



# SNACK & SIP RECIPES

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## Sweet & Savory Snacks

### **Nora Wohlfeld's Autumn Oatmeal**

**Ingredients:** 5 tbsp Activated Barley™  
2 1/3 tbsp Rice Bran Solubles™  
1/8 tsp Apothe-Cherry™  
3 3/4 c thick rolled oats  
3/4 cup raisins  
2 1/3 tbsp cinnamon  
scant 1 tsp Sea salt (Himalayan or Celtic are suggested)  
4 1/2 cup purified water  
1 sliced banana  
1 cup soaked almonds (add Mica Miracle™ to water used for soaking)

**Instructions:** Place Activated Barley, Rice Bran Solubles, oats, raisins, salt, cinnamon, and water in large bowl and soak overnight. Soak almonds overnight as well but in a separate container. Next morning, (heat up on stove if you desire) and then stir in Apothe-Cherry and top with bananas and almonds. Enjoy!

### **Cherry Applesauce**

**Ingredients:** 1 1/2 cup unsweetened organic apple sauce  
1 tbsp. Apothe-Cherry™  
1 tsp cinnamon  
coconut sap sugar to taste (optional)

**Instructions:** Mix ingredients together, serve chilled.

### **Cherry Yogurt Delight**

**Ingredients:** 1 tbsp. Apothe-Cherry™  
1/4 cup raw live culture yogurt  
1/2 tsp of cinnamon  
4 small sections organic graham crackers

**Instructions:** Spoon raw yogurt into a cup, add Apothe-Cherry on top, garnish with graham crackers.

### **Dave's Smothered Potatoes**

**Ingredients:** 6-7 red or blue potatoes  
1/4 cup chopped onions  
1 container sliced mushrooms  
1 vegetable bouillon cube  
3 tbsp. Organic Activated Barley™  
1 tbsp. Organic Tropic Oil™  
1 cup water

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Spices (sea salt, garlic powder, onion powder, and paprika)

**Instructions:** Pre-heat oven to 350 degrees. Cut potatoes into wedges and place on a cookie sheet. Sprinkle sea salt, garlic powder, onion powder, and paprika over the top. Place potatoes in oven for 30 minutes or until cooked thoroughly. In a saucepan caramelize the onions in Tropic Oil; add sliced mushrooms and sauté for 2-3 minutes over medium heat. Add water and vegetable bouillon. Bring to boil, add Activated Barley and lower heat to a simmer while stirring with a whisk to thoroughly mix the ingredients. Bring to desired consistency, spice to taste. Spoon gravy over potatoes.

## Garlic toast with Tropic Oil

**Ingredients:** Organic whole/sprouted grain bread or rolls

1 tbsp. Organic Tropic Oil™

1 clove of fresh garlic (chopped finely)

Fresh oregano

Fresh basil

Sea Salt

Cayenne pepper (optional)

**Instructions:** Mix garlic and sea salt with the Tropic Oil. Toast the bread, then coat with garlic oil, tear up fresh basil or oregano leaves and sprinkle on top. Sprinkle moderate amount of cayenne pepper if desired. May also wish to add diced tomato to mixture for a vegan Bruschetta!

## Coco-Lina Popcorn

**Ingredients:** ½ cup popcorn kernels

3 tbsp. Organic Tropic Oil™

2-4 tbsp. Organic Spirulina™

**Instructions:** Melt Tropic Oil in pan. Add kernels, cover, and let pop; sprinkle Spirulina until light green coat.

## Dave's Vegetable & Rice Stir Fry

**Ingredients:** 1 bag fresh frozen stir fry veggies or comparable fresh veggies

3 cup pre-cooked brown rice

2 tbsp. Organic Tropic Oil™

1 egg whipped

Chopped green onion

Bragg's Aminos

**Instructions:** Heat wok on high, melt oil, and add vegetables, stir-fry for 4-5 minutes, add pre-cooked brown rice in wok for an additional 5-6 minutes. Drizzle the whipped egg over and stir till egg is evenly distributed and "sticking" to the rice and veggies. Add Aminos to taste.

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## Dave's Cabbage Soup

**Ingredients:** 2 celery stalks  
8 large carrots  
1 large white onion  
1 head of cabbage cut in quarters  
1 broccoli stalk  
½ cup lima beans (soaked for 24 hrs.)  
3 quartered organic tomatoes  
1 cup brown rice  
1 lb lean free-range/organic chicken (optional)

**Spices:**

Sea salt, black pepper, bay leaf (2), cayenne pepper

**Instructions:** Boil chicken, 2/3 of celery, onion, and spices for 1 hour. Remove chicken. Strain out soggy vegetables and add brown rice and lima beans. Boil 30 minutes before adding all other ingredients including chicken. Simmer 20 minutes and serve.

