



THE
TRANSFORMATION
COMPANY

Recipe Guide-Fall 2025

A delicious, energizing collection
featuring your favorite superfoods.



Welcome

As the weather cools and routines get busier, it's the perfect time to fuel your body with nourishing, energizing blends that support focus, recovery, and overall well-being. Whether you're heading into a productive workday, recharging post-workout, or simply enjoying a cozy moment at home, these fall-inspired recipes make it easy to stay aligned with your wellness goals.

Inside this guide, you'll find delicious, nutrient-packed recipes featuring Purium Community favorites like Dark Berry Protein, White American Ginseng, MVP Sport - Vanilla, and Ionic Elements.

Each recipe is crafted to bring you the flavors of fall with the functional benefits of clean, premium nutrition.

So grab your blender, choose your favorites, and let's biohack our way into a healthier, more energized season!

Biohack Your Fall
Fuel Your Best

Recipe

CHERRY KOMBUCHA

Calories: 1111 | Protein: 2 | Carbohydrates: 23 | Fat: 44

Ingredients:

- 6 tablespoons Apothe-
Cherry
- 2 tablespoons White
American Ginseng
- 24 ounces organic
kombucha

Instructions:

- Stir it all together and
serve chilled.



Recipe

KID FRIENDLY CHERRY SPORTS DRINK

Ingredients:

- 2 tbsp. Apothe-Cherry -
Certified Organic
- 1 tsp White American
Ginseng
- 2 tsp Ionic Elements or 2
full droppers
- 8 oz organic lemonade,
just lemons and an
organic sweetener
- 6 oz pure water



Instructions:

- Blend all together until smooth. Freeze in a large pitcher - or pour into popsicle molds. Enjoy!

Recipe

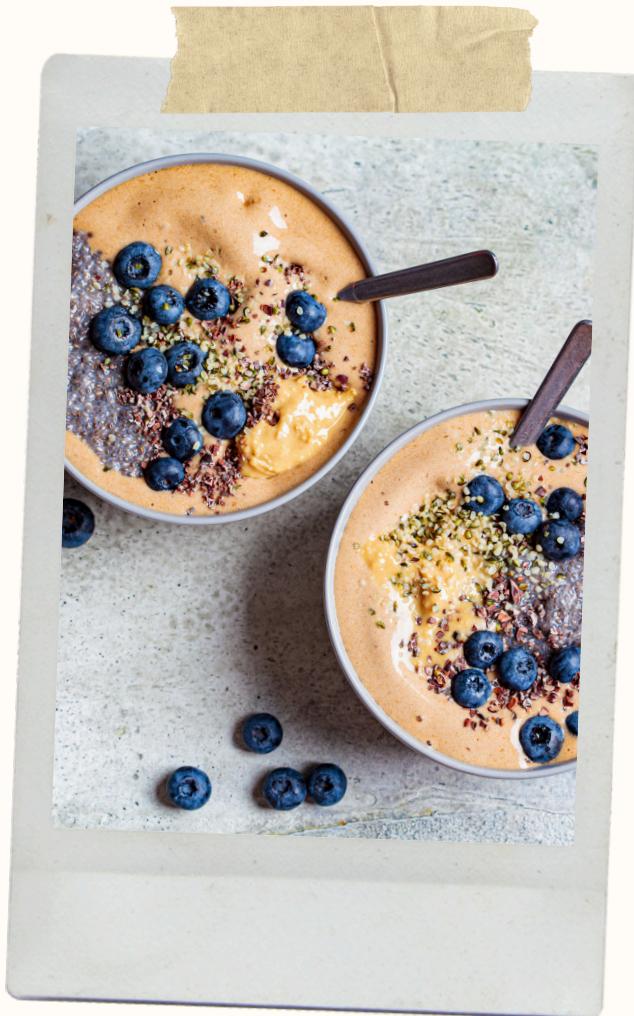
DARK BERRY SMOOTHIE BOWL

Ingredients:

- 2 servings of Dark Berry Protein
- ½ cup of frozen blueberries
- ½ frozen banana
- ½ cup of unsweetened almond milk
- 1 tbsp of chia seeds

Instructions:

