

Extras

Chia seeds Flax seed Protein powder
Ginger Peanut butter Cinnamon

Fruit & Veg

Apple Banana Kiwi Strawberry
Kale Raspberry Pineapple
Cucumber Spinach
Avocado Watermelon

Base

Skimmed milk Oat milk
Coconut water Whole milk
Almond milk Water

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