

# RANGER BUCKET RECIPE BOOK



20 DELICIOUS AND NUTRITIOUS RECIPES





## VEGAN AND GLUTEN-FREE BANANA FLAXSEED PUDDING

Flaxseeds may be tiny, but these amazing superfoods are full of nutrients like fiber, protein and omega-3 fatty acids!

They are a natural source of a plant-based type of omega-3 called alpha-linolenic acid (ALA), which can help improve circulation. Studies have also found that ALA can help support healthy bones.

The dietary fiber in flaxseeds helps promote digestive health. This superfood offers both soluble fiber and insoluble fiber, both of which work together to support your digestive health.

To keep the pudding vegan and gluten-free, you can use bananas as a natural sweetener. Did you know that bananas contain more iron, phosphorus and vitamin A than apples?

Bananas are also full of fiber, potassium and natural sugars. Additionally, well-ripened bananas contain dietary fiber that also promotes regular bowel function.

### Ingredients for 4 servings:

- 1 cup of flaxseeds, ground
- 2 cups of non-dairy milk of your choice (e.g., almond milk, etc.)
- 1 mashed banana (Optional. You can also use 2-3 dates pitted and diced, 1 tablespoon of honey, or maple syrup)
- A pinch of salt

### Preparation:

1. Combine the ground flaxseeds and non-dairy milk in a bowl.
2. Add the salt and bananas or your sweetener of choice.
3. Refrigerate the mixture for 30 to 60 minutes or leave it in the fridge overnight. Once the mixture is set, it will have a pudding-like consistency.
4. You can also blend whole flaxseeds with the other ingredients in a blender for 30 to 60 seconds, then portion and refrigerate until the mixture sets.
5. Top with yogurt or fresh fruit before serving.



### Notes:

- For a thinner pudding, use more milk. Use less liquid if you prefer a thicker pudding.
- Want some added crunch in your pudding? Top it with chopped nuts or granola! You can also add chopped berries, mango, or pineapple and yogurt.

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# FIBER-RICH CARROT CAKE OVERNIGHT OATS

Eating healthy doesn't mean getting stuck with boring, bland food. For example, you can start your mornings with a tasty breakfast like fiber-rich carrot cake overnight oats!

The recipe below uses rolled oats or old-fashioned oats. This superfood is made from oat groats that have gone through a steaming and flattening process.

Rolled oats are natural sources of dietary fiber and plant-based protein, along with many vitamins and nutrients like iron, manganese, vitamin B1 and zinc.

Unlike other kinds of oats, rolled oats have a milder flavor and softer texture. They also take less time to make compared to steel-cut oats because rolled oats have been partially cooked.

Rolled oats are gluten-free, making them the perfect ingredient if you have an intolerance to gluten. Aside from overnight oats, rolled oats can be used to make fiber-rich treats such as bread, cakes, cookies and muffins.

You'll also be using carrots, a superfood rich in vitamin A that helps protect your eye health. Vitamin A boosts your immune system and helps cells grow.

## Ingredients for 2 servings:

### Dry ingredients:

- 1 cup of rolled oats
- 1/2 cup carrot, finely grated
- 3 tablespoons of raisins
- 1 tablespoon of chia seeds
- 1 teaspoon of ground cinnamon
- 1/4 teaspoon of allspice
- Pecans (Optional)

### Wet:

- 1 and 1/4 cup of almond milk, unsweetened
- 3 tablespoons of maple syrup
- 1 teaspoon of vanilla extract
- Greek yogurt (Optional)

## Preparation:

1. Combine all of the dry ingredients in a large bowl.
2. Add the wet ingredients to the first mixture, then mix again.
3. Cover the bowl and refrigerate the mixture for at least two hours or overnight.
4. Top the overnight oats with the optional Greek yogurt and pecans before serving.

### Notes:

- The overnight oats can be refrigerated for at least five days.
- Adjust the thickness of the oats by adding more almond milk before serving.





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# VEGETABLE AND BROWN RICE SALAD WITH TANGY HONEY-LEMON DRESSING



Do you hate salads because they leave you feeling hungry after you've had one for lunch? Try making a vegetable and brown rice salad with tangy honey-lemon dressing!

The recipe below includes fiber-rich brown rice that will help you feel full longer and delicious veggies like cucumbers and carrots.

There's a reason why brown rice is often associated with a well-balanced diet. Brown rice, considered a whole grain, is less processed than white rice. This means that unlike white rice, brown rice contains antioxidants, nutrients and various vitamins that help you eat healthier.

A one-cup serving of brown rice only has 216 calories, 1.8 grams of fat and 44 grams of carbs. Brown rice also contains minerals like copper, iron, selenium and manganese.

Manganese supports many bodily functions, like blood sugar regulation, bone development, muscle contraction metabolism, nerve function and wound healing. Eating one cup of brown rice provides you with 88% of your Recommended Daily Intake (RDI) for this essential nutrient.

This salad recipe also includes crunchy and hydrating cucumbers! Don't let pale cucumbers fool you: Even this veggie-rich in water also contains nutrients.

