



Fills you up

Aids recovery from exercise

PROTEIN

1 – 2 raw eggs (you can't taste them :P), 1 T peanut butter, 2 T hemp seeds, a good dollop of Greek yogurt, 1/2 - 1 scoop of protein powder (opt for a naturally sweetened one with a short ingredient list).

Helps with concentration

Try our Probiotic Berry Bliss Bowl

Provides long-lasting energy

FIBRE

Slows digestion

Chia seeds (6.9 g / 20 g seeds), Fruit (4 g / 1/2 cup raspberries), avocado (6 g / half avo).

The daily recommendation is 30 grams of fibre a day for men and 25 grams for women.

Try our Daily Fibre and Greens Jar



OUR GUIDE TO THE ULTIMATE BREAKFAST SMOOTHIE

Promotes a full and satisfied tummy and mind

FAT

2 t coconut butter, 1 t coconut oil, a small handful of nuts or seeds, avocado, eggs, peanut butter.

Try our Iced Mocha MCT Power Shake

LIQUID

Not fruit juice! Often highly processed and packed with sugar

Milk of choice (soy adds a nutty creaminess), coconut water, water, combo of milk and water. Cheeky shot of espresso?

Try our Tahini Banana Bliss Smoothie

BULK IT UP

A handful of frozen fruit. Berries are lowest in sugar but for even less try adding a handful of frozen vegetables like zucchini or cauliflowers + 1 tsp Nuvia Sweetener (sounds weird, but wonderful we promise).

Try our Creamy Cashew Cookie Bowl

No one likes a watery smoothie



Who's ready to blitz some berries?

Nuvia



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Head to nuviaproducts.com/journal for some smoothie inspiration

