

Smoothies

All-natural smoothies made with fresh fruits and vegetables.
Non-dairy or added sugar.

Fruity and Simple

Blueberry Goji - A light and energizing smoothie; blueberries, almonds & goji berries, blended smooth with rice milk and Chai seeds.

Ingredients: Goji Berries, Blueberries, Chia Seeds, Rice Milk, Dates, Vanilla Extract

Orange Pomegranate - Citrus blend of orange zest, goji berry, and pomegranate with a touch of cinnamon spice to shake up this fruity blend.

Ingredients: Cashews, Pomegranate, Orange, Cinnamon, Goji Berries, Almond Milk

Orange Creamsicle- Creamy mix of fresh orange, cashew, dates and hemp seed; blended smooth with coconut ice.

Ingredients: Cashews, Hemp Seeds, Dates, Orange, Coconut Water, Goji Berries

Strawberry Cucumber- Fresh Strawberries and cucumber smoothie, enhanced with citrus and fresh mint for a light flavorful delightful experience.

Ingredients: Strawberries, Cucumber, Cashews, Goji Berries, Fresh Mint, Lemon, Rice Milk

Mango Ancho- Naturally sweet mango, goji berries and hemp seed combined with toasted ancho chili powder and a hint of lime juice for a Sweet and tropical blend with a hint of spice.

Ingredients: Mango, Hemp Seeds, Goji Berries, Ancho, Apple, Lime

Cherry Almond - a Vibrant blend of fresh cherries, almonds and Goji Berries with a hint of vanilla.

Ingredients: Cherries, Almonds, Goji Berries, Vanilla Extract

Vibrant Vegetable

Green Machine - A Kale and Spinach energy driven smoothie with Orange, carrot and banana blended with coconut ice.

Ingredients: Kale, Spinach, Orange, Dates, Goji Berries, Banana, Carrot, Coconut Milk, Rice Milk, Coconut flakes

Chocolate Kale- Packed with all the benefits of a kale smoothie, but taste of a chocolate shake!

Ingredients: Kale, Banana, Cocoa Nibs, Cocoa Powder, Rice Milk

Carrot Sunflower- Naturally sweet carrot juice, sunflower seed, banana, goji berries and flax seed. Finished with organic cocoa nibs.

Ingredients: Sunflower Seeds, Flax Seeds, Carrot, Goji Berries, Banana, Coconut Water

Beet Acai - Freshly roasted beets sweetened with an apple, a splash of lemon, Acai Powder blended smooth with almond ice for sweet hearty finish.

Ingredients: Beets, Apple, Lemon, Banana, Acai Powder, Almond Milk

Informative Health Benefits:

Goji Berries - These little red berries are sometimes called the “longevity fruit” the amino acid glutamine in the berry stimulates the body’s production of HGH, a hormone particularly responsible for the youthful appearance and fast healing abilities that decline with age. They are also rich in minerals such as iron, zinc and copper which are fantastic for skin, hair and nails.

Flax Seed - Flax seed is an excellent plant source of anti inflammatory omega 3’s the same fat burning, collagen boosting omega 3’s found in fish oil. Reduces the levels of a hormone directly linked to clogged pores and breakouts. An amazing benefit for your skin health and digestion.

Chia Seeds - This tiny super food is packed with soluble fiber that improves elimination and reduces bloating while making you feel fuller with fewer calories. In addition the seeds are a great source of cell-strengthening omega 3 fatty acids that reduce inflammation and protect the skin from sun damage.

Hemp Seeds - an anti aging, anti inflammatory seed rich in omega fatty acids, including gamma-linolenic acid, an important fat for healthy skin and the healing of eczema. Also a great source of fiber for healthy elimination.

Coconut - A natural powerhouse, coconut water is a fantastic fluid for electrolytes (far better than a sports drink) since it contains potassium, magnesium, and sodium. Proper electrolyte balance means that your heart delivers oxygenated blood efficiently throughout your body setting your skin aglow. Selenium is an important anti-aging mineral that maintains skin elasticity and a healthy scalp.

Lemon - Lemons are chock full of collagen-building vitamin C. Lemons are a liver - loving food with astringent properties that clean out the digestive tract, stimulate bile and saliva while also cleansing the blood.

Spinach - Spinach is highly nourishing to the eyes and the liver and it contains compounds that protect the lining of the digestive tract from inflammation. Forget the milk, spinach is packed with a major dose of bone strengthening vitamin K.

Strawberries - These anti inflammatory berries increase the anti oxidant capacity of your blood, defending you from stress and signs of aging. Surprisingly these sweet red berries are packed with vitamin C. Just one handful of strawberries has more Vitamin C than an entire orange.

Cherries - These deep ruby red drupes are bursting with antioxidants that help keep your body looking and feeling younger. The pigment molecules called anthocyanin in cherries, like those in blueberries and plums, help firm skin and keep connective tissue strong and youthful. Cherries are used to alleviate arthritis and soreness after workouts. They also are on of the few foods that contain natural melatonin, which regulates sleep cycle to give your a better nights rest.

Blueberries - Don't let the color of these highly nutritious berries get you down. Their deep blue skin contain a stable of anti agers that keep you looking, thinking and seeing sharp. They even help reduce fat storage in your body, thanks to their ability to decrease insulin resistance.