Cucumbers are rich in vitamin K, a nutrient that's essential for your bone health. One cup of cucumber (with the peel still on) contains more than 20% of the RDI for vitamin K, which you need for bone formation.

## Ingredients for 10 servings:

### For the vegetable and brown rice and salad:

- 4 cups of long-grain brown rice, cooked and cooled
- 1 cup of carrots, shredded
- 1 cup of cucumber, diced
- 1 cup of radishes, thinly sliced
- 1/2 cup of celery, sliced
- 1/2 cup of red or yellow onion, chopped
- 1/4 cup of fresh Italian parsley leaves, chopped
- 2 tablespoons of fresh thyme leaves

### For the honey-lemon dressing:

- 1/3 cup of extra virgin olive oil
- 3 tablespoons of lemon juice
- 2 tablespoons of honey
- 1 tablespoon of Dijon mustard
- 1 tablespoon of white wine vinegar
- 1 clove of garlic, finely minced
- Coarse or kosher salt and freshly ground pepper to taste



### Preparation:

1. To make the salad, combine the brown rice, carrots, cucumber, onion, radishes, celery, parsley and thyme in a large bowl.
2. To make the dressing, combine the olive oil, lemon juice, honey, vinegar, mustard and garlic in a small container. Add salt and pepper to taste and mix well.
3. Pour the dressing over the vegetable and brown rice salad and toss to combine. Use a serving platter for the salad, then serve at room temperature.

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This recipe pairs nutty chickpeas with chewy pearled barley and crunchy zucchini, making it a perfect addition to any main dish or side salad for any meal!

A one-cup serving of chickpeas or garbanzo beans contains about 35 grams of carbs from starch and a small amount of naturally occurring sugar. In addition, this legume also contains a fair amount of fiber and protein.

The same serving of chickpeas contains 11 grams of plant-based protein, which can help boost your immune system.

The recipe also calls for pearled barley, an ancient grain that's full of dietary fiber and calcium. Fiber-rich foods like barley aid healthy digestion, and it can help with a weight loss plan as it makes you feel full longer.

A one-cup serving of pearled barley contains six grams of fiber and only 193 calories. It also has 3.5 grams of protein!

Pearled barley contains various nutrients that promote your overall well-being, like niacin, a B vitamin that your body uses to turn food into energy. Niacin is also crucial for your nervous and digestive health.

If you're serving this dish as a side salad, you can prep four smaller servings instead of two larger servings.

## PEARLED BARLEY, CHICKPEA AND ZUCCHINI RIBBON SALAD WITH FETA



### Ingredients for 2 servings (as a main dish):

- 2 cups (or 1 15-ounce can) of chickpeas, drained
- 1/3 cup of pearl barley
- 2 medium zucchini
- 1/4 cup of extra-virgin olive oil
- 2 tablespoons of fresh mint, finely chopped
- 2 tablespoons of feta cheese
- 1 teaspoon of lemon juice
- 1 teaspoon of white wine vinegar
- 3/4 teaspoon of salt, divided (Plus additional salt for salting water.)
- Freshly ground pepper

### Preparation:

1. Trim the ends of the zucchini and cut them in half crosswise. Use a mandolin or a knife to cut the zucchini into thin matchsticks, then place in a colander in the sink.
2. Sprinkle the zucchini with 1/4 teaspoon of salt. Use your hands to massage the zucchini lightly and evenly disperse the salt. Let the zucchini sit for 20 to 30 minutes.
3. Bring a medium pot of water to a boil, salt the water, then add the barley. Stir occasionally as you cook the barley for 15 to 20 minutes or until barley is cooked through and pleasantly chewy. Drain and set aside.
4. To make the dressing, whisk the lemon juice, vinegar and remaining 1/2 teaspoon salt together in a small bowl. Slowly whisk in the olive oil, then set the mixture aside.
5. Combine the chickpeas, barley and half of the dressing in a large bowl. If the barley is still hot, let the mixture sit until just warm while stirring occasionally.
6. Squeeze the zucchini gently to get rid of any excess moisture before adding it to the bowl with the remaining dressing and the mint. Stir and transfer the salad to a serving bowl.
7. Crumble the feta over the top of the salad before serving.

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# EASY VEGAN FETTUCCHINE WITH CASHEW ALFREDO SAUCE

Going vegan means improving your eating habits, but this doesn't mean you have to eat bland foods every day! By using nutritious plant-based ingredients, you can make tasty dishes like vegan fettuccine with cashew Alfredo sauce.

It may seem strange to use nuts for pasta sauce, but cashews will actually help make the Alfredo sauce creamy.

Cashews are low in sugar but are rich in fiber. They also contain almost the same amount of protein as a similarly sized serving of cooked meat. Finally, cashews contain copper, an essential mineral with a role in energy production, healthy brain development and a strong immune system.

The sauce also includes cauliflower, a versatile superfood. A one-cup serving of raw cauliflower provides more than 75% of the daily minimum target for vitamin C.

Vitamin C supports immune health, and it's necessary for DNA repair and the production of both collagen and serotonin. The latter helps boost your mood and promotes healthy sleep.

