

SMOOTHIES:

TO PREPARE: Add your favorite nut or oat milk (almond or coconut are our go-tos). Let sit 5 minutes, then blend until smooth. Enjoy.

FREEZE THESE!



Chef T's Mango Power Greens

Mango, avocado, banana, peanut butter, date, kale, PB Fit protein powder.



Almond Butter + Jelly Smoothie

Hemp seeds, chia seeds, flax seeds, almonds, almond butter, banana, raspberries, strawberries + Kachava Vanilla Protein Powder.



Killer Chiller Oats

Gluten free oats, blueberries, banana, sun butter, flax seeds, date, sea salt + cinnamon.

VEG + DIPS:



Basil Artichoke Dip

The perfect appetizer served with crackers, bread or our veggie crudite.

Good Clean Bitchin Sauce

Serve as a dip with our rainbow of crudités or tortilla chips. It is awesome as a veggie dip for the kiddos

SWEETS + BREAKFAST (add-ons)



Salted Caramel Chia



MALIBU BREAKFAST BOWLS:

INGREDIENTS: Mango, avocado, spinach, almond butter, almonds, date, banana, coconut flakes.



Better Than Perfect Bar



CACAO PROTEIN CHIA BOWL

INGREDIENTS: Mango, avocado, spinach, almond butter, almonds, date, banana, coconut flakes.



SUPER PROTEIN OATS:

TO Prepare: Combine 1/3 cup of oats with 1/3 cup of hot water or nut milk in a bowl, stirring well to mix. Adjust liquid as needed.