## Dave's Coconut Fried Fish (or Chicken)

**Ingredients:** 4 tbsp. Organic Tropic Oil™  
2 Cod, Halibut, Monk fish, or Chicken/Turkey breast cut into 4oz pieces  
2 Omega Eggs  
½ cup whole wheat flour or bread crumbs  
¼ cup dried coconut flakes  
Spices: salt, pepper, paprika

**Instructions:** In a small bowl, mix the eggs together. This will be used to coat the fish prior to breading. In medium size mixing bowl combine flour, breadcrumbs, coconut flakes, and spices. Thoroughly clean and wash the pieces of fish or chicken. Place the fish into the beaten eggs. Take the fish and roll it gently in the flour, breading, and coconut mixture. Make sure each piece is thoroughly covered. Place in the pan, frying with coconut oil over medium heat. Turn when brown. Serve over steamed Jasmine rice with a dipping sauce.

**Hint:**

You can make the dipping sauce with pineapple juice, honey, and a dash of organic, authentic soy sauce.

## Dave's Four Bean Stew with Turkey

Makes 10 servings

**Ingredients** 3 tbsp. Organic Tropic Oil™  
1 large red onion, diced  
4 large garlic cloves minced  
3 carrots chopped  
3 stalks celery chopped

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1 tbsp. fresh thyme (or 1 tsp. dried)  
 1 15-ounce can each of kidney beans, lima beans, pinto beans, great northern beans, and black beans (undrained)  
 1 lb diced or ground free-range/organic turkey (chicken may be substituted, if desired – or omit meat altogether)  
 2 tbsp. cider vinegar  
 1 tbsp. honey  
 1 tbsp. Dijon mustard  
 1 tsp. salt  
 1/2 tsp. pepper  
 4 tbsp. chopped parsley  
 1 tsp. cayenne pepper  
 2 cups water  
 Juice of 1 lime

**Instructions:** Brown and season the turkey. Drain. Sauté onion and garlic in Tropic Oil in a large pot over medium heat until soft. Add carrots and celery and cook until softened. Add thyme and cook for a minute or so. Add the browned turkey, beans (do not drain them), vinegar, honey, mustard, salt, pepper, half of the parsley, and water. Bring to a boil reduce heat to a simmer over low heat and cook, loosely covered, for 2 hours, stirring every 20 minutes or so. Remove from heat and add lime juice and rest of the parsley. Serve hot.

## Faux Peanut Butter

**Ingredients:** 6 tbsp. Activated Barley™  
 6 tbsp. Rice Bran Solubles™  
 4 tbsp. Organic Tropic Oil™  
 2 tbsp. honey  
 Salt (to taste)

**Instructions:** Mix Tropic Oil with Activated Barley, Rice Bran Solubles and honey. Add salt to taste. Spread one spoonful of Faux Peanut Butter onto whole-wheat cracker. Add 1 tsp. of fruit spread and serve. Or spread on celery stalks.

**Hints:** Melt Tropic Oil by submerging container in warm water until very soft or liquid.

## Faux Peanut Butter, Flax & Cacao Cookies

**Ingredients:** 1/c cup Faux Peanut Butter (see recipe above)  
 1 tbsp Organic Flax Advantage™ (freshly ground)  
 1 tsp Organic Spirulina  
 1 tbsp cacao nibs (freshly ground)  
 1 tsp cinnamon  
 1 tsp pure organic almond extract  
 1 tsp pure organic vanilla extract  
 1 tsp ground ginger

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**Instructions:** Mix all ingredients together. Ball dough up and then flatten into a cookie shape. Place on plate or cookie sheet and refrigerate for 1 hour (or until firm). Optional – roll in unsulfured coconut shreds and/or nuts prior to refrigeration.

## Jackie's "Better than Reese's" Bars

**Ingredients:** Approximately 6 tbsp Rice Bran Solubles™  
Approximately 6 tbsp Activated Barley™  
Organic Tropic Oil™ (enough to make the mixture "doughy")  
1 serving of CONTROL Whole Food Meal (chocolate)  
2 tbsp raw Agave nectar  
Sea salt to taste

**Instructions:** Mix all ingredients together – Add enough Tropic Oil to make the mixture doughy. Put in a glass Pyrex container, cover, and refrigerate. Cut them into bars and take them 'to-go' as a healthy but delicious snack!