When preparing vegan fettuccine, use organic so that your dish is free of chemical ingredients like MSG and preservatives.

## Ingredients for 8 servings:

- 1 pound of fettuccine noodles (Alternatively, use gluten-free, legume, or zucchini "noodles.")
- 2 cups of vegetable broth
- 1 cup of raw cashews, unsalted
- 1 small head of cauliflower (1 1/2 to 2 pounds), enough for 6 cups of florets
- 4 garlic cloves
- 4 tablespoons of olive oil
- 1 teaspoon of kosher salt
- 1/8 plus 1/4 teaspoon of ground black pepper
- 1/8 teaspoon of onion powder
- A pinch of nutmeg
- Finely chopped parsley

## Preparation:

1. Mince the garlic and chop the cauliflower.
2. To make the pasta, bring a large pot of salted water to a boil. Boil the pasta until it is al dente, tasting a few minutes before the package recommends so the pasta is tender but still a little firm on the inside. Drain the pasta and return it to the pot.
3. To make the sauce, heat the olive oil in a large pot or saucepan with a lid over medium heat. Add the cauliflower and cashews, then sauté for four minutes until lightly browned. Add the garlic and cook for one to two minutes until fragrant. Add the vegetable broth, onion powder, black pepper, nutmeg and half a teaspoon of kosher salt. Finally, bring the sauce to a simmer, then cover and cook for six to seven minutes on medium-high heat until the cauliflower is tender when pierced with a fork.
4. Carefully pour the contents of the pot into a blender, then add the remaining half a teaspoon of kosher salt and 1/4 teaspoon more of black pepper. Blend on high until you have a smooth sauce.
5. Pour five cups of sauce into one pound of pasta, leaving behind around a cup of sauce. You can also use the sauce to taste. Top with finely chopped parsley before serving.

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## GLUTEN-FREE SAFFRON QUINOA WITH CHERRIES AND ALMONDS

This bright and filling dish highlights the mild nuttiness of almonds and the richness of saffron-infused quinoa.

Though almonds share the spotlight with gluten-free quinoa in this recipe, the humble tree nut still packs a powerful nutritional punch, as it is rich in antioxidants and health-promoting fats.

To get the healthiest results, be sure to get only certified organic quinoa and almonds.

### Ingredients for 2 servings:

- 1 medium onion, chopped
- 2 cups quinoa
- 1 1/2 cups dried cherries
- 1 1/2 cups almonds, sliced
- 3 tablespoons olive oil
- 1 3/4 teaspoons kosher salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon saffron threads
- Pinch of cayenne pepper



### Preparation:

1. In a bowl, crush saffron to form a powder. Mix with 1 tablespoon of hot water, then set aside.
2. In a large pot, heat 1 tablespoon of oil. Cook almonds, cinnamon, cayenne and 1/4 teaspoon of salt for 2 minutes.
3. Transfer the almonds to a bowl and set aside.
4. Cook the onion in the same pot, then add the remaining oil and 1 1/2 teaspoons of salt.
5. Reduce the heat and cook the onion for 5 minutes. Toss in the quinoa and cook for 1–2 minutes.
6. Pour in 4 cups of water and cover the pot. Bring it to a boil.
7. Once boiling, reduce the heat and simmer for 20–30 minutes.
8. Remove the pot from the heat, then add the cherries. Let rest for 10 minutes.
9. Once done resting, transfer 2 cups of the quinoa mixture to a bowl. Mix with the saffron water.
10. Transfer the remaining quinoa mixture onto a plate. Sprinkle with 1 cup of almonds.
11. Garnish with the saffron-quinoa mixture.
12. Top with the remaining 1/2 cup of almonds before serving.

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## VEGAN MILLET BOWL WITH MUSHROOM AND KALE

### Ingredients for 1 serving:

- 2 large garlic cloves, minced
- 6 ounces Portobello mushrooms, each sliced into 3 pieces
- 5 ounces baby kale
- 1 cup millet, cooked
- 1/3 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 teaspoon grated fresh onion
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon oregano
- 1/4 teaspoon thyme
- Salt, to taste



### Preparation:

1. In a bowl, combine olive oil, balsamic vinegar, garlic, onion, red pepper flakes, oregano and thyme. Salt to taste.
2. Place the mushrooms in the marinade and stir until all of the pieces are coated. Let them marinate for at least 30 minutes.
3. In a large pan, saute the mushrooms over medium-high heat. Cook, covered, for 10 minutes.
4. Add kale to the pan and cook, covered, for another 5 minutes or until kale is wilted and tender.
5. Place the cooked millet in a bowl. Top with the sauteed kale and mushrooms before serving.

Heartwarming, delicious and brimming with nutrients, vegan bowls are perfect for late mornings or jam-packed weeknights.

You'll need three things to make a well-rounded vegan bowl: a base of grains, sauteed vegetables and a scrumptious sauce to tie it all together. This recipe checks all of those boxes!

It also stars millet, an ancient seed that promotes digestion. But there's nothing ancient about the goodness of millet. Besides supporting good gut health and regularity, millet also supports healthy liver and kidney functions.

