

Boost Energy + Repair Naturally

Pretty Pink Latte

1 Tsp. Its Blume Beetroot Blend
1-2 Tsp. raw honey (optional)
1 1/4 cup of unsweetened vanilla
oatmilk
organic cocoa power (to garnish)
cinnamon (to garnish)
coconut cream (optional)*

1. Heat milk in a saucepan until warm or desired temperature is reached.
2. In a mug, add honey and beetroot blend. Top with warm milk and whisk until combined smoothly. (tip: use an electric whisk to generate a little milk foam!)
3. Top with coconut cream a sprinkle of cocoa and/ or cinnamon!



*To make coconut cream. Place a can of full fat coconut milk in the fridge overnight. The next day, open the can and separate the water from the cream. Add cream to a blender to make a whipped consistency. Add to coffee, tea, curry, oatmeal or anything!

Beetroot recovery smoothie

1.5 cups of unsweetened almond milk
1 scoop of vanilla or chocolate protein
1/2 cup of frozen raspberries
1/4 cup frozen beets, sliced
1 tsp. Its Blume Beetroot Blend
1-2 tsp. chopped fresh ginger
1 Tbsp. chia seeds
1 Tbsp. hemp seeds
1/4 cup unsweetened coconut yogurt

Add ingredients to a blender and blend until smooth!

Cashew energy balls

1/2 cup dates, softened in warm water
1/3 cup freeze dried strawberries
1/4 cup of goji berries
1 tsp. vanilla
1 tsp. Its Blume Beetroot Blend
1/2 cup cashews raw
1.4 cup unsalted pumpkin seeds
coconut flakes or hemp seeds to garnish

1. Blend dates, cashews, vanilla, beetroot blend, and strawberries in a food processor.
2. Add mixture to a bowl and add in pumpkin seeds and goji berries.
3. With damp hands, roll into balls then roll in hemp seeds or coconut flakes.
4. Store in fridge to set. Enjoy!

GLOW On