

SUPERFOOD MENU & INGREDIENTS LIST

SALTED CARAMEL COLLAGEN

(CRAVING KILLER! FULL OF MULTI - COLLAGEN GOODNESS FOR OVERALL HEALTH)

Desiccated Coconut
Organic Medjool Dates
Homemade Almond Butter
Organic Ceylon Cinnamon
Multi-Collagen Powder

Allergens – Tree
Nuts, Trace Milk

GOOEY CHOCOLATE COLLAGEN BEAUTY BLEND (A CHOCALOLICS DREAM FOR HAIR SKIN AND NIALS)

Organic & Gluten Free Oats
Homemade Almond Butter
Raw Cacao Liquor Buttons
Montezuma's Absolute Black
Organic Medjool Dates
Multi - Collagen Powder

Allergens – Tree
Nuts, Trace Milk

GREEN POWER

(ALL THE SUPERGREENS FOR ULTIMATE VITALITY)

Organic & Gluten Free Oats
Juice & Zest of large Organic
Orange
Organic Spirulina Powder
Organic Chlorella Powder
Organic Hemp Powder
Organic Shelled Hemp seeds
Organic Deglet Nour Dates
Organic Cold Pressed Coconut Oil

Allergens – Tree
Nuts



RAW HONEY & BEE POLLEN (ALLERGY FIGHTING ENERGY BOOST)

- Organic & Gluten Free Oats
- Organic Walnut Halves
- Raw Organic Bee Pollen Granules
- Raw Manuka Honey
- Organic Deglet Noir Dates
- Homemade Almond Butter
- MCT Oil

Allergens –
Tree Nuts

CITRUS BURST (A BURST OF VIBRANT COLOUR & A DECADANT DIGESTION AID)

- Desiccated Coconut
- Organic Cashew Nuts
- Organic Dried Apple Rings
- Dried Apricots
- Juice and Zest of
Lemon/Lime/Mandarin
- Organic Cold Pressed Coconut
Oil

Allergens –
Tree Nuts
Sulphites

CINNAMON SWIRL (BLOOD SUGAR BALANCING BITES)

- Desiccated Coconut
- Organic Medjool Dates
- Organic Pecan Halves
- Homemade Almond Butter
- Organic Cold Pressed Coconut
Oil
- Organic Cinnamon Mix

Allergens –
Tree Nuts

RUM & RAISIN REPLENISH (FEEL GOOD FLAVOUR! SLOW RELEASE PROTIEIN AND STRESS SUPPORT)

- Organic & Gluten Free Oats
- Organic Raisins and Sultanas
- Natural Rum Drops (non-
alcoholic)
- Organic Casein Protein
- Organic Ashwagandha Powder

Allergens –
Tree Nuts,
Silphites,
Milk





JUNGLE BALLS

(OMEGA3 AND POTASSIUM POWERHOUSE FOR BIG AND LITTLE MONKEYS ALIKE)

- Organic & Gluten Free Oats
- Organic Medjool Dates
- Organic Cold Pressed Dried Banana
- Banana Chips
- Organic Omega Seed Mix
- Organic Cacao Liquor Buttons
- Homemade Almond Butter

Allergens – Tree Nuts, Sesame

ORANGE MICRONUTRIENT SORBET

(PRE-WORKOUT PERFECTION)

- Desiccated Coconut
- Organic Dried Apple Rings
- Organic Dried Orchard Fruit Mix
- Organic Deglet Noir Dates
- Zest & Juice of large Orange
- Organic Cold Pressed Coconut Oil
- Superfood Powder in Orange Flavour

Allergens – Tree Nuts, Sulphites, Trace Milk

BLUEBERRY & BCAA'S

(POST WORKOUT REFUEL WITH ADDED TASTEBUD TINGLES!)

