

MINDFULNESS

#### EMPATHY KALE

Kale, banana, almond butter, blue berries, blended almond milk

#### MINDFUL ARUGULA

Arugula, pumpkin seeds, pineapple, banana, blended with almond milk

### PROTEIN POWER

Banana, almond butter, blue berries, almond milk, blended with almond milk and organic protein

## J-EAZY SMOOTHIE

Mango, orange, extra protein, blended with strawberry juice

# BEVERAGES

coconut water
Iced tea (Green, black, raspberry)