Plus, millet is chock-full of nutrients essential for strengthening bones and muscles, such as calcium, iron, zinc and potassium.



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Himalayan salt enjoys a reputation for being healthier than other kinds of salt on the market. While it might not taste all that different from your regular table salt, Himalayan salt boasts a ton of trace minerals and elements – 84, to be exact – that set it apart from other kinds of salt.

Together, these minerals and elements help support overall health. Iodine, for instance, a mineral that supports healthy thyroid function, is naturally present in Himalayan salt. This is in contrast, to iodized salt, or salt that has had iodine added to it, but doesn't have the same mineral profile as Himalayan salt.

You also get less sodium from Himalayan salt than regular table salt. This means you don't have to use as much Himalayan salt to elevate the flavor of your dishes.

Plus, while sodium is important for maintaining fluid levels, having too much of it isn't exactly healthy either. For these reasons, you're definitely better off sticking to mineral-rich Himalayan salt.

## LOW-CARB ITALIAN SALAD WITH HIMALAYAN SALT



### Ingredients for 4 servings:

- 1 garlic clove, finely minced
- 3 cups baby leaf salad
- 1 cup tomatoes
- 3/4 cup fresh mozzarella
- 1/2 cup finely sliced red onion
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon Himalayan salt
- 1/3 teaspoon ground black pepper
- Fresh basil leaves

### Preparation:

1. Arrange a layer of your preferred baby leaf salad on a serving plate.
2. Arrange the onion slices on top of the salad.
3. Halve the tomatoes and arrange them on top of the onions.
4. Tear a ball of fresh mozzarella into pieces. Scatter these over the tomatoes.
5. For the dressing, mix olive oil, balsamic vinegar, Himalayan salt and garlic.
6. Dress the salad and finish it off with basil and black pepper.

### Notes:

- This salad is best served as a side for roasted chicken, lamb chops or grilled fish.





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# KETO BREAKFAST ENCHILADA BAKE

Soft, creamy black beans are one of the most versatile legumes. Celebrated by meat-eaters and vegetarians, black beans make a mean protein-packed veggie burger, elevate a classic salad and stand out as the star in chilis and enchiladas.

Black beans are also incredibly nutritious as they are rich in antioxidants, fiber and folate, among many others.

To get the best out of your beans, be sure to use only 100% organic and GMO-free black beans, this ensures that your bake is free from anything that can harm your health.

## Ingredients for 4 servings:

- 8 large eggs
- 2 cups baby spinach
- 1 1/2 cups black beans
- 1 cup quartered cherry tomatoes
- 1 cup goat cheese
- 1/2 cup enchilada sauce
- 1/4 cup milk
- 4 tablespoons butter, divided
- Chopped cilantro
- Chopped avocado
- Ground black pepper
- Kosher salt
- Olive oil



## Preparation:

1. Preheat oven to 350 F. Grease a baking pan with oil and set aside.
2. In a bowl, whisk eggs and milk. Season with salt and pepper.
3. Melt 1/2 tablespoon of butter in a pan.
4. To make egg "tortillas," pour 1/4 cup of the egg mixture into the pan and swirl to spread. Cook, covered, for 3–5 minutes.
5. Remove the finished tortilla from the pan. Repeat with the remaining egg mixture.
6. To the same pan, add the spinach, black beans and tomatoes.
7. Cook until the spinach has wilted. Season with salt and pepper.
8. Place a tortilla on a cutting board. Top the center with the spinach filling and roll it up. Repeat with the remaining tortillas and filling.
9. Pour enough enchilada sauce into the greased baking pan to cover the bottom.
10. Place the rolled tortillas in the pan. Drizzle with more enchilada sauce.
11. Top the dish with goat cheese. Bake for 15 minutes or until the cheese has melted.
12. Garnish with cilantro and avocado. Serve warm.



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# VEGGIE QUINOA BOWL

Not a fan of carbs? You'll love quinoa for sure. This gluten-free grain (it's actually a seed!) is fluffy, crunchy and mildly nutty all rolled into one. The best thing about quinoa is it's a much healthier alternative for rice and other starchy grains that serve as staples.

For one, quinoa is one of the only plant foods that supplies a complete range of proteins. This means quinoa offers all the essential amino acids that your body cannot naturally produce. These amino acids support many bodily functions, including digestion, metabolism and development.

Plus, quinoa's many essential nutrients help supercharge your immune system and support healthy heart functions. These nutrients include fiber, iron, copper, thiamin, magnesium, phosphorus, manganese, folate, B vitamins and fatty acids.

To keep your meals clean and healthy, it's best to use only certified organic and GMO-free quinoa to make sure it doesn't have any harmful chemicals or pesticides.