## Almond Brittle

10 servings

**Ingredients:** 6 tbsp. Organic Tropic Oil™  
3 tbsp. Rice Bran Solubles™  
4 tbsp. agave nectar  
¾ cup raw almonds

**Instructions:** Soak almonds overnight in Mica Miracle purified water, changing the water once. Grind almonds in a food processor. Put aside ¼ cup for topping. Combine Tropic Oil, Rice Bran Solubles, and agave in the food processor with the almonds, blend until smooth. Spread on a cookie sheet and top with the remainder of almonds. Freeze for a minimum of 2 hours - when ready to serve, cut into squares. Keep frozen until serving.

## Banana Nut Muffins

**Ingredients:** 1 1/2 cup Activated Barley™  
1 organic omega egg  
Non- GMO lecithin: ½ tsp. baking powder and 2 tbsp. water  
1 cup sugar in the raw or coconut sap sugar  
1 ½ cup walnuts-chopped  
3 whole bananas  
1 cup Organic Tropic Oil™ (melted)  
1 tsp. Sea salt

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½ cup water  
1 tsp. pure organic vanilla extract

**Instructions:** In large mixing bowl, combine dry ingredients (sugar, Activated Barley, salt). Slowly fold wet ingredients in with dry ingredients until completely moist. Pour batter into muffin pan. Preheat oven to 325 degrees. Bake at 325 for 35-45 minutes. Allow to cool before removing from pan.

## **Cocoroons** (*Purium's version of Macaroons*)

**Ingredients:** ½ cup Rice Bran Solubles™  
2 tbsp Activated Barley™  
¼ cup Organic Tropic Oil™  
½ raw soaked almonds, chopped  
1-2 tsp. Agave Syrup  
¼ unsulfured coconut shreds  
1 tbsp. raw Cacao Powder

**Instructions:** Mix all ingredients in a bowl. Place all ingredients into a gallon freezer bag or similar. Press ingredients until you make the shape of a loaf at the bottom of the bag. Place bag in freezer for 30 minutes or until stiff. Remove the loaf from the bag and chop into 6 equal pieces.

*Optional: Mix coconut shreds and chopped almonds and roll the pieces in them prior to freezing.*

## **Dave's Vegan Raw Apple Pie**

**Ingredients for crust:** 1 tbsp Rice Bran Solubles™  
1 cup pecans (or other nuts)  
1 ½ cup dates and/or raisins (may wish to soak raisins overnight in Mica Miracle purified water if they are dried out)  
2 tsp pure organic vanilla extract  
1 tsp cinnamon  
1 tsp ground ginger (optional)  
coconut sap sugar or organic raw sugar (optional)

**Ingredients for filling:** 3 – 4 organic apples  
juice from one lemon  
2 tbsp raw agave nectar or honey

**Ingredients for vegan whipped cream:** 1 tbsp Organic Tropic Oil™  
2 tsp. raw Agave nectar or honey  
1 tsp juice from lemon

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1 tsp cinnamon  
1 tsp pure organic vanilla extract  
½ cup cashews

**Instructions for crust:** Use food processor to grind pecans into flour. Blend pecans with pinch of sea salt, vanilla, Rice Bran Solubles, and cinnamon along with dates and/or raisins. Feel free to add a bit more or less of any of the ingredients in order to get a good pie crust consistency. Press into bottom of the pan.

**Instructions for filling:** Cut ¾ of the apples julienne style and douse with juice from the lemon to keep them from browning. Cut up rest of the apples and use food processor to blend into applesauce. Take vanilla, cinnamon and tropic oil and mix them together. Massage the mixture into the julienne apples. Layer the apples and applesauce over the crust you had pressed into the pie pan. Want it Dutch style? Make another crust to cover – sprinkle with coconut sap sugar.

**Instructions for vegan whipped cream:** Blend cashews, lemon juice, vanilla, cinnamon, agave/honey (and coconut meat if desired) until smooth and then dollop cream on top of pie. Enjoy!

## Coco-nutty Cherry Custard

**Ingredients:** 1 serving of Daily Fiber Blend  
1 serving of Apothe-Cherry  
1 serving of Bio-Fruit  
1 tbsp of Organic Tropic Oil  
6 – 8 oz Greek yogurt  
1 tbsp of raw Wildflower honey  
1 tsp of cinnamon  
1 serving of White American Ginseng (optional)

**Instructions:** Blend all items together and enjoy!

## Bio Fruit Pop

**Ingredients:** 3 tbsp Bio Fruit  
18 oz. purified water  
1 banana, peeled and sliced (or other fruit)  
2 tsp wildflower honey, sugar in the raw, or raw agave nectar

**Instructions:** Place all ingredients in blender, add ice, blend and then pour into Popsicle mold (or ice cube tray) and freeze.