- Blend protein, banana, blueberries, milk, and chia seeds until thick
- Pour into a bowl, add toppings, and enjoy with a spoon



Recipe

CINNAMON PUMPKIN MVP SPORT PROTEIN PANCAKES

Ingredients:

- 3 tbsp MVP Sport - Vanilla
- 1 egg (or flax egg)
- 1/4 cup almond milk
- 1/4 cup pumpkin puree (optional seasonal addition)
- 1 tsp cinnamon
- 1/4 cup oats blended to flour

Instructions:

- Blend, pour onto the griddle, and flip when the pancakes start bubbling.
- Optional: Top with a drizzle of organic maple syrup.



Recipe

GREEN SUPERFOOD SOUP

Ingredients:

- 1 cup butternut squash, cubed
- 1 carrot, sliced
- 1 cup veggie broth
- 1/4 onion
- Dash turmeric
- 1 tbsp Green Spectrum OR Power Shake added after cooking



Instructions:

- Cook the vegetables until soft, then blend them. Stir the greens in last.
- A comforting, savory way to sneak in superfoods.

Recipe

GINGERBREAD POWER LATTE

Ingredients:

- 1 serving MVP Sport - Vanilla or Power Shake
- 1 cup hot almond milk
- ½ tsp ginger
- ¼ tsp cinnamon
- 1-2 tsp maple syrup
- Optional: pinch of clove

Instructions:

- Froth/blend for a cozy gingerbread latte vibe.



Recipe

CHOCOLATE CHERRY SMOOTHIE

Ingredients:

- 1 tbsp of Apothe-Cherry
- 1/4 cup of Almond Milk
- 3.5 tbsp of MVP Sport Chocolate
- 1/4 cup of coconut yogurt
- Ice (optional)

Instructions:

- Add 12 oz of water to a blender
- Add all ingredients into a blender and blend until smooth
- Add more ice or ingredients depending on your desired consistency



Recipe

TROPICAL SUNSET SPLASH

Ingredients:

- 1 scoop Coco Hydrate - POG
- 12-16 oz chilled water or sparkling water
- Ice
- Optional: fresh orange slices, pineapple chunks, passion fruit or mint

Instructions:

- Add Coco Hydrate -POG powder to a cup of cold water or sparkling water.
- Shake or stir until fully dissolved.
- Pour over ice and garnish with fresh fruit or a sprig of mint.
- Sip and feel instantly refreshed!



Learn More

About the Purium Products Featured in This Recipe Book

Every recipe in this guide was crafted with intention – not just to taste amazing, but to help nourish your body with pure, organic, superfood-based nutrition. Purium products are far more than “add-ins” to a recipe. They’re functional foods designed to support energy, gut health, recovery, and whole-body vitality.

On the next pages, you’ll find a simple and helpful overview of the products featured throughout this book, so you can explore them more deeply and experience their benefits in everyday life.



*Superfoods that make
every recipe count*



WHITE AMERICAN GINSENG

Supports
Healthy
Energy

- Vegan
- Non-GMO

White American Ginseng has been used throughout history because of its ability to revitalize and restore balance in the body. Ours contains at least 28 active ginsenosides which promote increased energy without the jittery side effects. We recommend combining it with our Bee Energetic to further support optimal energy levels. It may support:

- Healthy responses to physical and psychological stress
- Healthy blood glucose levels
- Healthy cholesterol levels and cardiovascular function



WHITE AMERICAN GINSENG



IT'S NATURAL SWEETNESS

A 1/2 tsp of the White American Ginseng Extract goes into my coffee each morning. Its natural sweetness, earthy flavor, and nutrient value enhance my morning pick-me-up.

-Leslie



ENERGY BOOST

I love putting this in my daily Power Shake. I can feel the extra energy without any jitters!

-Becky S.

Ingredients

American Ginseng (*Panax quinquefolium*) Extract

Supplement Facts

Serving Size 1 tsp (5 ml)
Servings Per Container 48

Amount Per Serving	% DV
American Ginseng Extract (Panax quinquefolium) 5 ml	†

† Daily Value (DV) not established.

Other ingredients: Vegetable Glycerin, Water.



