BUILD A BETTER SMOOTHIE

Whole Lifecycle NUTRITION

BASE

- Almond, Cashew, or Macadamia Milk
- Soy Milk
- Oat Milk
- Plant-based Kefir
  Plant-based Yogurt
- Silken Tofu
- Coffee
- Water
- 100% Fruit Juice

FIBER

- Dry Oats
- Bran Cereal
- Chia Seed
- Flax Seed
- Hemp Hearts
- Cooked Barley

HEALTHY FATS

- Avocado
- Nut or Seed Butter
- Flax Seed
- Chia Seed
- Coconut Meat
- Hemp Hearts

FRUIT

- Fresh or frozen!
- Berries
- Mango
- Pineapple
- Acai
- Banana
- Pineapple
- Peach, Pear, or Plum
- Dates or Figs

GREENS

- Fresh or frozen!
- Spinach
- Kale
- Wheatgrass
- Microgreens
- Swiss Chard
- Beet Greens
- Sprouts

BOOST UP

- Maca Powder
- Spirulina
- Matcha
- Cocoa Powder
- Maple
- Cinnamon
- Vanilla
- Turmeric or Ginger

Choose an item from each category and blend together for 1 - 2 minutes for a nutrient dense smoothie meal!

MAKE IT A BOWL!

Blend up a base and add on toppings for a cool and creative treat.



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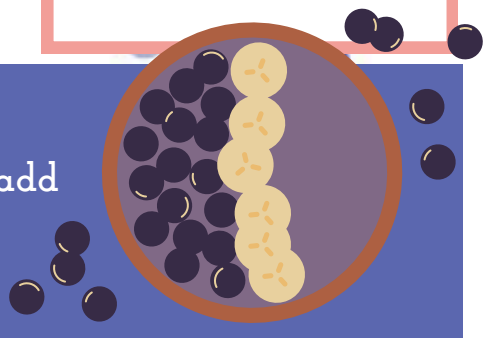

whole lifecycle