- Desiccated Coconut
- Organic Dried Blueberries
- Organic Medjool Dates
- Organic Brazil Nuts
- Organic Cold Pressed Coconut Oil
- BCAA Blend in Blueberry flavour

Allergens – Tree Nuts, Milk

MINT CHOCOLATE PISTACHIO

(HUNGER CRUSHING CHOLESTEROL HELPER)

- Organic & Gluten Free Oats
- Organic Deglet Noir Dates
- Natural Peppermint extract
- Pistachio Nuts
- Organic Raw Cacao Powder
- Raw Organic Cacao Buttons
- Homemade Almond Butter

Allergens – Tree Nuts



WHITE CACAO & APRICOT CREM'E (WITH A GENEROUS SERVING OF WHITE CACAO BUTTER, THIS IS THE CRÈME DE LA CRÈME OF SUPERFOOD!)

- Organic & Gluten Free Oats
- Cashew Butter
- Dried Apricot
- Organic Dried Apple Rings
- Organic Omega Seed Mix
- Organic White Cacao Buttons

Allergens –
Tree Nuts,
Sulphites,
Sesame

TROPICAL TURMERIC (THE INFLAMMATION BUSTER, WITH AN INCREDIBLE FRESH FLAVOUR)

- Desiccated Coconut
- Organic Dried Pineapple
- Organic Dried Mango
- Organic Cold Pressed Coconut Oil
- Organic Fresh Turmeric Root
- Black Pepper

Allergens –
Tree Nuts

COCONUT MATCHA (MIGHTY MATCHA, NEED I SAY MORE!)

- Desiccated Coconut
- Organic Coconut Matcha-Superfood Powder Blend
- Macadamia Nuts
- Organic Dried Figs
- Organic Cold Pressed Coconut Oil
- Organic Ceylon Cinnamon

Allergens –
Tree Nuts

ROCKET FUEL (ALL THE ADAPTOGENS -STRESS? ADRENAL FATIGUE? HORMONE INBALANCE? THEN I'M YOUR BALL)

- Organic & Gluten Free Oats
- Organic Medjool Dates
- Organic Ground Flax Seeds
- Ashwagandha Powder
- Maca Root Powder
- Licorice Root
- Organic Raw Cacao Powder
- Homemade Almond Butter

Allergens –
Tree Nuts





CAPE MOCHA

(A SATIATING TREAT TO KEEP YOU ON YOUR FEET)

Desiccated Coconut
Organic Deglet Noir Dates
Homemade Almond Butter
Organic Brazilian Coffee
(Often adapted to include customers favourite coffee or own brand)

Allergens –
Tree Nuts

STRAWBERRY AND GOJI BERRY PROTIEIN

(PROTECT YOUR IMMUNE SYSTEM WITH THE POWERFUL GOJI AND FUEL YOUR DAY THE RIGHT WAY)

Desiccated Coconut
Organic Dried Goji Berry's
Freeze Dried Strawberries
Organic Deglet Noir Dates
Organic Cold Pressed Coconut Oil
Pea Protein Powder in Strawberry Flavour

Allergens –
Tree Nuts,
Sulphites



CHIA CHIP COOKIE DOUGH

COOKIE DOUGH (CLASSIC COMFORT FOOD COMBO WITH A CHIA SEED AND CACAO NIB CRUNCH)

Desiccated Coconut
Organic Medjool Dates
Organic Chia Seeds
Organic Cacao Nibs
Homemade Almond Butter
Pea Protein Powder in Cookie Dough Flavour

Allergens –
Tree Nuts



LEMON CURD (IF LIFE GIVES YOU LEMONS EAT THESE!)