Magnesium
rich trace
minerals &
fulvic acid

- Gluten-free
- Vegan

ONIC ELEMENTS

This beet blend is packed with vital nutrition to fuel a long, intensive workout and is often used as a coffee alternative. A specialty product recommended for all types of wellness goals such as:

- Energy drink alternative without any artificial additives
- Healthy Energy Production
- Healthy Fitness
- Muscular Health
- Healthy Heart & Blood Vessels
- Healthy Blood Building
- Oral Health
- Healthy Pregnancy-Trimester 1
- Prostate Health



IONIC ELEMENTS



TRACE MINERALS FOR OPTIMAL HEALTH

I love adding Ionic Elements to my superfood drinks to help with nutrient absorption, promote deep, restful sleep, and reduce muscle cramping post-workout.

-Nayeva F.

Ingredients

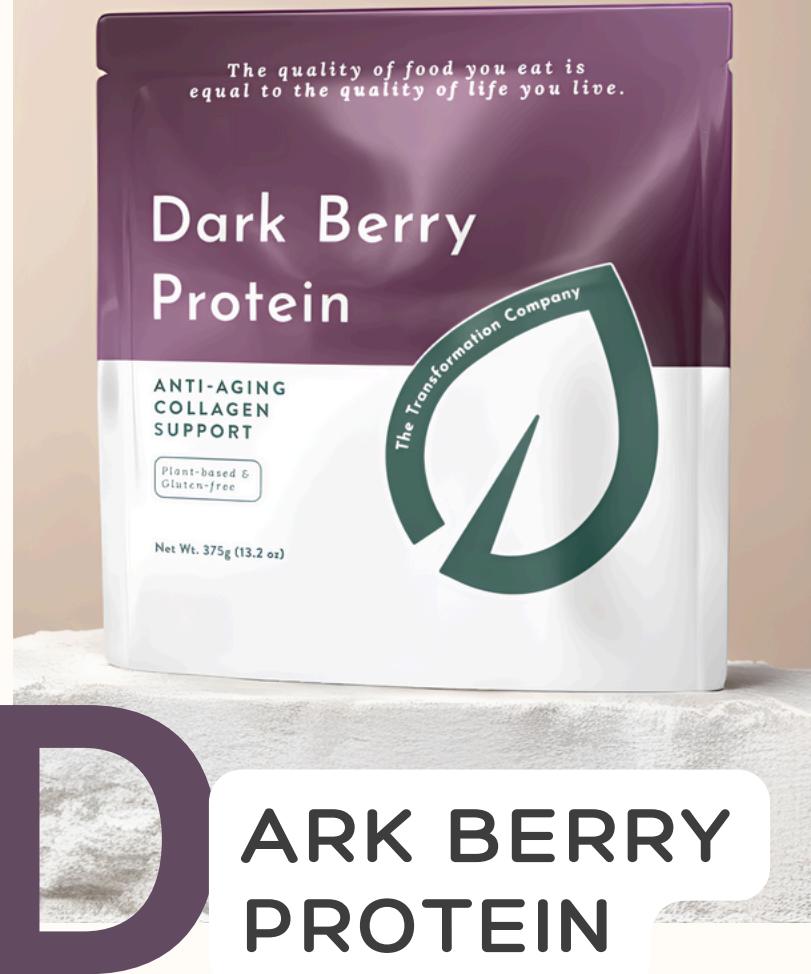
1.5 ml Supercharged activated fulvic acid; ocean and plant-derived trace minerals, purified water.

Supplement Facts

Serving Size 1.5 ml (20 drops)
Servings Per Container Approx. 80

Amount per Serving	% DV
All Natural Proprietary Blend 1.5 ml	†
Supercharged activated fulvic acid; ocean and plant-derived trace minerals, purified water..	

† Daily Value (DV) not established.



