

## WINETIME BARS SPICE UP MEALS

Spice up some of your favorite meals—with the WineTime Bar! Discover the healthy and tasty difference the WineTime Bar can make with dishes such as Whole Grain Cereal, Macadamia Nut Milk, Banana Berry Smoothie...an eggnog alternative...and much, much more. All courtesy of the creativity of ResVez rep Gloria Klein. Thanks, Gloria. There's even more to the WineTime Bar than a delicious, heart-healthy snack or meal replacement.

## WineTime Recipes

### Favorites Using WineTime Bars with Resveratrol!

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### Whole Grain Cereal

- 3 tablespoons rye berries, raw oat groats, or a combination of both.
- ½ cup ground or chopped raw nuts  
(May substitute with any of your favorite grains)
- ½ cup seasonal fresh fruit [optional] Raspberries is a good suggestion
- 1 teaspoon agave nectar
- 1 WineTime bar with Resveratrol – finely chopped or grated
- Dash of freshly squeezed lemon juice. 1 apple
- 1 cup of almond milk

Add enough water to the ground grain to moisten it, and let soak for 5 to 12 hours. Add the nuts, fresh fruit, agave nectar and lemon juice. Grate the apple and immediately add it to the cereal before the apple turns brown. [To prevent browning, use a ceramic grater]. Portion into cereal bowls and serve with hot Almond milk. Finally, add the finely chopped or grated WineTime bar on top. Delicious!

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## WineTime Macadamia Nut Milk

[This nutritious milk is delicious as a beverage, or it can be used to complement hot or cold breakfast cereals]

2 to 3 cups water  
1 cup of macadamia nuts  
¼ cup raw pine nuts  
1 cardamom seed  
Dash of ground nutmeg  
1 or 2 finely chopped WineTime Bars

Combine all the ingredients in a high-powered blender, and process on high until completely smooth and creamy.

Serve immediately or thoroughly chilled. [Add 1 or 2 WineTime Bars according to taste]. Makes a wonderful creamy chocolate flavored milk to add to coffee, tea, cereals, or to just drink alone. Fun for the holidays!

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## *Fantastic WineTime - Banana Berry Smoothie*

2 cups water  
1 cup sliced frozen bananas  
1 cup freshly squeezed orange juice  
¼ cup fresh or frozen mixed berries and/or raspberries  
3 to 5 pitted dates [optional]  
3 tablespoons raw cashews  
Fresh mint [optional]  
2 chopped/grated WineTime Bars

Combine all ingredients in a high-powered blender, and process until completely smooth and creamy. Serve thoroughly chilled.

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## *Fabulous WineTime Raw Grape Chocolate Pudding*

3 rounded cups of chilled organic red grapes (small to medium).  
2 medium or large sized raw organic avocados. 3 chopped WineTime bars.  
3 tablepoons of 100% real raw organic cacao powder. 1½ teaspoon of raw  
organic vanilla powder.  
½ teaspoon sea salt

Start by blending 4 cups of red grapes into a liquid, including the grape skins and seeds, using a high powered blender. (If you are not using the seedless grapes, it's ok to blend seeds with grapes into a liquid.) Then add in the rest of ingredients into blender, blending all ingredients together. Start at low speed in order to thoroughly blend WineTime bars into other ingredients.

Blend on high speed for 2 minutes until smooth and creamy. Serve thoroughly chilled (24hrs).

VARIATION: This pudding, like the pumpkin pudding above, may also be used as a delicious pie filling for either a graham cracker piecrust, or a raw cashew or almond piecrust. Chill piecrust and filling thoroughly before serving. You can also get creative with your own favorite whipped topping and raspberries or strawberries on top. Tastes like real down-home raw chocolate pudding, with no added or refined sugar! Has fantastic grape and double chocolate flavor that is light and delicious and so good for you!

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Think "Wintertime Bar" With Resveratrol  
There's Love in Every Bite,  
You Can Taste The Difference!  
A Dieter's Delight!

Compiled by:  
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For: ResVey, Inc.  
A Healthy Indulgence

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Bars For A Reason!

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