Organic & Gluten Free Oats
Organic Cashew Nuts
Organic Dried Orchard Fruit Mix
Juice & Zest of Fresh Organic
Lemon
Organic Cold Pressed Coconut
Oil

Allergens –
Tree Nuts,

BOUNTY BLISS (WHO NEEDS A JUNK FILLED CHOCOLATE BAR, YOU MAY NOT EVEN NOTICE THE DIFFERENCE, BUT YOUR BODY WILL)

Desiccated Coconut
Organic Raw Cacao Liquor
Buttons
Organic Deglet Noir Dates
Organic Raw Cacao Powder
Organic Cold Pressed Coconut
Oil
Vegan Protein Blend

Allergens –
Tree Nuts

APPLE AND GINGER CQ10

(I CALL THEM GLOW BALLS! METABOLISM BOOSTING FIRE IN
EVERY BITE)

Organic & Gluten Free Oats
Flax and CQ10 Mix
Organic Deglet Noir Dates
Organic Dried Apple Rings
Organic Stem Ginger
Organic Ground Ginger Powder
Homemade Almond Butter
Superfood Powder in Apple Flavour

Allergens –
Tree Nuts



CHOCOLATE ORANGE

(CHRISTMAS SPECIAL GONE ROGUE! THESE BALLS WILL LEAVE YOU FULL, OF BOTH FLAVOUR AND LIFE!)

Organic & Gluten Free Oats
Juice and Zest of Large Organic Orange
Organic Deglet Noir Dates
Organic Raw Cacao Buttons
Organic Raw Cacao Powder
Superfood Powder in Orange Flavour

Allergens –
Tree Nuts,
Trace Milk

HIIT CROSS BUN

(INSPIRED BY MY COMPETITION WINNER AND DESIGNED TO SUPPORT YOU IN FIRING UP OR WINDING DOWN FROM THAT ALL IMPORTANT HIIT SESSION!)

Organic & Gluten Free Oats
Mixed Dried Fruits and Peels
Organic Nutmeg
Organic Coconut Oil
Multi Collagen Powder
Organic Desiccated Coconut
Organic Dried Apple Rings
Organic Ceylon Cinnamon

Allergens –
Tree Nuts,
Trace Milk

ALL SUPERFOOD SNACKS £1 PER BALL

Please get In touch If you would like more information about the range of Superfood powders, protein, and adaptogen blends that I use.

All ingredients and ALLERGENS in seasonal special flavours will be made available upon ordering.



HOME MADE INFUSED ALMOND BUTTER AVAILABLE IN:

- 1 **Original** – Just Beautiful Californian Almonds, Organic Olive Oil and Himalayan Salt
- 2 **Cinnamon Spice**- Californian Almonds, Organic Olive Oil, Himalayan Salt and Organic Cinnamon Blend
- 3 **Jammy Swirl** – Californian Almonds, Organic Olive Oil, Himalayan Salt, Blueberry and Raspberry Whey Protein
- 4 **Salted Caramel Collagen**- Californian Almonds, Organic Olive Oil, Himalayan Salt, Multi Collagen Powder in Salted Caramel
- 5 **Apple Collagen and Ginger** - Californian Almonds, Organic Olive Oil, Himalayan Salt, Chopped Dried Apple, Superfood Powder in Apple flavour, Organic Ground Ginger
- 6 **Chocolate Heaven** - Californian Almonds, Organic Olive Oil, Himalayan Salt, Organic Cacao Liquor Buttons, Vegan Chocolate Protein Blend
- 7 **Manuka Honey & Bee Pollen** - Californian Almonds, Organic Olive Oil, Himalayan Salt, Manuka Honey, Bee Pollen Granules

Allergens –
Tree Nuts,
Milk (only
In flavours
3,4,5)





ALMOND BUTTER PRICES

ORIGINAL 250G JAR - £4.65

ORIGINAL 500G JAR - £8.30

ORIGINAL 1KG TUB - £16.60

SUPERFOOD INFUSED 250G JAR - £6.65

SUPERFOOD INFUSED 500G JAR - £12.30

SUPERFOOD INFUSED 1KG TUB - £24.60

SUPERFOOD GRANOLA

A bountiful blend of Organic Gluten free Oats, Tree Nuts, Dried Berries, Hemp Seeds and Chia Seeds in a sticky sweet blend of Collagen Superfood Powder, Almond Milk and Coconut Oil. Baked until golden and crunchy.

Allergens – Tree Nuts, Trace Milk, Sesame, Sulphites

SUPERFOOD GRANOLA £4 PER 200G BAG

