



CHEF MOSSEA



7 VEGAN SEA MOSS RECIPES

VIP MEMBERS ONLY

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STRAWBERRY BANANA SEA MOSS SMOOTHIE



INGREDIENTS

1 cup strawberries, fresh or frozen
1 ripe banana
1 cup unsweetened almond, oat, or coconut milk
1–2 tablespoons Chef Mossea Strawberry Mango sea moss
1 tablespoon chia seeds
½ teaspoon vanilla extract
½ cup ice

DIRECTIONS

Directions:

- Blend everything until creamy and smooth. Add more plant milk if needed.

Benefits

- Strawberries provide vitamin C, fiber, and antioxidant compounds.
- Bananas provide potassium and carbohydrates for energy.
- Chia seeds add fiber and plant-based omega-3 ALA.
- Sea moss adds minerals and some fiber.

BLUEBERRY BANANA SEA MOSS SMOOTHIE



INGREDIENTS

1 cup blueberries
1 ripe banana
1 cup unsweetened almond milk
1–2 tablespoons Chef Mossea Wild Berry Sea Moss
1 tablespoon ground flaxseed
1 tablespoon almond butter
½ cup of Ice

DIRECTIONS

Directions:

- Blend everything until creamy and smooth. Add more plant milk if needed.

Benefits:

- Blueberries contain antioxidant-rich plant compounds.
- Banana provides potassium and natural carbohydrates.
- Flaxseed adds fiber and plant-based omega-3 fats.
- Almond butter contributes healthy fats and some protein.
- Sea moss provides minerals such as magnesium, calcium, and potassium.

PINEAPPLE MANGO SEA MOSS SMOOTHIE



INGREDIENTS

1 cup mango chunks
1 cup pineapple chunks
1 cup coconut water
½ banana
2 tablespoons of Chef
Mossea Pineapple Mango
Sea Moss
½ lime
½ cup of ice

DIRECTIONS

Directions:

- Blend everything until creamy and smooth. Add more coconut water if needed.

Benefits:

- Mango provides vitamin C, carotenoids, and antioxidants.
- Pineapple provides vitamin C and naturally occurring bromelain.
- Coconut water contributes fluids and potassium.
- Banana adds potassium and natural sweetness.
- Sea moss contributes minerals and some fiber.

RASPBERRY MANGO SEA MOSS SMOOTHIE



INGREDIENTS

1 cup raspberries
1 cup mango chunks
1–2 tablespoons Chef Mossea
Raspberry Sea Moss
 $\frac{3}{4}$ cup coconut milk or
almond milk
 $\frac{1}{2}$ banana
1 tablespoon chia seeds
 $\frac{1}{2}$ lime
 $\frac{1}{2}$ cup of ice

DIRECTIONS

Directions:

Blend everything until creamy and smooth. Add more plant milk if needed.

Benefits:

- Raspberries are rich in fiber and antioxidant plant compounds.
- Mango provides vitamin C and carotenoids.
- Chia seeds add fiber and omega-3 ALA.
- Banana adds potassium and creaminess.
- Sea moss adds minerals and some fiber.
- Flavor: Sweet, tangy, tropical, and slightly tart.

STRAWBERRY MANGO SEA MOSS SMOOTHIE



INGREDIENTS

1 cup strawberries
1 cup mango
1-2 tablespoons Chef Mossea
Strawberry Mango Sea Moss
¾ cup orange juice
½ cup unsweetened coconut
milk
½ banana
½ cup of ice

DIRECTIONS

Directions:

Blend everything until creamy and smooth. Add more plant milk if needed.

Benefits

- Strawberries and orange juice provide plenty of vitamin C.
- Mango contributes vitamin C and carotenoids.
- Banana provides potassium.
- Coconut milk adds creaminess.
- Sea moss contributes minerals and some fiber.

PINEAPPLE BLUEBERRY SEA MOSS SMOOTHIE



INGREDIENTS

¾ cup pineapple

¾ cup blueberries

1 cup coconut water

1–2 tablespoons Chef Mossea

Strawberry Pineapple Sea
Moss

½ banana

1 tablespoon chia seeds

½ lime

½ cup of ice

DIRECTIONS

Directions:

- Blend everything until creamy and smooth. Add more coconut water if needed.

Benefits:

- Blueberries provide antioxidant-rich polyphenols.
- Pineapple provides vitamin C and bromelain.
- Chia seeds add fiber and plant-based omega-3 fats.
- Banana and coconut water provide potassium.
- Sea moss adds minerals and some fiber.
- Flavor: Refreshing, sweet-tart, and perfect for a hot day.

WILD BERRY SEA MOSS SMOOTHIE



INGREDIENTS

½ cup strawberries
½ cup raspberries
½ cup blueberries
1 banana
1–2 tablespoons Chef Mossea
Wild Berry Sea Moss
1 cup unsweetened almond
or oat milk
1 tablespoon chia seeds
1 tablespoon almond butter
½ teaspoon vanilla extract
½ cup of ice

DIRECTIONS

Directions:

- Blend everything until creamy and smooth. Add more plant milk if needed.

Benefits

- Strawberries, raspberries, and blueberries provide a variety of antioxidants, vitamin C, and fiber.
- Banana contributes potassium and natural carbohydrates.
- Chia seeds increase the fiber and healthy-fat content.
- Almond butter adds healthy fats and plant protein.
- Sea moss provides additional minerals and fiber.