

Summer Smoothies

Sunny, refreshing, nourishing

Food: A Love Story

Ayurvedically Inspired Healthy Food and Recipes



BERRY FRESH
Coconut Milk
Blueberries
Raspberries
Banana
Honey
Cinnamon
Lime juice



GREEN CLEAN
1 apple
2 fists of kale
1 T flaxseeds
1/2 c coconut water
1/2 c almond milk
2 leaves mint
dash cardamom



MINT COOLER

Apple
Mango
Cucumber
Lime Juice
Mint

Optional: Aloe, Chlorella



RADIANCE
Apple
Peach
Carrot
Coconut Milk
Basil

Add a few leaves of garden herbs to highlight flavor and freshness: Mint, Parsley, Cilantro, Basil & Dill are especially good for summer.

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