## Ingredients for 6 servings:

- 6 green onions, chopped
- 2 large limes, juiced
- 15 ounces black beans, rinsed
- 4 ounces spinach, chopped
- 2 cups water
- 1 cup quinoa, rinsed
- 1 cup cherry tomatoes, halved
- 1/4 cup cilantro, finely chopped
- 4 tablespoons olive oil
- 2 teaspoons ground cumin
- 1/2 teaspoon red pepper flakes
- Salt, to taste
- Pepper, to taste



## Preparation:

1. Cook quinoa according to the package instructions. Transfer to a bowl and set aside to cool.
2. To the bowl with the quinoa, add spinach, black beans, tomatoes, green onions and cilantro.
3. Toss until all of the ingredients are incorporated into the quinoa.
4. In a bowl, mix lime juice, olive oil, ground cumin, red pepper flakes. Season to taste with salt and pepper.
5. Drizzle quinoa with the dressing and toss to coat. Serve immediately.

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# HEARTY AND SPICY RAW COCONUT BOK CHOY SOUP



When the night is cold, there's nothing as comforting as a bowl of warm soup. If you're looking for a healthy recipe, try making this hearty and spicy raw coconut bok choy soup!

Bok choy is a dark, leafy green vegetable that's low-calorie yet full of fiber, vitamins and minerals. This veggie contains vitamins A, C and K, along with beta-carotene. It's also a natural source of calcium, folate and vitamin B6.

Use tender baby bok choy for this recipe to make a soup that has a light sweetness.

The recipe also includes ginger and chili garlic sauce, but if that's too spicy for you, adding coconut sugar will help tone down the heat of the soup.

Coconut sugar comes from the sap of the coconut palm tree. Compared to granulated table sugar, coconut sugar contains more vitamins and minerals like vitamin C, along with copper, iron, potassium and zinc.

## Ingredients for 4 servings:

- 4 cups of baby bok choy, thinly sliced
- 1 1/2 cup of mushrooms, thinly sliced
- 1 young Thai coconut, meat and coconut water
- Water (You'll need enough water to make 2 1/2 cups of liquid when combined with the coconut meat and water)
- 6 tablespoons of all-purpose seasoning, divided into two equal servings
- 4 tablespoons of sesame oil, divided into two equal servings
- 1 tablespoon of coconut sugar
- 1 teaspoon of raw chili garlic sauce
- 1/2 teaspoon of cumin
- 1/2 teaspoon of turmeric
- 1 1-inch Piece of ginger, peeled and chopped fine
- Himalayan salt and pepper to taste



## Preparation:

1. Toss the baby bok choy in a large pan with three tablespoons of all-purpose seasoning and two tablespoons of sesame oil. Dehydrate at 115 F for 1 hour.
2. Add the mushrooms to the remaining all-purpose seasoning, sesame oil and coconut sugar. Let the mushrooms marinate for at least one hour.
3. Place the coconut meat, coconut water and water in a high-speed blender. Blend until the mixture starts to feel warm.
4. Add the cumin, ginger, raw chili garlic sauce, turmeric, salt and pepper to the mixture in the blender. Blend until combined.
5. Place the soup in a bowl then stir in bok choy and mushrooms. Re-heat gently before serving if you want warm soup.





# BUTTERY HOMEMADE STOVETOP POPCORN

Buttery homemade stovetop popcorn is a must-have for movie nights. This recipe ensures that your snack is healthier compared to store-bought microwave popcorn.

You'll need unrefined or virgin coconut oil for a crunchy, lightly salted and buttery movie snack.

Did you know that popcorn is a whole-grain food? It's also a natural source of essential nutrients like copper, iron and zinc.

A 100-gram (3.5 oz.) serving of popcorn contains 387 calories, 13 grams of protein, 78 grams of carbs and 5 grams of fat. The same serving also contains 15 grams of fiber that helps promote digestive health. In addition, popcorn also contains vitamins B1, B3 and B6.

Making stovetop popcorn with virgin coconut oil ensures that you can enjoy a guilt-free snack with your movie. Virgin coconut oil is a popular superfood and it contains fatty acids that are much healthier than the saturated fats you find in regular cooking oil!

## Ingredients for 2-4 servings:

- 1/2 cup of popcorn kernels
- 1/2 cup (1 stick) of butter (salted or unsalted.)
- 2 tablespoons of unrefined or virgin coconut oil
- Sea salt



## Preparation:

1. To make the clarified butter, put the stick of butter in a pan and heat until foamy. Once done, pour the melted butter into a glass measuring cup.
2. Let the butter cool for several minutes until it separates into three layers: foam clarified butter and milk solids.
3. Use a spoon to skim off as much of the foam on top as you can. You're done once you have a very clear, yellow layer of clarified butter, with a layer of milk solids underneath.
4. Get a large soup pot with a lid and melt the coconut oil over high heat. Add the popcorn kernels then swirl to coat all the kernels with oil.
5. Keep shaking the pot so the kernels don't burn. Once the first kernel pops after one or two minutes, place the lid on the pot and leave it ajar so steam can escape.
6. Continue shaking the pot until the popping slows down. Once the popping slows down, remove the pot from the heat. Set it aside for a few minutes until the final kernels pop.
7. When all the kernels are done popping, slowly pour the butter over the popcorn. Stop when you reach the milk solids or the opaque part of the melted butter. Discard the remaining butter.
8. Stir the popcorn and season lightly with salt before serving.

