts and almonds. Season shank all over with salt and pepper. Once ready, use kitchen twine to bind shank, compacting it as much as possible in a single piece.

- 
2. Heat **Nutrioli®** in a pot large enough to fit entire shank. Once oil is hot, place shank in the pot and let brown on both sides. Remove from heat and let cool.
 3. Meanwhile, grill chilies (with seeds removed) on a hotplate. Afterwards, boil in water until tender. Puree chilies in blender with a little water, the cinnamon stick, cloves, onion, garlic, vinegar and chicken bouillon powder. Taste and add more vinegar or salt, if necessary, so sauce is highly seasoned, and then strain.
 4. Pour sauce over shank, leaving it well-coated, and let stand for a couple hours. Put shank in a baking dish and cover with aluminum foil. Place in oven preheated to 350 °F. Bake for at least 3 hours, basting shank occasionally with juices and then replacing aluminum foil. Meat will be done when juice runs clear after shank is poked with a fork or knife.
 5. Remove from oven, slice and serve immediately.



Nutrioli®



Besides adding delicious flavor, apples are rich in vitamin A and pectin, a soothing fiber that aids in digestion.



Nutritional Values:

● **Calories:** 473kcal **Fat:** 46g **Protein:** 5g **Carbohydrates:** 63g





Apple fritters



Ingredients:

- 1 cup tempura flour.
- $\frac{3}{4}$ cup cold milk.
- 3 gala apples.
- 2 cups **Nutrioli®**.
- $\frac{1}{2}$ cup sugar mixed with cinnamon.



Directions:

1. Combine flour and milk in a bowl. Mix until obtaining a uniform batter about the consistency of porridge.
2. Core apples and slice into rings.
3. Heat a generous amount of **Nutrioli®** in a skillet over medium-high heat. Once oil is hot, submerge apple rings in batter. Shake off excess and place in hot **Nutrioli®**. Fry for a couple minutes on each side until lightly browned. Remove from **Nutrioli®**.
4. Place on paper towels to absorb excess oil. Sprinkle warm fritters with sugar and cinnamon mixture.



Nutrioli®



Enjoy this delicious, creamy soup. Leeks contain vitamins A, C and B, as well as minerals, including potassium, calcium, phosphorus, sodium and iron.



Nutritional Values:

Calories:	Fat:	Protein:	Carbohydrates:	●
95kcal	8g	2g	14g	

Cream of potato and leek soup

Ingredients:


- 1 leek, sliced.
- 2 large potatoes, peeled and sliced.
- 1 tbsp. **Nutrioli®**.
- 2 tsp. chicken bouillon powder.
- 4¼ cups water.
- Fresh ground black pepper.



Directions:

1. Heat **Nutrioli®** in a pot over medium heat. Add potatoes and cook for 5 minutes, stirring occasionally, until lightly fried.
2. Add leek and continue sautéing until translucent. Add water and chicken bouillon powder. Bring to a boil, reduce heat and let simmer until potatoes are very soft.
3. Remove from heat and puree in a blender until as smooth as possible. Return to pot and reheat. If soup is too thick, you can add a little water. Serve with a tablespoon of light cream and a pinch of ground pepper.

Nutrioli®



Blueberries are full of antioxidants and vitamin C, which protects the immune system and helps the body absorb iron. Enjoy them in this delicious dessert!

Nutritional Values:

○ Calories: 498kcal Fat: 18g Protein: 5g Carbohydrates: 80g





Blueberry holiday cake

Ingredients:

- 1 box white cake mix.
- 1 cup skim milk.
- 3 eggs.
- $\frac{1}{3}$ cup Nutrioli®.
- 1 cup sour cream.
- 1 tbsp. orange zest.
- 1 cup roughly chopped blueberries.
- $\frac{1}{2}$ cup roughly chopped raisins.

For icing:

- 6 oz. light cream cheese.
- 3 oz. butter.
- 1 tsp. vanilla.
- Pinch of salt.
- 4 cups powdered sugar.



Directions:

1. Beat butter and cream cheese together in a mixing bowl. Once smooth, add pinch of salt, vanilla and sifted powdered sugar a little at a time. Continue beating until frosting has an even consistency without lumps.





2. Preheat oven to 350 °F. Grease and flour two round cake pans. In a bowl, combine flour, eggs, milk, **Nutrioli**®, sour cream and orange zest. Beat at medium speed for 2 minutes or until ingredients are incorporated. Stir in raisins and blueberries.
3. Divide mixture between two cake pans and bake for 25 minutes or until a toothpick inserted in center comes out clean. Remove from oven and let cool.
4. Once cool, place one layer on cake plate, spread with icing and place second layer on top. Ice sides first and then top. Decorate with a ribbon and serve.



