



SUPERFOOD SMOOTHIES



EASY, HEALTHY & DELICIOUS



SUPERFOOD SMOOTHIES

MENU

Superfoods are the ultimate health-boosters from nature that make you feel healthier, more energised, beautiful, fit and strong. Smoothies are a great way to get in your extra nutrients on the go. For more recipes go to our blog at www.yoursuper.com.

WELCOME WHY CHOOSE YOUR SUPER?	3
HOW TO MAKE A SUPER SMOOTHIE OUR QUICK GO-TO GUIDE	4
FOREVER BEAUTIFUL THE ANTIOXIDANT SUPERFOOD MIX	5
ENERGY BOMB THE PURE FOCUS SUPERFOOD MIX	9
POWER MATCHA THE GREEN ENERGY SUPERFOOD MIX	13
CHOCOLATE LOVER THE FEEL GOOD SUPERFOOD MIX	17
SUPER GREEN THE IMMUNITY SUPERFOOD MIX	21
SKINNY PROTEIN THE LEAN GREEN PROTEIN MIX	25
MUSCLE POWER THE SUPER STRONG PROTEIN MIX	29
GIVING BACK ACTION AGAINST HUNGER	33

FOR MORE RECIPES
VISIT WWW.YOURSUPER.COM

WHY YOUR SUPER?

Michael and Kristel met on the tennis court. As they trained for the pros, Michael was diagnosed with cancer at age 24. Determined to stay positive, Kristel consulted with her family of orthomolecular nutritionists and mixed up more than 30 bags of superfood powders to boost immunity.

Wheatgrass, barley grass, chia seeds, spirulina, lucuma you name it! Her cabinets were chaotic, but her mission was clear. As Michael took in these additional nutrients he began to feel more energized, happier and increasingly aware. "Why don't more people know about this?" he wondered. Together they crafted 7 individual superfood

powders, formulated for function. As the demand for these nutrient-dense blends grew, they endeavored to source ingredients from the most potent places on the planet.

In doing so, they committed to a totally transparent supply chain, and a philanthropic give back model. For each **Your Super** product purchased one life saving meal bar is donated to a malnourished child, through their partnership with **Action Against Hunger**.

Stay Healthy, Be Happy!
Kristel & Michael



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 it's best!

APPLE	FIGS	LIME	PAPAYA
BANANA	GRAPES	MANGO	PEACH
BERRIES	GRAPEFRUIT	MELON	PEAR
CHERRIES	KIWI	NECTARINE	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 SUPER 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



YOUR
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FOREVER BEAUTIFUL

THE ANTIOXIDANT SUPERFOOD MIX

CHIA SEEDS, ACAI, MAQUI, MACA,
ACEROLA & BLUEBERRY

150g e

Forever Beautiful is a powerful antioxidant blend of Chia seeds, Acai berries, Maqui berries, Acerola cherries, Maca root and Blueberry powder. High in vitamin A, B3, B6, C, E, as well as Iron, Calcium, Magnesium, Phosphor, Potassium and Zinc, this mix is perfect for improving your skin, hair, nails, hormonal activity and protecting your cells from oxidative stress.

This mix is 100% Certified Organic, raw, vegan, natural and free from gluten, soy, artificial colours, GMO and additives.




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BERRY BREEZE SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml water
-  100g (frozen) mixed berries
- 1 mango
-  5g Forever Beautiful Mix

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP

Use less water to make it a thicker smoothie bowl, then add your favourite toppings.



NUTTY BERRY SMOOTHIE

Makes 1 serving

INGREDIENTS

- 🥛 150ml almond milk
- 🍷 50g (frozen) blueberries
- 2 frozen bananas
- 📦 5g Forever Beautiful Mix
- 🌿 1 tbsp. almond butter

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP

Get extra greens by 'hiding' $\frac{1}{4}$ of a zucchini in your smoothie. You won't taste it but gain all the benefits!



PINK COCONUT SMOOTHIE

Makes 1 serving

INGREDIENTS

- 💧 100ml coconut water
- 🥥 50ml coconut milk
- 🍓 50g raspberries
- 🍌 2 frozen bananas
- 📦 5g Forever Beautiful Mix
- 🌿 1 tbsp. grated coconut
- 🍓 Raspberries

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP

Add 15g of Muscle Power Mix for an additional portion of plant-based protein.



Energy Bomb is an excellent source of antioxidants and caffeine with ingredients such as Acai berries, Gurana plant, Maca root, Lucuma fruit and Banana power. High in Vitamin A, Calcium, Iron, Potassium and Zinc, Energy Bomb improves metabolism, neurotransmission, cognitive function and reduces fatigue. Heighten your focus!

