

# G•ZEN organic super smoothies



All 16 oz smoothies are  
gluten-free and organic

## Wild Jungle Peanut Butter Cup 12

Organic peanut butter, maca root, mesquite, hemp powder, cacao powder, banana, almond milk. **Great for adrenals, stamina and energy.**

## Orange Mandala 12

Fresh organic oranges, coconut water, raw coconut oil, vanilla bean, maca root, banana & vanilla vegan ice creme. **Great for adrenals, mood and vitality.**

## I Am Vibrant 10

Coconut water, mega greens, spirulina, raw almonds, raw coconut oil, almond milk & banana. **An alkalizing super food drink for rejuvenation and balancing the PH of body.**

**We do not recommend this without the frozen banana and the consistency is light & hydrating.**

## Viva Verde 11

Organic kale, organic greens, raw almonds, vanilla bean, banana & Ceylon cinnamon. **A great way to get you daily greens in while tasting amazing**

## Tree of Life 12

Organic Medjool dates, maca root, lacuma powder, mesquite powder, almond milk, Ceylon cinnamon, vanilla bean, banana, topped with raw cacao nibs. **Balancing for adrenals and highly nutritious.**

## The Shaman 15

Raw cacao, reishi mushroom, chaga, astragalus, goji berry, ashwaganda, moringa root, lacuma, mesquite powder, Shizandra fruit, ginseng root, hawthorn berry, dandelion root, rhodiola root, ginkgo biloba leaf, gynostemma herb, Macuna, Shilajit, Yerba Mate (plus 20 other longevity herbs) raw coconut oil, carob bean, vanilla, spices, banana, nutmilk and topped with raw cacao nibs.

**This is the 'Gem' of our smoothies.** The Shaman is a blend of over 40 longevity herbs from around the globe, raw cacao, coconut oil and delicious spices that are formulated to give your body immune boosting and balancing of every level of your being. It is delicious and will help your energy soar to new heights.

We respectfully request no alterations on our smoothie formulas and prefer to make them exactly as we intended for both taste and health benefits.



At G-Zen, we strive for 100% organic ingredients in every dish

# G•ZEN fresh pressed organic juices



Please note, we don't dilute our smoothies with ice or our fresh pressed juices with water. We use only high quality organic ingredients to make them the most nutrient dense as possible.

## Zen Glow 16oz 11

Organic celery, cucumber, apple, lemon, lime, beet, ginger root

## Bunny Bliss 16oz 10

Organic carrot, apple, ginger root

## Simply Carrot 16oz 10

## Dr. Greens 16oz 12

Organic celery, cucumber, kale, spinach, lemon, ginger, cilantro, pear

## Zen Warrior Immunity 2oz shot 4

Fresh lemon juice, ginger root, fresh garlic, cayenne, raw apple cider vinegar, clove essential oil and maple syrup. **Boosts your entire immune system, fight viruses and clear sinuses naturally.**

## Tummy Love 2oz shot 4

Turmeric root, fresh ginger juice, cinnamon leaf, peppermint essential oil and maple syrup. **stimulates digestion, anti-inflammatory, improves metabolism, soothes the stomach.**



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