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.COM



# SUPERFOOD SMOOTHIES



ENERGY BOMB

FOREVER BEAUTIFUL

Hi health lover!

We're Kristel and Michael, the founders of Your Super. Not too long ago we were playing tennis at a professional level, enjoying an ideal lifestyle on and off the court.

When Michael was diagnosed with cancer at 24, all of that changed. While rebuilding his immune system after chemo treatments, he learned how important it is to fuel your body with a whole-food diet.

Kristel, with the help of her aunt, an orthomolecular nutritionist, created superfood mixes that Michael could easily add to his food and drink every day. It was so great to see how quickly he got his energy levels up and rebuilt his immune system!

We started sharing the mixes with friends and family, and many of them experienced very positive results. We knew we needed to share these superfoods with the world!

Your Super makes healthy eating easy with functional superfood mixes. Not only do they increase your micronutrient intake, but they also support your health so you can truly thrive. In fact, **85% of Your Super customers report feeling better when they use Your Super products.**

One of the easiest and most popular ways to use Your Super mixes is adding them to smoothies. In this book you'll find some of our favorite smoothie and shake recipes using each superfood mix. Let's get mixing!

xo Kristel & Michael



# OUR MIXES

Our superfood and plant-based protein mixes are 100% organic, naturally dried superfoods without any fillers, sweeteners or artificial ingredients. Only the best nature has to offer!



## SUPER GREEN

The easiest way to increase your intake of nutritious greens and natural micronutrients— with all essential vitamins and minerals. One spoonful equals one handful of greens!

**INGREDIENTS:** Wheatgrass, Barley Grass, Baobab, Moringa, Spirulina and Chlorella Powder

**TASTE:** Earthy, fresh

**SERVING SIZE:** 1 tsp



## FOREVER BEAUTIFUL

Nourish your skin from the inside out! One serving contains 110% of your daily vitamin C (boost your own collagen production!) plus omega-3 fatty acids, beauty vitamins A and E and antioxidants for healthy skin.

**INGREDIENTS:** Chia Seeds, Açai, Maqui, Acerola, Maca and Blueberry Powder

**TASTE:** Berry, slightly sweet

**SERVING SIZE:** 1 tsp



## ENERGY BOMB

Boost your energy levels for up to 8 hours. This mix is the perfect healthy coffee replacement and pre-workout booster! You will feel a difference the first time you try it.

**INGREDIENTS:** Açai, Guarana, Maca, Lucuma and Banana Powder

**TASTE:** Berry, slightly tart

**SERVING SIZE:** 1 tsp



## POWER MATCHA

This mix is high in antioxidants and natural caffeine, making it a great healthy alternative to coffee. The combination of brain and energy-boosting superfoods optimize your focus and productivity. And yes, it also counts as a portion of greens.

**INGREDIENTS:** Matcha, Moringa, Maca, Wheatgrass and Barley Grass

**TASTE:** Green, fresh

**SERVING SIZE:** 1 tsp



### CHOCOLATE LOVER

Relax, boost your mood and curb your cravings for sweets! This feel good mix is great for all sorts of healthy treats and snacks.

**INGREDIENTS:** Cacao, Carob, Shredded Coconut, Chia Seeds and Lucuma Powder

**TASTE:** Chocolatey, slightly sweet

**SERVING SIZE:** 2 tsp



### MELLOW YELLOW

This powerful blend of Ayurvedic herbs and adaptogens will help you unwind, de-stress and leave you feeling well-rested and rejuvenated.

**INGREDIENTS:** Turmeric, Ashwagandha, Ginger, Cinnamon, Lucuma and Pepper Powder

**TASTE:** Slightly spicy, fresh

**SERVING SIZE:** 1 tsp



### MUSCLE POWER

The perfect combination of plant protein and energizing superfoods. This mix contains 60% highly absorbable plant-based protein (including all 9 essential amino acids) and no sweeteners!

**INGREDIENTS:** Rice Protein, Pea Protein, Maca, Lucuma and Banana Powder

**TASTE:** Neutral, slightly sweet

**SERVING SIZE:** 2 tbsps



### SKINNY PROTEIN

Green superfoods with 62% plant-based protein for the best post-workout recovery and hunger control.

**INGREDIENTS:** Pea Protein, Hemp Protein, Moringa, Spirulina and Alfalfa Powder

**TASTE:** Earthy, green

**SERVING SIZE:** 2 tbsps



### MAGIC MUSHROOM

This magical mix of functional mushrooms, adaptogens and superfoods is designed to support a strong and healthy immune system while managing your stress.

