

Smoothie Bar

STRESS-LESS SMOOTHIE

Greek Yogurt offers gut-boosting benefits, that combined with raspberries, hemp seeds, and a peach may help lower stress levels.

POWERHOUSE PUMPKIN SMOOTHIE

In addition to pure pumpkin, this smoothie packs Greek yogurt for a creamy, protein-rich base. Maple syrup and pumpkin pie spice add seasonal sweetness.

TURMERIC TWIST SMOOTHIE

Allergies or a cold got you down? This mango- and turmeric-based smoothie will help ease your symptoms. Turmeric may help ease allergy symptoms like sneezes and sniffles while the high levels of vitamin C in mango can help your body fight illness.

LEAN, MEAN, GREEN MACHINE

Protein powder helps replenish the energy burned, sweet banana and kiwi provide potassium and vitamin C, while coconut water helps you rehydrate.