

9 COMBINATIONS

Overnight Oats

MIX 1 PART ROLLED OATS + 0.5 PART NUT OR DAIRY MILK + A PINCH OF SALT AND ADD THE BELOW INGREDIENTS TO TASTE, TO MAKE THE PERFECT JAR OF OVERNIGHT OATS

HEALTHY PROTEIN ADD-INS: COLLAGEN PEPTIDES POWDER, PROTEIN POWDER, HEMP HEARTS, NUTS, AND SEEDS

HEALTHY FATS ADD-INS: FLAX SEEDS, CHIA SEEDS, NUT BUTTER, NUTS, SEEDS, AND YOGURT



Vanilla Chai



Chai Spice Mix
Vanilla Extract
Ground Ginger
Brown Sugar

Apple Apple



Cooked Apple Slices
Cinnamon
Vanilla Extract
Maple Syrup

Spicy Pumpkin



Pumpkin Purée
Freshly Grated Ginger
Pumpkin Seeds
Pumpkin Spice
Brown Sugar

Carrot Cake



Cinnamon
Nutmeg
Brown Sugar
Roasted Chopped Pecan
Finely Grated Carrot

Banana Nut



Caramelized Banana
Vanilla Greek Yogurt
Chopped Cashews
Chopped Almonds
Maple Syrup

Dulce De Leche



Condensed Milk
Vanilla Extract
Salted Caramel Sauce

Nutty Chocolate



Cocoa Powder
Peanut Butter
Brown Sugar
Chopped Peanuts
Chocolate Hazelnut Spread

Tiramisu



Cold Coffee
Mascarpone Cheese
Vanilla Extract
Cacao Powder
Sugar
Mini Chocolate Chips

Mango Cheesecake



Chopped Mango
Vanilla Greek Yogurt
Sugar
Cream Cheese
Toasted Coconut