**INGREDIENTS:** Cacao, Chaga Mushrooms, Ashwagandha, Reishi Mushrooms, Lucuma and Cinnamon Powder

**TASTE:** Chocolatey, cinnamon

**SERVING SIZE:** 1 tsp

# HOW TO MAKE A SMOOTHIE

Smoothies are easy to make and a great way to sneak in a portion of veggies. We often have them in the morning, but smoothies are also great as an afternoon snack or after a workout.



## STEP 1: CHOOSE A LIQUID

Start with 1 cup water, plant-based milk, coconut water or fresh juice



## STEP 2: ADD YS MIX(ES)

Add 1-3 of your favorite mixes. Experiment with different combinations to find out what you like best!



## STEP 3: ADD INGREDIENTS

Fresh or Frozen Fruit (bananas, pineapple, berries, etc.)  
Vegetables (cucumber, celery, etc.)  
Leafy Greens (spinach, kale, etc.)  
Extras (ginger, nut butter, cinnamon, etc.)



## STEP 4: BLEND & ENJOY!



A glass jar filled with a vibrant green smoothie, topped with a wooden straw. In the background, a brown tin labeled 'SUPER GREEN' is visible. In the foreground, several slices of fresh lemons are scattered on a white surface. The overall scene is bright and clean, suggesting a healthy and refreshing beverage.

# Super Green Smoothies

## GREEN DETOX SMOOTHIE

Serves 1

### INGREDIENTS:

1 tsp Super Green mix  
1 (frozen) banana  
1 pear, cored & sliced  
1 cup water  
½ cup fresh spinach  
1-inch fresh ginger

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

## GREEN MACHINE

Serves 1

### INGREDIENTS:

1 tsp Power Matcha mix  
1 tsp Super Green mix  
1 cup water  
1 cup frozen mango  
½ cup frozen spinach

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.





# Forever Beautiful Smoothies



## EASY BERRY SMOOTHIE

Serves 1

### INGREDIENTS:

1 tsp Forever Beautiful mix  
1 cup plant-based milk  
1 cup frozen mixed berries  
3 tbsp quick oats

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

## BERRYLICIOUS SMOOTHIE

Serves 1

### INGREDIENTS:

1 tsp Forever Beautiful mix  
1 tsp Super Green mix  
1 (frozen) banana  
1 cup plant-based milk  
1 cup frozen mixed berries

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

A top-down view of a smoothie bar setup on a white marble surface. In the center, a glass mug with a handle is filled with a pinkish-red smoothie, topped with fresh strawberries, a yellow starfruit slice, and a cinnamon stick. To the left, a small round metal tin is also filled with the same smoothie and strawberries. In the foreground, a brown paper cup with a red logo and the text 'ENERGY BOMB' is visible. Scattered around are more strawberries and starfruit slices.

# Energy Bomb Smoothies

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BOMB

## BERRY BOOST

Serves 1

### INGREDIENTS:

1 tsp Energy Bomb mix  
1 (frozen) banana  
1 cup plant-based milk  
1 cup frozen mixed berries

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

## ORANGE DREAMSICLE

Serves 1

### INGREDIENTS:

2 tbsp Muscle Power mix  
1 tsp Energy Bomb mix  
1 orange, peeled and sliced  
1 cup coconut milk  
½ tsp vanilla extract  
ice cubes

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



# Power Matcha Smoothies



## GREEN PINA COLADA

Serves 1

### INGREDIENTS:

1 tsp Power Matcha mix  
1-2 pitted dates  
1 lime, juiced  
1 cup coconut water  
1 cup frozen pineapple

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

## TURMERIC GREEN TEA SMOOTHIE

Serves 1

### INGREDIENTS:

1 tsp Mellow Yellow mix  
1 tsp Power Matcha mix  
1-2 pitted dates  
1 (frozen) banana  
1 cup plant-based milk  
½ cup frozen spinach  
ice cubes (optional)

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



Skippy  
Protein  
Smoothies

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SKINNY  
PROTEIN

ORGANIC SUPERFOOD

PEA PROTEIN  
MOCHA

## TROPICAL PROTEIN SMOOTHIE

Serves 1

### INGREDIENTS:

2 tbsp Skinny Protein mix  
1 (frozen) banana  
½ lime, juice and zest  
1 cup coconut milk  
1 cup frozen pineapple  
1 cup fresh spinach

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

## GREEN HULK

Serves 1

### INGREDIENTS:

2 tbsp Skinny Protein mix  
1 tsp Super Green mix  
2 (frozen) bananas  
1 cup water  
1 cup fresh spinach  
1 tsp ground cinnamon

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



# Muscle Power Smoothies



## PEACH SMOOTHIE

Serves 1

### INGREDIENTS:

2 tbsp Muscle Power mix  
2 peaches, pitted and sliced  
1 (frozen) banana  
1 cup plant-based milk  
1/3 cup quick oats