Ani-aging collagen support

- Plant-based
- Gluten-free

DARK BERRY PROTEIN

This beet blend is packed with vital nutrition to fuel a long, intensive workout and is often used as a coffee alternative. A specialty product recommended for all types of wellness goals such as:

- Energy drink alternative without any artificial additives
- Healthy Energy Production
- Healthy Fitness
- Muscular Health
- Healthy Heart & Blood Vessels
- Healthy Blood Building
- Oral Health
- Healthy Pregnancy-Trimester 1
- Prostate Health



DARK BERRY PROTEIN

Nutrition Facts

15 servings per container

Serv. size approx. 4 tbsp (25g)

Amount per serving

Calories

90

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **10%**

Total Carbohydrate 5g **2%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 16g

Vitamin D 0mcg **0%**

Calcium 33mg **2%**

Iron 5mg **30%**

Potassium 45mg **0%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Pea Protein, Pomegranate Juice Powder, Raspberry Flavor, Black Currant, Raspberry, Cranberry Extract, Non-Dairy Cream Flavor, Strawberry Flavor, Monk Fruit Extract, Guar Gum, Beet Root Juice Powder, MCT Oil Powder, Tart Cherry Powder, Blueberry, Blackberry, Acai Juice Powder, Maqui Berry, Lion's Mane Mushroom, Ginkgo Leaf, DigeZyme® (Alpha-amylase, Neutral Protease, Lactase, Lipase, Cellulase), Amla Fruit, Rosehips, Camu Camu, Grape Seed Extract, HumicSure™ Fulvic & Humic Acid Blend



MY GO-TO PROTEIN SHAKE!

I love this shake. It has numerous benefits, thanks to the dark berries, and knowing that Dave and Amy have sourced them to meet the highest standards, you can feel the nutrients! I love it with a banana to make it a little creamy.

-Amy K.



Recovery Protein

- Certified organic
- Gluten-free
- Vegan

MVP SPORT CHOCOLATE

This beet blend is packed with vital nutrition to fuel a long, intensive workout and is often used as a coffee alternative. A specialty product recommended for all types of wellness goals such as:

- Energy drink alternative without any artificial additives
- Healthy Energy Production
- Healthy Fitness
- Muscular Health
- Healthy Heart & Blood Vessels
- Healthy Blood Building
- Oral Health
- Healthy Pregnancy-Trimester 1
- Prostate Health



M VP SPORT CHOCOLATE

Nutrition Facts

30 servings per container

Serving size 2-1/4 tbsp (16g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 12mcg 60%

Calcium 22mg 2%

Iron 3mg 15%

Potassium 97mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Organic Pea Protein, Organic Brown Rice Protein, Organic Pumpkin Protein, Organic Cocoa Powder, Organic Sunflower Oil Powder, Organic Acacia Gum, Organic Guar Gum, Organic Moringa Leaf, Organic Monk Fruit Extract, Organic Acerola Cherry Extract, Organic Chocolate Flavor, Organic Maca Root, Pink Himalayan Salt, Organic Eleuthero Root, Cordy-Gen® (Organic Cordyceps sinensis Mushroom), Organic Chaga Mushroom, Organic Rhodiola rosea Extract, DigeZyme® Digestive Enzyme Blend (Amylase, Protease, Cellulase, Lactase, Lipase), Lactospore® (Bacillus coagulans), Organic Turmeric Powder, Organic Vanilla Flavor, Organic Agaricus Mushroom, Natural Caramel Flavor, Organic Black Pepper.



THIS IS IT!

This is my go-to protein shake after a workout! It's so creamy and delicious, making it the perfect healthy snack that provides your body with the protein it needs after a workout. If you're looking for an energy-packed protein drink, THIS IS IT!

-Damon S.



Vegetables from Land and Sea

- Certified organic
- Gluten-free
- Vegan

Earth is the ultimate prism. Every green plant captures a different wavelength of light and energy from the sun. Organic Green Spectrum is a beautiful collection of sea plants, juiced field grasses and garden vegetables. It is also available in Lemon flavor.

