



As Seen On

**SHARK  
TANK**



**Hack**  
*Snack Book*

**Go-to Guide for Miracle Berries**

# About Nature's Wild Berry

The ledidi berry, aka miracle berry, is one of Nature's greatest gifts.

This is the berry that decreases bitterness and turns sour sweet for 20-40 minutes!

Important: Recommended that first-timers take two pieces at the same time.

Take just 30 seconds to let it coat your tongue then enjoy flavors you've never tasted before.

You'll find it eliminates unpleasant tastes from anything tart, fermented or pickled without needing added sugars or artificial sweeteners.

Mother Nature really is WILD! Now it's time to ENJOY!!

It's Snack Time with a Twist!

# Not EVERYTHING But Almost

Enhance What You Already Eat

## Anything with

- Cheese or Cream Cheese
- Sour Cream or Sauerkraut
- Tomato, Onion, Olive or Pickle
- Aioli, Pesto, Marinara or Salsa

## Such as

1. Sandwiches, Burgers and Bagels
  2. Burritos, Tacos and Tamales
  3. Pizza, Pasta and Lasagna
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# Fresh Fruit is a Must

- Pomegranate
  - Raspberry
  - Blackberry
  - Strawberry
  - Grapefruit
  - Cranberry
  - Pineapple
  - Mango
  - Kiwi
-

# Revitalize Ritual: Citrus Zing & Vinegar Twist

## Ingredients

- Warm, life-giving water
- Zesty lemon for that citrus punch
- Raw, unfiltered apple cider vinegar
- Cinnamon for a spice kick (Optional)
- Your favorite tea to elevate the mix (Optional)

## Preparation

Heat that water just enough to awaken your senses, not scald 'em. Squeeze half a lemon for a subtle vibe or go all out with a whole lemon if you're feeling bold. Add a teaspoon of apple cider vinegar for that tangy twist that'll kickstart your system. Want to turn it up a notch? Sprinkle in some cinnamon or drop in a tea bag of your choice. This isn't just a drink, it's a morning ritual to gear you up for greatness – Remember, it's all about creating an experience, not just a drink!





# Mythical Greek Salad Odyssey

## Ingredients

- Juicy tomatoes, ripe for the pickin'
- Bold Kalamata olives, oozing with flavor
- Crisp onions, sharp and ready
- Fresh, seeded cucumbers - cool as a cucumber should be
- Vibrant bell peppers for that color pop
- Rich, cubed feta - creamy and dreamy
- Red wine vinegar for that perfect tang
- Extra virgin olive oil - The velvet touch
- Garlic - For the rizz
- Fresh mint to elevate the game
- (Optional)
- Crunchy Romaine for that extra bite (Optional)
- Parsley to sprinkle some green magic (Optional)

## Preparation

Chop up these vibrant beauties into bite-sized pieces of pure joy. Drizzle your favorite dressing over this rainbow of flavors and give it a good ol' toss, making sure each piece gets its share of love. If you're feeling like a Greek god today, whisk together some olive oil, red wine vinegar, a dash of dijon mustard, minced garlic, and a sprinkle of oregano for a dressing that'll transport you straight to the Mediterranean shores. This ain't just a salad, it's a festival of flavors waiting to explode in your mouth!



# Verdant Vitality Elixir

## Ingredients

- Crunchy celery, the backbone of freshness
- Zesty lemon for that citrusy spark
- Cool, peeled cucumber for a hydrating base
- Hardy kale, a leafy powerhouse
- Parsley or cilantro – your choice of green wonder
- Spinach or chard for that iron-rich boost
- A hint of mint to freshen it all up (Optional)

## Preparation

Start with the cucumber and celery as your foundation of freshness. You can leave the skin on the lemon for an extra health kick or peel it for a smoother taste. Toss in the kale, parsley or cilantro, and either spinach or chard – it's your green canvas! Blend it all together into a lush, life-giving mix. Remember, this isn't just a drink; it's a ritual. Sip slowly, chew a bit, and let every gulp fill you with the essence of vitality.

This green juice/smoothie is more than a health hack; it's your daily dose of raw, natural energy, ready to supercharge your day!





# Blissful Berry Yogurt Symphony

## Ingredients

- Smooth, unsweetened yogurt – your canvas of creaminess
- Luscious strawberries, bursting with flavor
- Plump blueberries, tiny bursts of joy
- Tropical pineapple, sweet and tangy
- Ripe bananas, soft and comforting
- Crunchy granola for that perfect texture (Optional)

## Preparation

Dice those bananas, pineapples, and strawberries, then throw in the blueberries for a colorful medley. Scoop up your choice of unsweetened yogurt, be it the thick Greek style or a lighter Froyo. Finish with a sprinkle of your favorite granola for an extra crunch and a nutrient boost. This isn't just a bowl of yogurt; it's a tropical escape in every spoonful, a perfect blend of natural sweetness and rich textures, all coming together to kickstart your day with a smile!



# Sunshine Sipper: Lemon & Tea Fusion

## Ingredients

- Chilled ice water, the essence of refreshment
- Fresh, zesty lemons – nature's own sweet-tart
- Your choice of unsweetened tea, adding a subtle depth

## Preparation

For a zingy lemonade, squeeze half a lemon into a glass or go all out with two lemons in a pitcher, over ice water. Transform it into an Arnold Palmer by stirring in your favorite unsweetened tea. Adjust the water for your preferred sweetness level, and add more lemon if you crave that extra sunny kick. This isn't just a drink; it's a liquid ray of sunshine, a perfect blend of tart and mellow, ready to refresh and uplift your spirits.



# Exotic Acai Bliss Bowl

## Ingredients

- Rich, unsweetened acai – purple powerhouse
- Vibrant pitaya for a tropical twist
- An assortment of fresh fruits for a natural sugar rush
- Creamy nut butter for a dose of indulgence (Optional)
- Nutritious hemp seeds for a health boost (Optional)
- Delicate coconut shavings for a tropical touch (Optional)
- Crunchy granola for that satisfying bite (Optional)

## Preparation

Lay down your base with a swirl of blended acai and pitaya – each spoonful a dance of exotic flavors. Then, unleash your creativity: sprinkle on your favorite fresh fruits, add a dollop of nut butter for richness, scatter some hemp seeds for that extra nutritional punch, and top it off with coconut shavings and granola for a mix of textures. This isn't just a bowl; it's a canvas for your culinary artistry, a vibrant mix of health and flavor that's as pleasing to the eye as it is to the palate.





# Contact Us

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