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## Sweet & Savory 'Sips'

### **Power of 10 Smoothie**

**Ingredients:** 2 tbsp Power of 10 Fruit (aka Apothe-Cherry™)

8 oz. purified water

1 banana, peeled and sliced

3/4 cup of mango (or peaches, etc)

1/2 cup raspberries (or blueberries, etc)

1 tsp Spirulina (optional)

**Instructions:** Place all ingredients in blender, add ice, blend and then enjoy! Note: This is a great time to use frozen fruit you may have on hand!

### **CONTROL Weight Dreamsicle**

**Ingredients:** 10oz orange juice

2 tbsp. Creamy Vanilla Meal Option™ or CONTROL Whole Food Meal™ (vanilla)

3-4 ice cubes

**Instructions:** Pour all ingredients in blender. Blend for 30-60 seconds. Serve cold. Garnish with orange slice.

### **Dave's 'Green-Ya' Colada**

**Ingredients:** 1 cup coconut water

½ c fresh pineapples

1 tbsp Organic Tropic Oil™

1 scoop Organic Best of Greens™

**Instructions:** Blend ingredients - drink and enjoy!

### **Mahira's Ultimate Breakfast**

**Ingredients:** 2 scoops Power Shake™

1 cup coconut water

1 cup chocolate hemp milk

Handful of raw cacao nibs

Handful of Goji berries

**Instructions:** Combine all ingredients in blender or food processor. Blend until all ingredients are smooth.

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## Simple Sweet Energy Drink

**Ingredients:** 1 tbsp. Organic Kamut Blend

1 tbsp. Carrot Juice Plus

8 oz purified water or unfiltered apple juice, chilled

**Instructions:** Mix Kamut Blend and Carrot Juice Plus into chilled water and mix/shake well.

## Berry Green Meal-in-a-Glass

**Ingredients:** 1 ½ cup Apple juice (unfiltered)

½ cup blueberries (or any other deep, darkly pigmented fruit)

2 scoops of Power Shake™

1 banana

1 scoop of Meal Option Creamy Vanilla OR CONTROL Whole Food Meal (vanilla)

**Instructions:** Blend ingredients - drink and enjoy!

## Tropical Colada Meal-in-a-Glass

**Ingredients:** 2 tbsp. Meal Option Vanilla™

½ cup fresh pineapple or 10 oz pineapple juice

1 tbsp. raw coconut meat

3-4 ice cubes

**Instructions:** Mix pineapple juice, raw coconut, ice cubes, and Meal Option. Blend for 1 minute. Serve cold.

## Dave's Hawaiian Punch

**Ingredients:** Equal parts fresh orange juice (high pulp) and fresh pineapple juice

1 tbsp. Apothe-Cherry™ for every 6 oz of juice

20 drops Ionic Elements™ (optional)

Sparkling water and ice cubes to taste (optional)

**Instructions:** Mix ingredients - drink and enjoy!

## Erin's Creamy Cherry Spice

**Ingredients:** 1 ½ cup of vanilla almond milk (or hemp milk)

1 serving of CONTROL Whole Food Meal™

2 tbsp Apothe-Cherry™

3-4 ice cubes

1 tsp cinnamon

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1/3 tsp nutmeg (optional)

1/3 tsp ginger (optional)

**Instructions:** Pour all ingredients in blender or shaker cup. Blend or shake for 15 seconds. Serve cold.

## Dave's Coconut Power Shake

**Ingredients:** 1 young Thai coconut

2 scoops Power Shake™

**Instructions:** Crack open coconut and scoop all soft meat and coconut water and put in blender. Add Power Shake and blend – drink and enjoy!