An advertisement for 'Health Ranger Select Bug Defender'. On the left is a dark brown spray bottle with a white label that says 'BUG DEFENDER'. In the center, a young girl with brown hair in pigtails, wearing a pink dress, is sitting on a light-colored rug and looking at a small black and tan Chihuahua dog. To the right of the girl, the text 'HEALTH RANGER SELECT BUG DEFENDER' is written in bold. Below this, two bullet points state: '• Non-toxic cedar oil-based formula' and '• Non-toxic, DEET-free, and lab tested for your safety'. At the bottom right, there are two circular logos: one with a green checkmark and the words 'LABORATORY TESTED', and another with a red checkmark and the words 'LABORATORY VERIFIED'. A QR code is located at the bottom right of the ad. On the far right edge, there is a vertical text banner that reads 'healthrangerstore.com/BugCombo'.





## BERRY FRUITY CHIA PUDDING

When you're in the mood for a quick and healthy breakfast, you can't go wrong with chia pudding. Adding sweet and nutritious berries to your pudding ensures that each bite is tasty and filling!

Chia seeds are a mild-tasting superfood that can easily be paired with different add-ons like fruits and nuts. These tiny seeds are also rich in fiber, protein and omega-3 fatty acids that help promote digestive health.

Two tablespoons (28 grams) of chia seeds contains 140 calories, four grams of protein and 11 grams of fiber.

Using non-dairy alternatives like almond, cashew, or coconut milk will give your berry fruity chia pudding a creamy consistency. Try using full-fat canned coconut milk for a thicker pudding!

### Ingredients for 1 serving:

- 1 cup of milk
- 3–4 tablespoons of chia seeds
- 1/2 tablespoon of maple syrup, honey, or other natural sweetener of choice (optional.)
- 1/4 teaspoon of vanilla (Optional.)
- Preferred toppings (You can use fresh berries, other fruits, granola, or nut butter.)

### Preparation:

1. Stir the chia seeds, milk, maple syrup and vanilla in a bowl or Mason jar. If you're using a Mason jar, just put the lid on and shake the mixture to combine everything.
2. When the chia pudding mixture is well combined, set it aside for five minutes then give it another shake to break up any clumps of chia seeds.
3. Refrigerate the pudding mixture for one to two hours or overnight. Once it's done, the chia pudding should be nice and thick.
4. If the mixture isn't thick enough, add one more tablespoon of chia seeds. Stir well, then refrigerate for another 30 minutes or so.
5. Alternatively, you can prep the pudding the night before and let it sit in the fridge overnight to save time.
6. Top the chia pudding with berries, other cut-up fruit, or granola before serving.

### Notes:



- You can store the chia pudding in the fridge for five to seven days in an airtight container.
- Use dairy milk, almond milk or cashew milk to make a light, creamy chia pudding. To make a rich and thick pudding, use canned coconut milk.
- Make a low-sugar version by skipping the sweetener.

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# VEGAN MISO SOUP WITH TEMPEH AND GREENS



Miso is a traditional and essential protein-rich condiment in Japanese cuisine. Made from fermented soybeans, it's commonly stirred into soups because of its umami flavor. That said, you can also add it into salads and homemade vegan patties.

Because miso is a fermented food, it is a natural source of live, beneficial microbes called probiotics. These microbes help boost your digestion, promote regularity and support overall gut health.

Miso is also brimming with B vitamins that are crucial to maintaining good health and well-being.

Be careful not to boil dishes that call for miso, such as miso soup. Otherwise, the heat will end up killing most of the beneficial bacteria in the paste.

## Ingredients for 2 servings:

- 1 large sheet nori
- 4 cups vegetable broth
- 1/2 cup chopped Swiss chard
- 1/2 cup chopped green onion
- 1/4 cup cubed tempeh
- 3–4 tablespoons miso paste

## Preparation:

1. Simmer the broth in a saucepan.
2. While the broth is simmering, whisk miso paste and a little hot water in a small bowl. It should form a smooth paste with no clumps.
3. To the broth, add Swiss chard, green onion and tempeh. Cook for 5 minutes.
4. Cut the nori sheet into large rectangles, then add them to the broth as well.
5. Turn off the heat. Pour in the miso mixture and stir well.
6. Do a taste test before serving and add more miso if needed.

## Notes:

- If you'd like a more traditional Japanese miso soup, use dashi instead of vegetable broth.
- Miso varies in both color and flavor. Lighter varieties (white and yellow) tend to have a salty, tangy flavor. Meanwhile, darker varieties (red and brown) have bolder notes of umami.
- Miso soup pairs well with a cup of steamed rice and poached egg.



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## EASY GARLIC PINTO BEANS

Though pinto beans look a lot like shelled peanuts, there's no mistaking them for any other nut or legume. That's because pinto beans sport a creamier and more rounded flavor that distinguishes them from their close relatives.

Considered one of the healthiest plant-based protein sources, pinto beans carry an impressive array of nutrients. For one, pinto beans provide a healthy dose of complex carbs that keep you energized throughout the day.

Pinto beans also offer about 15 grams of gut-friendly fiber per cup. That's already half of the fiber you need to get from your diet on a daily basis!

