

HOW TO MAKE A SUPER SMOOTHIE

ADD THESE TO YOUR BLENDER, MIX IT UP AND ENJOY!



STEP 1: BASE

WE'RE ALL ABOUT THAT BASE

COCONUT MILK	RICE MILK
COCONUT WATER	SOY MILK
JUICE	TEA
NUT MILK	WATER



STEP 2: FRUIT

NATURE'S CANDY AT ITS BEST!

APPLE	FIGS	LIME	PAPAYA
BANANA	GRAPES	MANGO	PEACH
BERRIES	GRAPEFRUIT	MELON	PEAR
CHERRIES	KIWI	NECTARINES	PINEAPPLE
CLEMENTINE	LEMON	ORANGES	POMEGRANATE



STEP 3: VEGGIES

THE BEST WAY TO HIDE A PORTION OF VEGGIES

BROCCOLI	LETTUCE
CARROTS	RED BEET
CAULIFLOWER	SPINACH
CUCUMBER	SWISS CHARD
KALE	ZUCCHINI



STEP 4: YOUR SUPERFOODS MIX

ADD YOUR FAVOURITE ORGANIC SUPERFOOD MIX FOR AN EXTRA HEALTH BOOST

FOREVER BEAUTIFUL – CHIA SEEDS, ACAI, MAQUI, ACEROLA, MACA, BLUEBERRY

SUPER GREEN – WHEATGRASS, BARLEY GRASS, BAOBAB, MORINGA, SPIRULINA, CHLORELLA

ENERGY BOMB – ACAI, GUARANA, MACA, LUCUMA, BANANA

POWER MATCHA – MATCHA, MACA, MORINGA, WHEATGRASS, BARLEY GRASS

CHOCOLATE LOVER – CACAO, CAROB, COCONUT, CHIA SEEDS, LUCUMA

MUSCLE POWER – PEA PROTEIN, RICE PROTEIN, MACA, LUCUMA, BANANA

SKINNY PROTEIN – PEA PROTEIN, HEMP PROTEIN, MORINGA, SPIRULINA, ALFALFA



STEP 5: ADDITIONS

EXTRAS TO TOP IT OFF

HEALTHY FATS	SWEETENERS	SPICES	GRAINS
AVOCADO	AGAVE	CARDEMON	BARLEY
COCONUT OIL	COCONUT SUGAR	CINNAMON	BUCKWHEAT
NUTS	DATES	GINGER	QUINOA FLAKES
SEEDS	STEVIA	VANILLA	OATS

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YOUR
SUPER
FOODS