## Dave's Green Energy Booster

**Ingredients:** 1 ½ cup Apple juice (unfiltered) or oat, hemp, or almond milk

10 – 12 almonds (soaked overnight)

2 scoops of Power Shake™

1 scoop of Meal Option Creamy Vanilla™ OR CONTROL Whole Food Meal™ (vanilla)

1 tsp honey or agave (optional)

**Instructions:** Blend ingredients - drink and enjoy!

## Purium Immunity Booster

**Ingredients:** 1 scoop More Greens™

1 tbsp Organic Tropic Oil™

1 tsp Amla C Plus™

20 drops Ionic Elements™

1 tsp ground ginger

2 cups unfiltered apple juice

1 tsp raw wildflower honey (optional)

**Instructions:** Put all ingredients in a blender – blend until smooth, drink and enjoy!

## Minty Green Slushie

**Ingredients:** 1 quart Vanilla Almond or Hemp milk (or your preferred creamy beverage)

½ cup of crushed almonds

3 tbsp Organic Barley Green Juice™

1 tbsp Carob Mint Spirulina™

**Instructions:** Place 1 quart of your preferred creamy beverage and 1/2 cup crushed almonds in freezer for 20 minutes. Stir. Add Organic Barley Green Juice and Carob Mint Spirulina and stir again. Cover with wax paper and freeze 30 minutes to 1 hour. Enjoy!

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## Power of 10 Spritzer

**Ingredients:** 1 tablespoon Power of 10 Veggie™

1/2 cup purified water

1/4 cup pineapple juice

1/4 cup sparkling water

Juice from 1 lemon

1/2 cup crushed ice

**Instructions:** Stir or shake and enjoy!

## Jenna's Watermelon Smoothie

**Ingredients:** 1 serving Meal Option Creamy Vanilla or CONTROL Whole Food Meal (vanilla)

2 big chunks of fresh watermelon

8 oz pure water or juice

**Instructions:** Put all ingredients in a blender – blend for 20 seconds, drink and enjoy!

## Lacy's Power Smoothie

**Ingredients:** 2 rounded tbsp More Greens™ (or any other green drink)

2 rounded tbsp Activated Barley™

2 bananas

1 cup pineapple juice (fresh)

2 – 2 ½ c apple juice (unfiltered)

Ice

**Instructions:** Combine all ingredients in blender or food processor. Blend until all ingredients are smooth.

Serves 2 - 4 people

## April's Quick & Delish Drink

**Ingredients:** 2 scoops Meal Option Vanilla™

1 scoop Organic Kamut Blend™

1 scoop Rice Bran Solubles™

6 – 8 oz organic almond milk

dash of cinnamon

**Instructions:** Combine all ingredients in a shaker bottle. Shake up until all ingredients are smooth – drink and enjoy!

## Erin's Coco-Banana Get-Up-and-Go Shake

**Ingredients:** 1 serving CONTROL Whole Food Meal™

1 tbsp Organic Tropic Oil™

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1 ½ cup almond milk

1 small banana

1 tsp pumpkin pie spice (nutmeg, ginger, cinnamon, cloves – can use any individual spice or all of the above)

**Instructions:** Put all ingredients in a blender – blend for 20 seconds, drink and enjoy!

## Dave's Mighty Milkshake

**Ingredients:** 2 scoops Power Shake™

1 ½ cup Raw Goat's Milk

1 small banana

Honey or agave to taste

Optional: 10 – 12 almonds (soaked overnight)

**Instructions:** Put all ingredients in a blender – blend for 20 seconds (bit longer if including almonds), drink and enjoy!

## Dave's Berry Slim Dessert Shake

**Ingredients:** 1 ½ cup apple juice (unfiltered)

½ cup strawberries

2 tbsp Daily Fiber Blend™

10 – 12 almonds (soaked overnight)

3-4 ice cubes (optional)

**Instructions:** Pour all ingredients except almonds in blender, blend for 15 seconds. Add in almonds, blend for 15 – 20 seconds. Serve cold.

## Coco-nutty Cherry Milk

**Ingredients:** 1 serving Daily Fiber Blend™

1 serving Apothe-Cherry

1 serving Bio-Fruit

1 tbsp Organic Tropic Oil

1 tbsp White American Ginseng

1 cup/ 8 oz of almond milk

¼ c pure water

ice (optional)

**Instructions:** Mix Apothe-Cherry with the water. Put all ingredients in a blender – blend for 1 minute until thin, smooth and creamy. Enjoy!

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## **Bio Fruit™ Bonanza**

**Ingredients:** 1 serving Bio Fruit™

1 cup of berries (strawberries, blueberries, raspberries)

1 cup of freshly sliced pineapple or fresh pineapple juice

1 cup of pure sparkling water

**Instructions:** Put all ingredients in a blender – blend until smooth, drink and enjoy!

## **Beauty Sleep Cocktail**

**Ingredients:** 2 tbsp. Apothe-Cherry™

1 tsp. Aloe Vera Concentrate 40X™

8 to 10 oz. purified water, cranberry juice, or warm apple cider

20 drops of Ionic Elements™ (optional)

**Instructions:** Mix Cherry and Aloe into beverage. Drink and Enjoy!

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