Pinto beans also provide ample doses of the vitamins and minerals you need to keep your body in top shape, such as iron, magnesium and folate.

Plus, the antioxidants in pinto beans help protect against oxidative damage caused by free radicals.

### Ingredients for 6 servings:

- 4 garlic cloves, smashed
- 1 small onion, diced
- 1 jalapeno or serrano pepper
- 1 pound pinto beans, soaked overnight
- 2 cups chicken or vegetable broth
- 1/4 cup cilantro leaves
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- Water



### Preparation:

1. Drain and rinse the soaked pinto beans. Place them in a pot.
2. Add onion, garlic, jalapeno, cilantro, salt, pepper and paprika.
3. Add the chicken or vegetable broth.
4. Pour in just enough water to cover the beans.
5. Cover the pot. Bring it to a boil over medium-high heat.
6. Once boiling, reduce the heat and simmer for 2–4 hours or until the beans are tender.
7. Serve warm as a side dish or use as a filling for tacos.

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# VEGAN ADZUKI BEANS AND RICE BOWL

Red adzuki beans are oozing with a natural nuttiness and sweetness that complement bolder flavors.

These red beans are often used to make sweet bean pastes and desserts in Japan. But adzuki beans are also recommended as part of a nutritious diet – and for good reason.

For starters, adzuki beans are rich in fiber. Fiber promotes good gut health and increases the absorption of essential nutrients. It also keeps your gut regular.

Soft, nutty adzuki beans also support healthy heart functions, thanks to their high amounts of potassium, magnesium and thiamine.

For tasty and health-promoting adzuki bean dishes, be sure to use only certified organically grown and GMO-free adzuki beans.

## Ingredients for 4 servings:

### For the grain bowl:

- 3 small carrots, shaved
- 2 avocados, sliced
- 1 small red chili pepper, sliced
- 6 1/2 cups sliced Napa cabbage head
- 1 1/2 cups cooked adzuki beans
- 1 cup snap peas, sliced
- 1 cup cooked brown rice
- 2 tablespoons whole sesame seeds
- 2 tablespoons chopped cilantro leaves

### For the sesame miso dressing:

- 1/3 cup rice vinegar
- 1/4 cup white miso
- 1/4 cup olive oil
- 3 tablespoons tamari
- 1 tablespoon toasted sesame oil

## Preparation:

1. In a small bowl, whisk together the dressing ingredients.
2. In another bowl, mix the cabbage, carrots, snap peas and sesame seeds.
3. Drizzle the vegetables with 1/4 cup of the dressing and toss well to coat.
4. Top the cabbage salad with cilantro.
5. Divide the cooked rice, cabbage salad, adzuki beans and avocados among four bowls.
6. Drizzle each bowl with more dressing. Sprinkle with chili before serving.

## Notes:

For added crunch and freshness, top each salad bowl with more cilantro and sesame seeds.



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## ONE-POT GREEK BLACK-EYED PEAS

Black-eyed peas are arguably one of the most underrated members of the legume family. Extremely versatile and definitely not lacking in flavor, black-eyed peas shine through even when cooked alongside pungent ingredients like garlic and paprika.

Like most of their close relatives, black-eyed peas are incredibly rich in antioxidants that help protect cells from oxidative damage caused by free radicals.

Black-eyed peas also provide more than ample amounts of nutrients essential for overall health, including calcium, iron and zinc.

### Ingredients for 6 servings:

- 4 garlic cloves, chopped
- 2–3 carrots, peeled and chopped
- 1 green bell pepper, chopped
- 1 large yellow onion, chopped
- 1 dry bay leaf
- 1 lime or lemon, juiced
- 30 ounces black-eyed peas, drained and rinsed
- 15 ounces diced tomato
- 2 cups water
- 1 cup chopped parsley
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dry oregano
- 1/2 teaspoon paprika
- 1/2 teaspoon red pepper flakes (optional)
- Extra-virgin olive oil
- Kosher salt
- Ground black pepper

### Preparation:

1. Heat olive oil in a pot. Sauté onions and garlic until onions are translucent.
2. Sauté bell pepper and carrots for 5 minutes.
3. Pour in the water, then add tomatoes, bay leaf, cumin, oregano, paprika and pepper flakes. Season with salt and pepper.
4. Raise the heat and bring to a boil. Once boiling, add black-eyed peas and cook for 5 minutes.
5. Reduce heat and simmer for 25–30 minutes.
6. Add lime or lemon juice and parsley.
7. Serve in bowls and drizzle with more olive oil.

### Notes:

- Don't hold back on the olive oil! While simmering, the peas will absorb some oil. What's left will thicken into a rich, scrumptious sauce perfect for mopping up with bread.
- This dish is best served with whole-wheat pita bread, mixed into a grain salad or poured over a bed of bulgur.



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# VEGAN RED LENTIL MASALA WITH SPINACH

Looking for a healthier substitute for meat? Look no further than red lentils! These protein-packed legumes resemble crumbled, cooked ground beef in texture. You won't know the difference once it's on the plate!