Cucumber - Packed with 95% water cucumbers are excellent for hydration and detoxification boost. The potassium and magnesium in cucumbers together has shown to help lower blood pressure and keep you calm. They are also super low in calories (an entire cucumber contains only 45). A healthy amount of silicon aids in tissue and skin health.

Banana - Known for their potassium content, banana are great for oxygen flow and their ability to provide fast energy., which makes them a great snack for athletes. They are easily digested and soothing to the lining of the stomach and they feed good bacteria in your gut. Bananas also contain complex carbs that increase mood-enhancing serotonin production in the body.

Beets - Not only are beets fantastic for the liver and heart they give the lymphatic system a natural boost especially in the winter and contain lots of detox-friendly pectin and fiber. Beets also contain nitrates and pigments that may help lower blood pressure and improve athletic performance.

Cacao - This superfood has a higher concentration of antioxidants than any other food we know of, thanks to its powerful phytochemicals like epicatechin that block the formation of wrinkles. Cacao is a feel good food that raises levels of neurotransmitters like serotonin and endorphins in the brain. It's also one of the highest dietary sources of magnesium, which calms the nervous system and regulates heart rate.

Carrot - One of the best veggie sources of beta-carotene which the body converts to vitamin A, promoting skin, hair, nails and eye health slowing the natural deterioration of eyesight as we age. Carrots also contain a great source of biotin, a nutrient that's important for healthy hair growth and blood sugar regulation.

Kale - It's no secret kale is good for you. It's one of the most nutrient dense foods on earth! Kale is a cancer preventative and buffers inflammation cause by stress. Rich in Folate a B vitamin essential for brain development it also delivers a plethora of vitamins and nutrients for overall body health.

Orange - Known for their great source of vitamin C they also contain detoxifying pectin fiber that can help shed pounds. Just the smell of an orange alone are know to lift your mood, calm nerves and ease depression.

Pomegranate - Historically this ruby colored fruit has been a symbol of wealth, fertility and abundance. It's natural levels of nitric oxide, a chemical that keeps our circulatory system young by boosting blood flow to organs and cells. Pomegranate is also being studied for anti-cancer properties, especially in relation to prostate cancer.

Apple - These delicious fruits are packed with long lasting energy. They help the body detoxify and lower cholesterol. They are also known to improve focus and brain function.

Dates - The umpteen health benefits of dates has made the delicious fruit of the most sought after foods in the world of health and nutrition. Dates are a good source of various vitamins and minerals, energy, sugar, and fiber. It's said that dates are an excellent way to control inebriation. And similarly, it also helps to cure hangovers.

Almonds - A high-fat food that's good for your health? That's not an oxymoron, its almonds. Almonds are high in monounsaturated fats, the same type of health-promoting fats as are found in olive oil, which have been associated with reduced risk of heart disease.

Rice milk - This low calorie popular milk alternative has a wide range of impressive nutrients, including roughly 140 calories per cup, and only about 3 grams of fat - much less than 10 grams of fat in a cup of whole cow's milk. There is no cholesterol in this milk variant, making it much better for heart health.

Acai - The Brazilian superfruit native to the Amazon region are loaded with antioxidants. The many plant compounds in acai could also protect your brain from damage as you age. One of the ways in which the brain stays healthy is by cleaning up cells that are toxic or no longer working, a process known as autophagy. It makes way for new nerves to form, enhancing communication between brain cells acai has been directly linked to this housecleaning task in the brain.

Mango - known as the king of fruits, Mango not only tastes delicious it delivers a powerful punch of antioxidants and vitamins. The antioxidant zeaxanthin, found in mangos, filters out harmful blue light rays and is thought to play a protective role in eye health and possibly ward off damage from macular degeneration. They also aid in weight loss, bone health and have cancer fighting properties due to their beta-carotene.

Ancho Pepper - Fights Fat! the capsaicin compound found in chili powder revs your metabolism, which increases your fat burning skills. Bonus! It builds Immunity. The fiery spice contains vitamin C, acting as an antioxidant to strengthen the immune system and heal injuries and infections.

Cinnamon - At the end of the day, cinnamon is one of the most delicious and healthiest spices on the planet. It can lower blood sugar levels, reduce heart disease risk factors and has a plethora of other impressive health benefits.

Lime - Not only does it revitalize the skin Limes are packed with infection fighting antioxidants and vitamins. They aid in weight loss and help with naturally healthy cell growth.

Sunflower Seeds - This vitamin E packed seed not only good for immunity and healthy skin. The seeds are a great source for curbing your appetite keeping you fuller longer.

Mint - This freshly scented plant has notably been linked to indigestion and gas. Mint is a calming and soothing herb that has been used for thousands of years to aid with upset stomach or indigestion. It is thought to increase bile secretion and encourage bile flow, which helps to speed and ease digestion which may also support healthy cholesterol levels.

Cashews - Although cashews are one of the lowest-fiber nuts, they are packed with vitamins, minerals and antioxidants. These include vitamins E, K, and B6, along with minerals like copper, phosphorus, zinc, magnesium, iron, and selenium, all of which are important for maintaining good bodily function.