- May support increased immune system function
- Great source of chlorophyll and green vegetable nutrients
- Aids in healthy pH and oxygen levels



GREEN SPECTRUM

Nutrition Facts

20 servings per container
Serving size 2 tsp (8g)

Amount per serving	Calories	% Daily Value*
Calories	30	
Total Fat 0g	0g	0%
Saturated Fat 0g	0g	0%
Trans Fat 0g	0g	0%
Cholesterol 0mg	0mg	0%
Sodium 10mg	10mg	0%
Total Carbohydrate 7g	7g	3%
Dietary Fiber 1g	1g	4%
Total Sugars 3g	3g	
Includes 2g Added Sugars	2g	4%
Protein 0g	0g	
Vitamin D 0mcg	0mcg	0%
Calcium 10mg	10mg	0%
Iron 0.2mg	0.2mg	2%
Potassium 100mg	100mg	2%
Vitamin C 5mg	5mg	6%
Copper 0.02mg	0.02mg	2%
Manganese 0.16mg	0.16mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Coconut Powder (dried on organic tapioca maltodextrin), Organic Rice Syrup Solids, Organic Pineapple Fruit Powder, POG Flavor, Organic Turmeric, L-Malic Acid, Organic Acacia Gum, Organic Monk Fruit (Luo Han Guo) Extract, Organic Black Pepper, Organic Beet Root Juice Powder. Contains: Tree Nuts (Coconut).

Ingredients

Certified Organic Alfalfa Leaf Juice,
Certified Organic Barley Grass Juice,
Certified Organic Oat Grass Juice,
Certified Organic Wheatgrass Juice,
Certified Organic Spirulina, Certified
Organic Chlorella, Certified Organic Sea
Kelp, Certified Organic Parsley, Certified
Organic Broccoli, Certified Organic
Cabbage, Certified Organic Kale,
Certified Organic Dandelion Leaf,
Certified Organic Broccoli Sprout,
Certified Organic Dulse



HEALTHY ORGANIC GREENS

I've been using this in a green healthy drink for many years. It's very good and I definitely feel the benefits.

-Geri



GREEN SPECTRUM

I love getting a rainbow of organic sea plants, field grasses, and garden veggies! I add it to my Power Shakes every day, and it feels great to be benefiting from a healthy dose of organic, pure chlorophyll!

-Ruth D.



Healthy Hydration

- Gluten-free
- Vegan

This coconut water and pineapple blend is packed with natural electrolytes and used as an alternative to sports drink, flavored water, vitamin water and is often a specialty product recommended for all types of wellness goals such as:

- Drink alternative without any artificial additives
- Healthy Hydration
- Healthy Kids
- Healthy Weight Loss
- Healthy Heart



COCO-HYDRATE-POG

Nutrition Facts	
20 servings per container	
Serving size	2 tsp (8g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 100mg	2%
Vitamin C 5mg	6%
Copper 0.02mg	2%
Manganese 0.16mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Coconut Powder (dried on organic tapioca maltodextrin), Organic Rice Syrup Solids, Organic Pineapple Fruit Powder, POG Flavor, Organic Turmeric, L-Malic Acid, Organic Acacia Gum, Organic Monk Fruit (Luo Han Guo) Extract, Organic Black Pepper, Organic Beet Root Juice Powder.

Contains: Tree Nuts (Coconut).

Ingredients

Organic Coconut Powder (dried on organic tapioca maltodextrin), Organic Rice Syrup Solids, Organic Pineapple Fruit Powder, POG Flavor, Organic Turmeric, L-Malic Acid, Organic Acacia Gum, Organic Monk Fruit (Luo Han Guo) Extract, Organic Black Pepper, Organic Beet Root Juice Powder.



DELICIOUS NEW BLEND

Had the blessing of tasting this delicious new blend during convention 2025! Trust me, this is a must-have... so refreshing, so hydrating, so nourishing!

-Kimberly C



I LOVE THE NEW POG COCO HYDRATE!

I love the new POG Coco Hydrate! It's one of my favorite flavors from Hawaii and hits the spot with refreshing tropical flavors. Perfect for summer or tropical fruit lovers like me, will enjoy it all year long! 10/10!

-Jacqueline C.

Thanks for blending with us!

Join the Purium Lovers Facebook Group!

Looking for smoothie inspo, real results, and a community that gets it?

Come hang out with thousands of Purium fans just like you—sharing recipes, tips, and healthy wins every day.



Share your favorite creation!

Tag us **@purium** and use **#PuriumRecipes** for a chance to be featured.

