

Nourishing greens

Rich in antioxidants and phytonutrients, our new **Organic Super Greens + Immunity powder** is a blend of five 100% organic super greens plus acerola cherry. It's an easy way to boost your daily nutrient and phytonutrient intake, to support your immunity and general wellbeing all year round. Simply add a teaspoon of powder to water (with or without a squeeze of fresh lemon), or blend into smoothies or juices for a convenient addition to your wellness routine. Here's some of our go-to recipes for you to try:



SUPER GREENS SMOOTHIE

Add a scoop of our Super Greens to this refreshing smoothie recipe for extra immune support in the mornings. Add all ingredients to a blender and mix until smooth:

- 1 cup ice (optional)
- A handful of organic kale or spinach (fresh or frozen)
- 1 cup frozen mango cubes
- 1 cup ripe frozen peaches
- Thumb of fresh ginger
- Juice of 1 lemon
- 1 ½ – 2 cups water
- 1 tsp of Super Greens + Immunity powder



3427
150g powder



GREEN GOODNESS SALAD DRESSING

This salad dressing is one of our go-to recipes throughout the year! Plus, it stays fresh in an air tight container in the fridge for up to 5 days. Simply add all ingredients to a blender and whizz until smooth:

- 1 cup plain live yogurt
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons extra virgin olive oil
- 2 cups roughly chopped mixed fresh tender herbs: parsley, basil, chives, tarragon, or mint, your choice!
- 1 garlic clove, minced
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tsp Super Greens + Immunity powder



MIGHTY GREENS ENERGY BITES

If the afternoon slump hits, these energy bites are the perfect sweet treat with added greens! The kick of ginger and drizzle of chocolate provide a little pick-me-up between meals.

Makes 16 energy balls

- 15 large (200g) medjool dates, pitted
- 1 ½ cups (200g) raw cashews
- ½ cup (50g) oats, gluten free
- 1 tablespoon coconut oil, melted
- 1 teaspoon Super Greens + Immunity powder
- 2 teaspoon ground ginger
- 3 Tablespoon chocolate chips, melted

Method

1. Soak the pitted dates in warm water for about 5 minutes. Drain and peel the dates.
2. Pulse the oats and cashews in a food processor until they turn into a sandy texture. Add the dates, coconut oil, matcha, clean greens and ginger, and blend until everything has mixed together and form a nice sticky dough.
3. Roll the dough into 16 equal sized balls and place on a baking sheet lined with parchment paper.
4. Melt chocolate chips in the microwave, then drizzle over the energy balls.
5. Place in the fridge for an hour to set, then store in an airtight container in the fridge.