This mix is 100% Certified Organic, raw, vegan, natural and free from gluten, soy, artificial colours, GMO and additives.






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FRESH & FRUITY SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml water
-  50g mixed berries
- 1 orange
-  ¼ cucumber
-  5g Energy Bomb Mix
-  1 dash of ginger

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP





Add 1 tsp. of coconut sugar to sweeten it up.



PEANUT BUTTER BERRY SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml water
-  50g blueberries
- 2 frozen bananas
-  5g Energy Bomb Mix
-  25g gluten-free oats
- 1 tbsp. peanut butter
- 25g blueberries

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP

Any nut butter tastes great, so try out different versions with cashew, almond or hazelnut butter.



AVOCADO ACAI SMOOTHIE

Makes 1 serving

INGREDIENTS

- 🥛 150ml rice milk
- 🍎 100g mixed berries
- 📦 5g Energy Bomb Mix
- 🍓 Raspberries
- tsp oats

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Add toppings
- Enjoy!

♥ SUPER TIP

Blend 2 tbsp. of cacao nibs for an extra energy kick and delicious cacao aftertaste.



Power Matcha is a green energy blend of Matcha green tea, Maca root, Moringa leaves, Wheatgrass and Barley grass powder. The mix is an excellent source of antioxidants, Chlorophyll, Vitamin A, B, E, K, Iron and Potassium. It boosts your immune system, increases your energy levels and protects your cells from oxidation. Amazing, isn't it?

This mix is 100% Certified Organic, raw, vegan, natural and free from gluten, soy, artificial colours, GMO and additives.





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GREEN MACHINE SMOOTHIE

Makes 1 serving

INGREDIENTS


-  100ml coconut milk
-  2 bananas
- ½ lime
-  ¼ zucchini
-  5g Power Matcha Mix

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP

Add some of your favorite green leaves to hide an extra portion of veggies.



ICED MATCHA LATTE

Makes 1 serving

INGREDIENTS


- 🥛 150ml almond milk
- 📦 5g Power Matcha Mix
- 🌿 2 dates
- 🌸 pinch of vanilla

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass and add the ice cubes
- Enjoy!

♥ SUPER TIP






Make your own nut milk. Learn how to [here](#).



GREEN ENERGY SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml water
-  1 banana
- 1 orange
-  50g Spinach
-  5g Power Matcha Mix
-  ½ avocado

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP

Add cinnamon to your smoothie for a pleasant surprise!



YOUR
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CHOCOLATE LOVER

THE FEEL GOOD SUPERFOOD MIX

CACAO, CAROB, COCONUT,
CHIA SEEDS & LUCUMA

150g e

Chocolate Lover is a feel good mix of Cacao, Carob, Coconut, Chia seeds and Lucuma fruit powder. The mix is high in antioxidants, Omega 3, Vitamin E, Magnesium, Calcium, Iron and Copper that boost your energy, increase your immunity and supports your digestion. More importantly, it tastes delicious!

This mix is 100% Certified Organic, raw, vegan, natural and free from gluten, soy, artificial colours, GMO and additives.




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CHOCOLATE MILK LATTE

Makes 1 serving

INGREDIENTS

-  150ml water
-  10g Chocolate Lover Mix
-  30g cashews
- 2 dates
- 1 tbsp. melted coconut oil
- ½ tsp cinnamon

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP





Are you a coffee lover? Add cold-brewed coffee to the mix to get a healthy coffee fix!

A tall glass and a shorter glass filled with a thick, brown smoothie. Both are topped with a dusting of brown powder and small dark seeds. A banana slice is visible in the background, and chocolate pieces are in the foreground.

BROWN MONKEY SMOOTHIE

Makes 1 serving

INGREDIENTS

-  **150ml water**
-  **3 frozen bananas**
-  **10g Chocolate Lover Mix**
-  **1 tbsp. almond butter**

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP

Add kale to this smoothie to sneak in an extra portion of veggies.



CREAMY CACAO SMOOTHIE

Makes 1 serving

INGREDIENTS

- 🥛 150ml rice milk
- 🍌 1 banana
- 📦 10g Chocolate Lover Mix
- 🌿 Granola & Raspberries
- 1 dash of vanilla

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a bowl
- Enjoy!

♥ SUPER TIP

Make this a delicious breakfast by adding your favorite fruits, nuts and granola on top.



THE IMMUNITY SUPERFOOD MIX

100g e

This mix is 100% Certified Organic, raw, vegan, natural and free from gluten, soy, artificial colours, GMO and additives.





Find more recipes at www.yoursuper.com



COLADO GREEN SMOOTHIE

Makes 1 serving

INGREDIENTS

-  100 ml coconut milk
-  ½ pineapple
- ½ lime
-  ¼ cucumber
-  5g Super Green Mix

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP





Not a fan of coconut milk? Use coconut rasp and water instead for a lighter version.