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

## PB&J SHAKE

Serves 1

### INGREDIENTS:

2 tbsp Muscle Power mix  
1 tsp Forever Beautiful mix  
1 (frozen) banana  
1 cup plant-based milk  
1/2 cup frozen berries  
2 tbsp peanut butter

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

# Chocolate Lover Smoothies

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CHOCOLATE  
LOVER

ORGANIC SUPERFOOD MIX

# PEANUT BUTTER CUP SHAKE

Serves 1

## INGREDIENTS:

2 tsp Chocolate Lover mix  
1 (frozen) banana  
1 cup plant-based milk  
2 tbsp peanut butter

## DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

# COCO LOCO SMOOTHIE

Serves 1

## INGREDIENTS:

2 tsp Chocolate Lover mix  
1 tsp Magic Mushroom mix  
1-2 pitted dates  
¼ avocado  
1 cup plant-based milk  
1 tbsp almond butter  
ice cubes (optional)

## DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



A person wearing a white sweater and green pants is holding two drinks. In their left hand is a brown paper cup with a white lid and a yellow label that says "MELOW YELLOW". In their right hand is a glass jar filled with a yellow smoothie, topped with a slice of blood orange and a purple leaf, and a wooden straw. The text "mellow yellow & Smoothies" is overlaid in white cursive font.

mellow  
yellow  
&  
Smoothies

## GOLDEN MILK SMOOTHIE

Serves 1

### INGREDIENTS:

1 tsp Mellow Yellow mix  
1 (frozen) banana  
1 cup water  
3 tbsp cashews  
¼ tsp vanilla extract (optional)

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

## BERRY MELLOW SMOOTHIE

Serves 1

### INGREDIENTS:

1 tsp Forever Beautiful mix  
1 tsp Mellow Yellow mix  
1 (frozen) banana  
1 cup water  
1 cup frozen raspberries

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



# Magic Mushroom Smoothies



## EASY CHOCOLATE SHAKE

Serves 1

### INGREDIENTS:

1-2 tsp Magic Mushroom mix  
1 cup plant-based milk  
1 cup ice  
¼ cup cashews  
2 tbsp maple syrup (or 1-2 pitted dates)

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

## MAGIC BERRY SMOOTHIE

Serves 1

### INGREDIENTS:

1 tsp Magic Mushroom mix  
1 tsp Forever Beautiful mix  
1 (frozen) banana  
1 cup water  
1 cup frozen mixed berries  
2 tbsp coconut cream

### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

## GIVING BACK

Your Super is B Corp certified — the highest standard for social corporate responsibility. The driving force behind Your Super, the whole reason we're in business, is to create change and improve people's health across the globe. Our customers, our employees, our suppliers, our community and the environment will always come before our bottom line.

### DID YOU KNOW?

Every year 2.6 million children around the world die from severe malnutrition. That's one child every 12 seconds. Life-threatening conditions currently affect 20 million children worldwide, but this can be prevented!

### WHAT WE GIVE

The most recent innovation in the fight against hunger are the effective Ready-to-Use Therapeutic Foods (RUTF) called the Plumpy'Nut® packages. This powerful package contains an extremely nutrient-rich paste made predominantly from peanuts and enhanced with a mixture of vitamins and minerals. This revolutionary product requires no refrigeration, clean water or cooking and has a shelf life of two years. By consuming three Plumpy'Nuts® a day for seven weeks, a child can recover from near death to certain survival.

### HOW WE GIVE

We're honored to have partnered with Action Against Hunger to coordinate the delivery of our Plumpy'Nut® donations. Action Against Hunger has pursued its vision of a world without hunger for over three decades by combating hunger in emergency situations of conflict, natural disaster and chronic food insecurity. Their reach extends to over 45 countries and their innovative programs in nutrition, food security, livelihoods, water, sanitation and hygiene help more than 9 million people each year.





# SOURCING

We believe that you should know where your (super)food comes from. That's why we created a 100% transparent supply chain.

We source all of our ingredients directly, we personally visit the farmers to see how our superfoods are grown and we try to have a positive impact on the local communities where they're sourced.

Your Super mixes contain 5-6 naturally dried superfoods. Every ingredient is organically grown without pesticides and tested by third party labs for pesticides, glyphosate, heavy metals and microbiology.

All of our mixes are USDA Certified Organic, Non-GMO certified, Glyphosate-Free, plant-based and gluten-free. You'll never find any sweeteners, stevia, artificial flavors, fillers, preservatives or additives.



A hand holding a glass jar of green smoothie with a wooden stirrer. The smoothie is a vibrant green color and has a frothy texture. The hand is wearing a light-colored, textured sweater. The background is a light-colored, marbled surface.

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Now it's your turn - we want to see your favorite smoothie creations!  
Tag us on instagram @yoursuperfoods and #yoursuper. We always love to hear from you :)



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