

HPDI'S DELICIOUS REJUVENATE! RECIPES



Table of Contents

DRINKS AND SMOOTHIES	3
Quick High-Protein Rejuvenate! Drink	4
Rejuvenate! Lemonade	4
Rejuvenate! Tomato Juice	5
Rejuvenate! Almond Butter Orange Smoothie	6
Rejuvenate! Banana-Blueberry Smoothie	6
DIPS AND SAUCES	7
Rejuvenate! Wasabi	8
Rejuvenate! Brussels Sprout Dip	8
Rejuvenate! Hummus	9
Dr. Hank's Rejuvenate! Pesto Sauce	10
SNACKS AND MEALS	11
Chia Fruit Delight	12
Chia Pudding	12
Fruit, Nut, and Rice Delight	13
Green Superfood Muffins	13
Dr. Hank's Rejuvenate! Granola	14
Mesquite Rejuvenate! Pancakes	15
Rejuvenate! Pancakes	15
Rejuvenate! Berry Bar	16
Rejuvenate! Chia Bars	16
Rejuvenate! Oatmeal	17
Rejuvenate! Toast	17
Sandy's Cookies	18



FOR MORE INFORMATION

Our office is open Monday through Friday 9:00 to 11:45 am and 1:00 to 4:30 pm (AZ Time)

Our mailing address is: HPDI, PO Box 5600, Oracle, AZ 85623

You may place orders or request information by phone, fax, e-mail, mail, or by visiting our website, www.IntegratedHealth.com

New professional customers desiring wholesale pricing must first submit an application for approval. Please call us (800.228.4265) to request an application

DRINKS AND SMOOTHIES



Quick High-Protein Rejuvenate! Drink

Ingredients

- Glass of water
- [Rejuvenate! Berries & Herbs](#) (one scoop)
- [Rejuvenate! Strawberry-Peach Protein Plus](#) (one scoop)

Directions

Mix one scoop Rejuvenate! Berries & Herbs and one scoop of Rejuvenate! Strawberry-Peach Protein Plus in a glass of water or juice.

Rejuvenate! Lemonade

A Delicious, Satisfying, and Detoxifying Drink

Drink 2–4 quarts daily as a wonderful cleansing diet for a period of 1–3 weeks. This drink is excellent for kidney cleansing, weight loss, hydration, increased energy, mental clarity, and much more. The Rejuvenate! in the recipe provides high levels of dietary RNA and nutrient dense superfoods. The combination of RNA and nutrients results in a drink providing exceptional nutritional power and a broad range of health benefits.

Our personal experience with this recipe has been extremely satisfying. You will love the taste and can lose weight rapidly (about 1 lb per day) for up to one or two weeks. You will not get hungry, will enjoy clarity of mind, and will have significantly greater energy throughout the day.

Mix these ingredients in a glass quart jar

- 4–6 tablespoons organic lemon juice, freshly squeezed is best
- 4–6 tablespoons organic grade B maple syrup
- 1–2 scoops (2–4 tbsps) of [Rejuvenate!](#) (original)
- Pinch of cayenne pepper

Directions

Fill the jar with purified water. Add ice, if desired. Shake and enjoy!!

Rejuvenate! Tomato Juice

Ingredients

- Tomato juice (8 oz or more)
- [Rejuvenate!](#) (original)

Directions

Add one scoop (or more) Rejuvenate! original to 8 ounces (or more) tomato juice. Stir and enjoy!



Rejuvenate! Almond Butter Orange Smoothie

Are you're looking for a fresh new taste and texture in a smoothie? Here's a quick and easy recipe to stir up some healthy variety by blending a twist of almond goodness with citrus zest.

Ingredients

- 2 navel oranges
- 2 tbsp organic almond butter
- 1 cup (8 oz) spring water (or half cup of spring water, half cup of ice)
- 2 capsules of [PRO-C™](#)
- 2 tps of ground chia seeds
- 1 tbsp of agave sweetener
- 1 scoop of [Rejuvenate! Berries and Herbs](#)

Directions

Peel and cut up the navel oranges and drop in a blender. (We suggest trimming the segments so that pure orange is put in the blender.) Add the water and organic almond butter, and then empty the contents of 2 capsules of PRO-C™ into the mix. Grind the chia seeds beforehand in a coffee grinder just to make them finer and add them into the mix. Add a scoop of Rejuvenate! Berries and Herbs. Blend for a minute on high and you've got a delicious, vitamin C-rich smoothie!

