



Wholefood
Farmacy

Quick & Easy Serving Ideas

Wholefood Farmacy foods can be enjoyed in a wide variety of ways. We are pleased to offer a few of our quick & easy serving ideas for your culinary pleasure. Enjoy!

Phi Plus: Eat it right from the bag. Add to oat meal, cream of wheat or breakfast cereal for an added flavor sensation and a whole food based nutritional boost. Make a Phi Plus smoothie by blending 2 oz. of Phi Plus with 8 to 10 oz. of your choice of milk and a few ice cubes. Sprinkle over fresh cut fruit or frozen yogurt for a delicious and nutritious desert.

TropiPhi: Eat it right from the bag. Add to oat meal, cream of wheat or breakfast cereal for an added flavor sensation and a whole food based nutritional boost. Make a TropiPhi smoothie by blending 2 oz. of TropiPhi with 8 to 10 oz. of your choice of milk and a few ice cubes. Stir into plain organic yogurt and enjoy the refreshing tropical twist. Sprinkle over fresh cut fruit or frozen yogurt for a delicious and nutritious desert.

V-6 Creamy Tomato Soup: Mix 2 rounded tbsp with 8 to 10 oz. very warm water for a quick, easy and delicious soup. In a blender, combine 2 rounded tbsp with very warm water and 1 tbsp of extra virgin olive oil for a creamy tomato taste sensation. Substitute your choice of organic milk for water. Blend 2 rounded tbsp with 8 oz. ice water and some fresh onion, tomato, and green pepper for a fantastic, healthy whole food gazpacho.

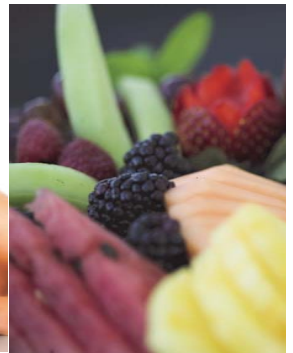
V-8 Creamy Bean Soup: Mix 2 rounded tbsp with 8 to 10 oz. very warm water for a quick, easy and delicious soup. In a blender, combine 2 rounded tbsp with very warm water and 1 tbsp of extra virgin olive oil for a creamy bean taste sensation. Substitute your choice of organic milk for water. Slow cook your choice of beans until tender and then add V-8 Creamy Bean Soup mix to taste.

V-10 Creamy Yam Soup: Mix 2 rounded tbsp with 8 to 10 oz. very warm water for a quick, easy and delicious soup. In a blender, combine 2 rounded tbsp with very warm water and 1 tbsp of extra virgin olive oil for a creamy yam taste sensation. Substitute your choice of organic milk for water.

V-12 Creamy Vegetable Soup: Mix 2 rounded tbsp with 8 to 10 oz. very warm water for a quick, easy and delicious soup. In a blender, combine 2 rounded tbsp with very warm water and 1 tbsp of extra virgin olive oil for a creamy veggie taste sensation. Substitute your choice of organic milk for water.

Cornucopia, Cornaborealis & Corn of Plenty: Serve right from the bag as a snack or in place of potato chips. Toss into freshly popped popcorn to create a warm and crunchy TV time treat. Sprinkle over frozen yogurt or a tossed salad to add some nutrition and some crunch! Ideal for days on the run, picnics or long rides in the car.

Veggielicious & Veggielicious Spice : Serve right from the bag as a snack or in place of potato chips. Toss into freshly popped popcorn to create a warm and healthy TV time treat. Sprinkle on fresh garden salads to add some whole food flavor and nutrition. Add some to any Farmacy Gourmet Soup, let stand 2 minutes and enjoy. Ideal for days on the run, picnics or long rides in the car.



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Fruitalicious & Fruitalicious Plus: Eat it right from the bag. Add to oat meal, cream of wheat or breakfast cereal for an added flavor sensation and a whole food based nutritional boost. Make a Fruitalicious smoothie by blending 1 oz. of Fruitalicious with 8 to 10 oz. of your choice of milk and a few ice cubes. Add to plain organic yogurt and give it a new fruity dimension. Sprinkle over fresh cut fruit or frozen yogurt for a delicious and nutritious desert.

AmpliPhi: Mix 2 rounded tbsp with 8 to 10 oz. very warm water for a quick, easy and delicious nutritional boost. In a blender, combine 2 rounded tbsp with very warm water and 1 tbsp of extra virgin olive oil for a creamy & spicy taste sensation. Substitute your choice of organic milk for water. Blend 2 rounded tbsp with 8 oz. ice water and some fresh onion, tomato, and green pepper for a fantastic, healthy whole food gazpacho. Add AmpliPhi to some fresh diced tomato, diced onion, scallions, and peppers for a very healthy salsa. Use in place of Bloody Mary Mix for the healthiest Bloody Mary or Virgin Mary in the world!

BeautiPhi, ClariPhi, ElectriPhi, FructiPhi & GloriPhi: Mix 2 rounded tbsp with 8 to 10 oz. cool or cold water for a quick, easy and delicious nutritional boost. In a blender, combine 2 rounded tbsp with cool or cold water and some fresh fruit for a delicious creamy whole food smoothie. Substitute your choice of organic milk for water. Add to plain organic yogurt and turn it into a healthier more nutritious and more delicious treat. Add to oat meal, cream of wheat or breakfast cereal for an added flavor sensation and a whole food based nutritional boost. Sprinkle over fresh cut fruit or frozen yogurt for a delicious and nutritious desert. Add one tablespoon to your coffee for the healthiest lightener and sweetener in the world.

DetoxiPhi: try all 3 and see which works best for you.

1. Before bedtime, mix 2 slightly rounded tbsp with 10 to 12 ounces of water, stir briskly and drink quickly.
2. In the morning as soon as you get up, mix 2 slightly rounded tbsp with 10 to 12 ounces of water, stir briskly and drink quickly.
3. Three times a day, once in the morning, once in the afternoon and once in the evening - mix 1 level tablespoon with 6 to 8 ounces of water, stir briskly and drink quickly.

Buckey Ball Matrix: Eat it right from the bag. Using a blender, blend into the most unique healthiest peanut butter in the world. Sprinkle over fresh cut fruit or frozen yogurt for a delicious and nutritious desert.

We hope you enjoy these suggestions and please let us know about your favorite Wholefood Farmacy recipes or serving ideas. We would love to hear from you. Remember, you can always reach us at customerservice@thewholefoodfarmacy.com

Always at your service, Wholefood Farmacy Team