


Smoothie from scratch.

A guide to help you create your a perfect smoothie from scratch, exactly how you like it. Choose one or two from each section, or ask our team to help you!

Fruit 2 cups	Frozen banana Frozen berries Frozen mango pieces Frozen zucchini	
Protein 2 TBSP	Vanilla pea protein powder Chocolate pea protein powder	
Liquid 2 cups	Oat milk Coconut water Kefir Water	
Superfoods 2 TBSP	Acai powder Spirulina powder Seed super greens powder	
Toppings Ask the team	Chia seeds Granola Maca nibs	



MADE
FROM SCRATCH