CLASSICAL GREEN SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml water
-  2 bananas
- 1 tsp. lemon juice
-  50g baby spinach
-  5g Super Green Mix

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP




Add 1 tbsp. of almond or peanut butter to your smoothie...just because it is so delicious!



TROPICAL PLANT SMOOTHIE

Makes 1 serving

INGREDIENTS

-  **150ml coconut water**
-  **1 mango**
- 1 orange**
-  **5g Super Green Mix**

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP

Add an extra portion of your favorite green leaves for an extra nutrient boost. Your body will thank you!



YOUR
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SKINNY PROTEIN

THE LEAN GREEN PROTEIN MIX

PEA PROTEIN, HEMP PROTEIN,
MORINGA, SPIRULINA & ALFALFA

400g^e

Skinny Protein contains all essential amino acids, 62% plant-based protein and only 9.6g carbs per 100g. The use of Moringa leaves, Spirulina algae and Alfalfa grass provides nutrients such as Chlorophyll, Vitamin A, B9, B12, C, Iron, Calcium, Potassium and Magnesium. This combination is the ideal after-workout protein supplement as it aids in recovery of muscles and protect cells from oxidative stress.

This mix is 100% Certified Organic, raw, vegan, natural and free from gluten, soy, artificial colours, GMO and additives.





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LEAN & GREEN SMOOTHIE

Makes 1 serving

INGREDIENTS


-  150ml water
-  ½ mango
-  15g Skinny Protein Mix
-  ½ avocado
- 1 tsp. coconut sugar

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP






For an extra zing of flavour, add a squeeze of lime to your smoothie.



GREEN POWER SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml water
-  2 frozen bananas
-  50g spinach
-  15g Skinny Protein Mix
-  1 tbsp. almond butter

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

SUPER TIP





You can replace the almond butter with any of your favorite nut butters.



GREEN PEAR SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml almond milk
-  3 pears
-  ¼ cucumber
-  15g Skinny Protein Mix
- pinch of cinnamon

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

SUPER TIP

Add a pinch of cardamom or ginger to spice it up!



YOUR
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MUSCLE POWER

THE SUPER STRONG PROTEIN MIX

RICE PROTEIN, PEA PROTEIN,
MACA, LUCUMA & BANANA

400g e

Muscle Power gets its strength from Pea protein, Rice protein, Maca root, Lucuma fruit and Banana powder. The mix contains 60% plant-based protein as well all essential amino acids and energy boosting superfoods. It also supports electrolyte balance, carbohydrate metabolism and the production of red blood cells. Power on!

This mix is 100% Certified Organic, raw, vegan, natural and free from gluten, soy, artificial colours, GMO and additives.





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PROTEIN POWER SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml water
-  1 banana
-  15g Muscle Power Mix
-  1 tbsp. peanut butter

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP





Add an extra portion of your favorite green leaves to 'hide' an extra portion of veggies.



POWER BREAKFAST SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml almond milk
-  2 apples
-  15g Muscle Power Mix
-  25g oats
- 25g raisins

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP






If you want to avoid gluten, use gluten-free oats or use buckwheat oats instead.



CARROT CAKE SMOOTHIE

Makes 1 serving

INGREDIENTS

-  150ml water
-  1 frozen banana
-  1 large carrot
-  15g Muscle Power Mix
-  2 dates
- pinch of cinnamon

DIRECTIONS

- Place all ingredients in a blender and blend until smooth
- Pour mixture into a glass
- Enjoy!

♥ SUPER TIP

Add some extra spice and a health boost with ½ cm of ginger.

GIVING BACK

WHY GIVE

As we scoured the planet, for the best ingredients, we became more sensitive to the epidemic of world hunger, and our responsibility to help eradicate it. Every year 2.6 million children die globally from severe malnutrition. That is one child every 12 seconds. These life-threatening conditions currently affect 20 million children worldwide.

WHAT WE GIVE?

The most recent innovation in the fight against hunger are the effective Ready-to-Use Therapeutic Foods (RUTF). Plumpy Nuts is a nutrient-rich paste made predominantly from peanuts and enhanced with vitamins and minerals. With only 3 Plumpy Nuts a day for seven weeks, a child can recover near death to certain survival.

HOW WE GIVE?

For every Superfood Mix sold, we donate 1 packet of lifesaving food to **Action Against Hunger**, ACF International. ACF spends 93% of revenue on program delivery and has received a four-star rating from Charity Navigator, a distinction only 2% of NGOs achieve.



#yoursuperfoods



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