Rejuvenate! Banana-Blueberry Smoothie

Ingredients

- 2 cups of almond milk (or any kind of milk or creamy milk substitute, e.g., rice milk)
- 2 scoops of [Rejuvenate! PLUS](#)
- 1 tablespoon [chia seeds](#) (preferably ground or crushed)
- 1 banana
- 1/2 cup of blueberries

Directions

Place all ingredients into a blender and mix. Alternatively, you can use a large jar and shake to mix thoroughly. Enjoy!



DIPS AND SAUCES



Rejuvenate! Wasabi

Ingredients

- Wasabi (horseradish) sauce
- [Rejuvenate!](#) (original)

Directions

Add original Rejuvenate! to wasabi slowly to taste. Add more horseradish, if desired.



Rejuvenate! Brussels Sprout Dip

Ingredients

- 1-4 cups brussels sprouts
- 1-3 tablespoons mayonnaise or vegan mayonnaise (e.g., Vegemaise)
- 1-2 scoops (or more) [Rejuvenate! PLUS](#)

Directions

Blend all ingredients in a foods processor. This is a great dip for celery, carrots, crackers, and chips. Add some chia seeds for a crunchier texture.

REJUVENATE! Hummus

A Delicious, Nutritious Superfood Spread

Ingredients

- ¼ to ½ organic onion
- 5 organic jalapeno peppers
- 2-5 cloves organic garlic (raw or roasted)
- ¼ cup organic tahini
- 16 oz (or 1 can) organic garbanzo beans (chickpeas)
- 16 oz (or 1 can) organic black beans (or kidney beans)
- 1-2 scoops [Rejuvenate!](#) (original)
- 1 scoop chlorella
- olive oil (to taste)
- dash of lemon juice

Directions

Saute garlic cloves in a small pan. Place tahini, onion, peppers, garlic, and beans in a food processor. It may be easier to add the beans last. Add Rejuvenate! and chlorella. Then add lemon juice and olive oil until it mixes well. Use as a spread on crackers or sandwiches, or as a dip. Add to other foods, including salads. It is also delicious when eaten all by itself.



Dr. Hank's Rejuvenate! Pesto Sauce

Our pesto recipe meets the challenge of achieving zest and flavor for salads and whole grains, and provides outstanding nutrition. Ginger and garlic are excellent foods with high sulfur and vitamin/mineral content, but they can be difficult to consume in therapeutic quantity because of their strong flavors. Parsley is often used as a garnish, but also has high nutritive value and tastes good. Marinating minced ginger, garlic, and parsley in a high-quality oil softens the bite of garlic and ginger. This pesto offers high nutrition, good color and texture, and tastes great!

Ingredients

- 1/2 pound (8 oz) organic ginger root
- 2-3 oz organic garlic
- 1 bunch organic parsley
- 2 cups organic sesame oil
- 1/4 tsp sea salt
- 1 scoop [Rejuvenate!](#) (original)

Directions

Prepare the ginger root by peeling the outside skin and cutting out any soft spots. Peel the garlic and wash the parsley. Put the ginger, garlic, and parsley in a food processor and finely mince. Place the minced ingredients into a bowl and add the sesame oil and sea salt and the Rejuvenate!. Stir until well mixed and allow to marinate for 15 minutes. Serve over salad, rice, noodles, pasta or any of your other favorite grains. Do not consume too much at once because it may upset your stomach. You can substitute other oils, such as flax, safflower, sunflower, pumpkin, walnut, and olive. Add additional spices (e.g., curry, cayenne, cumin) to boost flavor. Be creative!