Red lentils have such a mild flavor that they can easily take on an array of smoky, flavorful spices and seasonings. Beyond that, they are one of the best sources of fiber, B vitamins and iron, among other health-promoting nutrients.

These superfoods are one of the most affordable ingredients you can have in the kitchen. They can also last for quite a long time in storage, so don't be afraid to stock up on bucketfuls.

## Ingredients for 4 servings:

- 2 garlic cloves, minced
- 1 small red onion, diced
- 1 piece of 1-inch ginger, minced
- 1 serrano pepper, seeded and minced
- 15 ounces diced tomatoes
- 15 ounces full-fat coconut milk
- 5 ounces baby spinach
- 1 cup red lentils
- 1 cup water
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- 1 teaspoon sea salt
- 1/4 teaspoon coriander

## Preparation:

1. Heat olive oil in a large pot.
2. Saute onion over medium-high heat for 5 minutes.
3. Add garlic, ginger, serrano pepper, cumin, garam masala and coriander. Saute for 2 minutes.
4. Add tomatoes and salt. Cook for 5 minutes or until the tomatoes have softened.
5. Add coconut milk and water. Bring to a boil over high heat.
6. Once boiling, add red lentils. Reduce the heat and continue cooking for 25–35 minutes.
7. Add spinach and cook for 3 minutes or until wilted.
8. Serve with coconut rice.

## Notes:

- You can store this dish in the fridge for up to a week.
- This dish also goes well with beet and red cabbage salad, whole-wheat pita bread and spiced cucumber sticks.



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## SLOW-COOKER VEGETABLE AND RED KIDNEY BEAN SOUP

These red, organ-shaped beans, aptly named kidney beans, have a firm, meaty feel to them, thanks to their impressive protein content. This also means that they don't crumble easily in hearty vegetable soups and chilis.

Like many of their close relatives, red kidney beans are an excellent source of fiber. This essential macronutrient helps keep digestion running smoothly. It also ensures that your colon is in tip-top shape so that it has no trouble moving things along.

Aside from supporting overall gut health, red kidney beans also fill you up a lot faster and for far longer periods. So if you're looking to shed a couple of pounds or plan to follow a healthier diet, you should definitely stock up on red kidney beans.

### Ingredients for 12 servings:

- 2 garlic cloves, minced
- 1 28-ounce can tomatoes, undrained
- 1 15-ounce can black-eyed peas, drained and rinsed
- 1 15-ounce can red kidney beans, drained and rinsed
- 1 10-ounce pack fresh spinach
- 4 cups unsalted chicken broth
- 4 cups fresh tomato juice
- 3 cups chopped cabbage
- 2 cups chopped zucchini
- 1 cup diced carrots
- 1 cup chopped celery
- 1/2 cup chopped onion
- 2 teaspoons crushed dried basil
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1/4 teaspoons ground black pepper
- Olive oil

### Preparation:

1. Sauté onion in olive oil until translucent.
2. Place all of the ingredients in a slow cooker along with the cooked onion.
3. Cover the slow cooker. Cook on low for 8–10 hours.
4. Serve the soup with whole-wheat bread, brown rice or a bowl of salad greens.

### Notes:

- Cut back the ingredients if using a smaller slow cooker.
- Use vegetable broth if you prefer to make a vegan soup.
- Don't be afraid to experiment! Go ahead and dunk in your favorite vegetables.



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## GLUTEN-FREE LIMA BEAN SOUP WITH TURMERIC

If you think lima beans are bland and boring, think again. These lentils boast a smooth, slightly buttery texture and a mild nuttiness that hardly tastes like beans at all.

So if you're big on mushy and yummy comfort foods, lima beans are right up your alley. But even if you aren't, lima beans' ample amounts of protein, fiber and iron, among many other essential nutrients, might just change that for you.

In fact, lima beans are so rich in protein that you can easily substitute them for meat – you'll be all the better for it, too! When it comes to plant-based sources of protein, powerful antioxidants are often part of the discussion.

For instance, lima beans provide nutrients that double as antioxidants, such as zinc, copper and selenium. Together, these nutrients protect cells from oxidative damage caused by free radicals.

### Ingredients for 2 servings:

- 2 garlic cloves, smashed
- 1 small onion, finely chopped
- 1 carrot, chopped
- 3 cups water
- 1 cup lima beans, pre-soaked
- 1/2 tablespoon olive oil
- 1/2 teaspoon turmeric powder
- 1 teaspoon Italian seasoning blend (basil, oregano, rosemary, thyme)
- 1/2 teaspoon ground black pepper



### Preparation:

1. Heat olive oil in a pan over medium heat.
2. Sauté the onion for 2 minutes, then add garlic and turmeric.
3. Continue cooking until the onion is soft and translucent. Set aside.
4. Bring 3 cups of water to a boil in a saucepan.
5. Stir in the lima beans, carrot and cooked onion and garlic.
6. Season with salt, pepper and Italian seasoning.
7. Bring to a boil, then reduce the heat to low. Simmer for 40 minutes.
8. Turn off the heat. Let the beans rest, covered, for 20 minutes.
9. Serve warm with a nice garden salad, toasted whole-wheat bread or a simple chicken dish.

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