Nutrioli®





Almonds promote cardiovascular health, thanks to their high content of omega-3 fatty acids. They're also rich in vitamin E, an excellent antioxidant. Make them part of your daily diet.



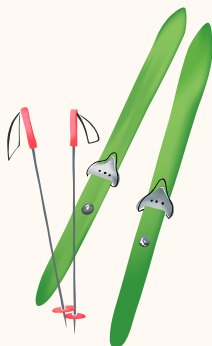
Nutritional Values:

Calories:	Fat:	Protein:	Carbohydrates:
362kcal	34g	10g	6g

Bacon and almond cheese ball

Ingredients:

- 6-7 oz. light cream cheese.
- 5 oz. goat cheese.
- 8 strips of turkey bacon.
- ½ cup dried blueberries.
- 2 tbsp chopped cilantro.
- 1 tbsp worcestershire sauce.
- ½ cup sliced almonds.
- 2 tbsp. Nutrioli®.




Directions:

1. Heat **Nutrioli®** in a skillet and fry bacon until crisp. Remove and cut into bits. Brown almonds in same skillet, being careful not to let them burn.
2. In a bowl, soften cream cheese, add goat cheese, bacon bits, blueberries, cilantro and Worcester shire sauce, and mix thoroughly. Form into a ball and wrap in aluminum foil or plastic cling wrap. Refrigerate for 20 minutes. Remove wrapping and roll cheese ball in browned almonds.

TIPS:

Can be served with slices of whole-grain bread.

Nutrioli®



Pork loin contains protein, minerals and vitamins from the B complex, which support the nervous system.

Nutritional Values:

● **Calories:** 334kcal **Fat:** 18g **Protein:** 40g **Carbohydrates:** 0g



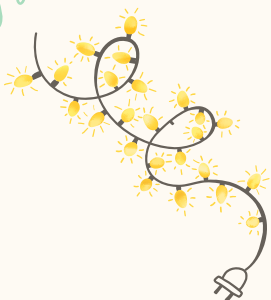


Pork loin with rosemary





Ingredients:

- 3 cloves garlic, diced.
- 1 tbsp. dried rosemary.
- Salt and pepper to taste.
- 2 lbs. pork loin.
- 1 cup beef stock.
- 2 tbsp. **Nutrioli®**.



Directions:

- 
- 
1. Use a mortar and pestle to grind garlic, rosemary, salt and pepper into a paste. Cut openings in various parts of pork loin and fill with paste. Spread remaining paste all over meat.
 2. Heat **Nutrioli®** in a heavy pan. Once hot, brown roast on all sides. Add beef stock, cover and let cook for 30 minutes or until meat is tender and fully cooked. Slice before serving.


TIPS:

Can be served with country fried potatoes.



Nutrioli®






Tomatoes are rich in potassium, vitamins A and C, and lycopene, a powerful antioxidant that protects our cells.

Nutritional Values:

Calories:	Fat:	Protein:	Carbohydrates:
288kcal	8g	13g	51g



Cream of tomato soup with basil

Ingredients:

- 2 tbsp. **Nutrioli®**.
- ½ of an onion, roughly chopped.
- 1 clove garlic.
- 3 red bell peppers, seeded and roughly chopped.
- 1½ cups low-fat, low sodium chicken stock.
- 1 cup tomato juice (natural).
- 1 tbsp. fresh thyme.
- ¼ tbsp. ground cinnamon.
- ½ tbsp. sugar.
- Salt and pepper to taste.
- 4 tbsp low-fat sour cream.
- 4 sprigs of fresh basil.
- 4 small loaves of whole-grain bread.



Directions:

1. Heat **Nutrioli®** in a skillet over medium heat. Sauté onion and garlic for 3 minutes. Add bell pepper and cook for another 5 minutes.
2. Pour in chicken stock and remove from heat. Puree in blender until smooth.



3. Pour puree back into skillet and add tomato juice, thyme, cinnamon and sugar, and cook for an additional 5 minutes.
4. Cut off the top of each loaf and carefully remove half of the bread, pressing the rest against the bottom and sides to form a bread bowl. Bake loaves at 200°F for 15 minutes or until firm. This can be done the previous day, if desired.
5. Serve soup in bread bowls. Each serving can be garnished with a tablespoon of cream and a sprig of basil.



Nutrioli®

Pure soy, pure health.

100% pure soy

Cholesterol free

**Omegas 3,
6 and 9**

0g Trans Fats

Vitamin E



facebook.com/Nutrioli
nutrioli.com



Pure **Soybean Oil**

Aceite Comestible Puro de Soya

Nutrioli

32 fl. oz. (1 qt) 946ml

Pure soy, pure health.

Alejandro Maldonado
Yoga Teacher



facebook.com/Nutrioli
nutrioli.com