Chia Fruit Delight

This is a truly delightful, nutritious, fruit-oriented dessert. Add more fruit, nuts, or any of your favorite ingredients or “toppings” for a customized taste experience. Also try adding natural flavoring extracts (e.g., vanilla, almond, orange, etc.).

Ingredients

- 1–2 tsps chia seeds
- 2–3 tbsp almond butter
- 1–2 scoops [Rejuvenate!](#) or [Rejuvenate! Pro](#)
- 1 apple (diced)
- 1/2 banana (sliced)
- 2 teaspoons raisins, dried cranberries or other dried fruit
- 1/2 to 1 scoop [chlorella powder](#)
- 1 tbsp agave syrup, or grade B maple syrup, or other natural sweetener
- Handful of nuts (walnuts, almonds, sunflower seeds, pumpkin seeds, etc.)
- Splash of nut or grain milk (e.g., oat milk, almond milk, rice milk, etc.)
- Pinch of cinnamon
- Water (filtered) to achieve desired consistency
- 1 cup berries (blueberries, raspberries, strawberries)

Note

A more basic version may be made simply with chia seeds, almond butter, nut milk, and/or Rejuvenate!

Chia Pudding

Ingredients

- 1–2 tsps organic chia seeds (whole or ground)
- 1 scoop [Rejuvenate! PRO](#), [Rejuvenate!](#) (original), or [Rejuvenate! PLUS](#)
- 1 scoop chlorella (powder)
- 1 tbsp organic almond butter
- 1–2 ounces organic almond milk (or other nut or grain milk)
- Fresh or frozen organic fruit (apple, banana, berries etc.)
- 1–2 tsps cacao nibs (whole or ground)

Directions

Mix all ingredients in a bowl. You can use chia seeds whole or grind them in a coffee/nut grinder. For greater smoothness, add more almond milk, oat milk, fruit juice, or water.

Fruit, Nut, and Rice Delight

Ingredients

- 2 cups of cooked rice
- 2 scoops [Rejuvenate!](#) (original)
- 1/2 cup crushed walnuts, ground almonds, or other nuts
- 1 large organic apple (finely cut or julienned)
- 1 tbsp [chia seeds](#)
- 1/4 cup raisins
- 1/4 cup goji berries or other berries
- 1/2 to 1 tsp ground cinnamon
- 1/2 to 1 tsp powdered ginger root
- 3 tbsp grade B maple syrup, rice syrup, xylitol, or other natural sweetener
- Oat milk and/or nut or grain milk (to taste)

Directions

Place all ingredients in a large bowl and mix well. Add enough oat, almond, or rice milk to make a porridge of a medium consistency (neither too thick, nor too thin).

Green Superfood Muffins

Ingredients

- 2 large eggs (up to 3 regular size eggs)
- 1 cup raw milk, or substitute rice milk, oat milk, or a nut milk
- 1/2 cup xylitol (or the equivalent of a different natural sweetener)
- 1/2 tsp baking powder
- 1/4 cup baking soda
- 3–6 scoops Rejuvenate!, [Rejuvenate! Pro](#) or [Rejuvenate! PLUS](#)
- 1/2 cup shredded coconut
- 1 cup whole spelt flour (or substitute another grain)
- 1 tsp vanilla

Directions

Beat eggs, milk, and xylitol together until light foam develops. Add dry ingredients and mix well (making sure to scrape the bowl of any dry pockets). Put mix in prepared muffin pan and bake at 350 degrees until a toothpick inserted in the middle comes out dry. Baking time may vary slightly due to moisture content of coconut, humidity, etc. Check after 25 minutes, and then every five minutes until toothpick comes out dry. Enjoy!

Dr.Hank's Rejuvenate! Granola Breakfast

Here is a delicious, rejuvenating breakfast that is easy to prepare

Ingredients

- 1-2 cups of organic granola or cereal of your choice
- 1/2 to 1 cup of organic fresh fruit *
- 2-4 scoops of Rejuvenate! (any flavor) either alone or in combination **
- 1/2 to 1 cup of pure organic fruit juice ***
- 1/4 to 1/2 cup of rice or almond milk

Directions

Add these ingredients to a large bowl in the order shown above, stir until well blended (add a little water if needed), and enjoy!

Notes

* Try raspberries, blueberries, pineapple, pomegranate seeds, cherries, grapes, apple, orange, etc.

** We like [Rejuvenate!](#) (original) mixed together with [Rejuvenate! Strawberry-Peach Protein Plus](#)

*** Pomegranate juice, cranberry juice, grape juice, raspberry juice, etc.
Dilute with water if necessary to reduce sugar content



Mesquite Rejuvenate! Pancakes

Ingredients

- 4 eggs
- 3/4 cup mesquite bean flour (or other flour)
- 3/4 cup buckwheat flour (or other flour)
- 2-3 scoops [Rejuvenate! PLUS](#), [Rejuvenate! Berries & Herbs](#) or [Rejuvenate! Strawberry-Peach Protein Plus](#)
- rice milk (or other milk)
- coconut oil (preferably) or butter

Toppings

- fresh or frozen berries
- chopped apples
- crushed nuts
- raisins

Add toppings to batter mix, or sprinkle onto pancakes while cooking or when ready to eat.

Directions

Mix all ingredients. If needed add sufficient rice milk to batter to achieve desired consistency. Batter should be medium consistency for best results. Add coconut oil or butter to pan. Cook on medium heat. Add your favorite toppings. Enjoy!

Rejuvenate! Pancakes

A favorite easy breakfast is a plate of piping-hot pancakes. Making heart-healthier pancakes for the whole family is easier than you might think. For starters, we suggest adding a couple scoops of Rejuvenate! Berries & Herbs to the mix. Rejuvenate! Berries & Herbs compliments the fruity-sweet flavor of fresh blueberries. We suggest adding chia seeds to the mix. They can be pre-ground in a coffee grinder or simply added whole.

Ingredients

- 2 1/2 cups of whole grain pancake mix
- 2 cups water (filtered or spring)
- 1 egg
- A handful of organic blueberries
- 2 scoops [Rejuvenate! Berries & Herbs](#)
- 2 scoops [chia seeds](#)
- Grade B organic maple syrup

Pancake mixes vary, so you'll want to adjust ingredients as needed. This recipe makes about eight pancakes. Enjoy!

Rejuvenate! Berry Bar

If you desire a new and delicious way to get your superfoods, then this recipe may be just right for you. I use Rejuvenate! PLUS which provides hemp protein, raw sprouts protein, chlorella, spirulina, vitamins, and more.

Ingredients

- 6 ounces of raw almonds
- 1/4 cup of raw walnuts
- 2 tablespoons [chia seeds](#)
- 2 scoops of [Rejuvenate! PLUS](#), or 3 scoops [Rejuvenate! Pro](#)
- a small handful of organic raisins (add more for a sweeter bar)
- 2 tablespoons coconut oil (or 3–5 tablespoons cocoa butter)
- 1/4 cup raspberries or blueberries (fresh or frozen)

Directions

Place these items in the food processor, one at a time, in the order listed for best results. The mixture will become thick and stick to the sides of the processor. Next, press mixture into a glass dish (I use a 7x5 inch pyrex dish with a lid) and refrigerate. Using Rejuvenate! Pro and blueberries makes a delicious variant of this bar. Other options are adding shredded coconut and cacao nibs (whole or ground).

Rejuvenate! Chia Bars

Looking for a different healthy snack, or a new way to get your greens without tasting like 'greens'? Try this amazingly tasty and easy-to-make superfood bar!

Ingredients

- 6 ounces raw organic almonds
- 1/4 to 1/2 cup walnuts
- 1–2 tablespoons [chia seeds](#)
- 1/4 cup raisins or other dried fruit
- 2–3 scoops of any Rejuvenate! superfood (or combination)
- a golfball size hunk of coconut oil (about 1–2 tablespoons if oil is in liquid form)

Directions

Blend all ingredients in a food processor and then pour mixed ingredients in a glass dish and pat firmly. Cover and refrigerate. Cut into cubes (or other shapes) and enjoy! Place in freezer for a firmer bar. Experiment with different nuts, dried fruits, and/or add fresh fruits (e.g., berries) or even organic cacao. Be creative!

Rejuvenate! Oatmeal

Ingredients

- Bowl of oatmeal (cooked)
- One scoop of any Rejuvenate! formula (or any combination of formulas)

Directions

Add one scoop of Rejuvenate! (e.g., Berries & Herbs or any other Rejuvenate!) to cooked oatmeal. Stir and enjoy. Each flavor of Rejuvenate! adds a different taste to oatmeal. Try them all!

Rejuvenate! Toast

Ingredients

- 1 scoop of [Rejuvenate! Berries & Herbs](#) or any Rejuvenate! flavor
- 1–2 slices whole or sprouted grain bread
- 1 tbsp (approx) coconut oil or coconut spread
- Sliced apple, banana, or other favorite fruit
- Optional: add grade B maple syrup or other natural sweetener
- Optional: 1 tsp [chia seeds](#) (whole or ground). Tip: try chia gel

Directions

Begin by toasting your favorite bread. Apply a tablespoon (more or less to taste) of coconut oil to the toast. Next, sprinkle a scoop of Rejuvenate! on top (our favorite for this recipe is Berries & Herbs). For the final touch, top with banana or very thinly sliced apple or other favorite fruit, and enjoy! (If you have a sweet tooth, then add some stevia for a low-glycemic treat.)



Sandy's Cookies

Ingredients

Grind in blender

- 2 cups organic oats
- ¾ cups organic flax seed
- ½ cup organic [chia seeds](#)

Stir in

- 1 cup organic rolled oats (unground)
- ½ cup sunflower seed (raw)
- ¼ cup organic dark cocoa powder or ground cacao nibs
- 4 scoops [Rejuvenate! \(original\)](#) or [Rejuvenate! Pro](#)
- 1 cup dried fruit (chopped) (e.g., apricots, blueberries, cranberries, dates, raisins, coconut)

Add

- 1 cup natural almond butter, coconut spread, or peanut butter
- ¾ cup raw honey, maple syrup or molasses

Directions

Mix with enough hot water to make a stiff dough. Form into two rolls approximately 2 inches in diameter. Wrap in waxed paper dusted with almond meal, coconut, etc., and chill. Slice into ¾-inch slices and store in freezer.



Notes



REJUVENATE! HIGH-RNA SUPERFOODS

Health Products Distributors, Inc.'s line of Rejuvenate!™ superfoods includes five unique formulas, each offering its own benefits. Despite the variety of formulas, all are based upon the research of Dr. Benjamin Frank on nucleic acids. Dr. Frank showed in extensive clinical trials and research studies that nucleic acids (especially ribonucleic acid (RNA)) are essential nutrients with benefits greater than any other nutritional supplement. Among the beneficial effects Dr. Frank reports are improved muscle strength, greater energy and endurance, diminishment of angina pains, greater lung capacity and easier breathing, blood sugar stabilization, improved vision, higher tolerance for temperature extremes, smoother skin, and a more youthful appearance. All four Rejuvenate!™ formulas contain at least 300 mg of RNA in a single serving

In his book *Nucleic Acid Nutrition and Therapy*, Dr. Frank notably asserts that nucleic acids are "essential nutrients of human beings,"

as distinct from non-essential, accessory nutrients. He considered nucleic acids and nucleotides an essential dietary category, i.e., as being nutrients just as essential for humans as vitamins, minerals, proteins, carbohydrates, and lipids. In particular, he noted the health effects resulting from even relatively small intakes (as little as 75 mg) of nucleic acids (e.g., energizing effects, anti-anoxia effects, rejuvenation, greater vitality). Dr. Frank found he could not obtain these improvements in his subjects by increasing only the intake of vitamins, minerals, proteins, or other essential nutrients. He declares: "Nucleic acids are an essential nutrient in our daily diets, and ... optimal health and reduced aging are clearly related to their intake, more than to any other nutrient. Nucleic acids in our diets are of paramount importance for the repairing of molecular and gross tissue degeneration, and for combating the process of aging by simple, effective and essentially non-toxic, natural means."

