



Super powders



Colada detox smoothie

Ingredients:

1 banana, 150g of fresh pineapple, 150g of fresh mango, 2 cups of coconut water, mint and 1 tbsp of our very own...

Wheatgrass

Made from sprouts of the common wheat plant this powder is high in vitamins – particularly A, C, E, iron & calcium. Use it in your fruit or veg smoothies for added benefits.



Peanut butter & pea protein shake

Ingredients:

2 cups of almond milk, 1 frozen banana, 1/2 cup of porridge oats, 1 tbsp of peanut butter and 1tbsp of our very own...

Pea protein powder

Extracted from split yellow peas. It can be used just like whey but is 100% vegan friendly. Being a great source of protein its the ideal ingredient for a vegan protein shake.



Super green juice

Ingredients:

¼ cucumber, a handful of spinach, 1 stick of celery, 5 florets of broccoli, ½ green apple, juice of half a Lemon and 1 tbsp of our very own...

Super greens blend

A blend of green fruits and veg, with spirulina, apple, barley & oat flour it is rich in vitamins and minerals, especially B mins. Use it in protein shakes, smoothies, juices and baking!



Red berry smoothie

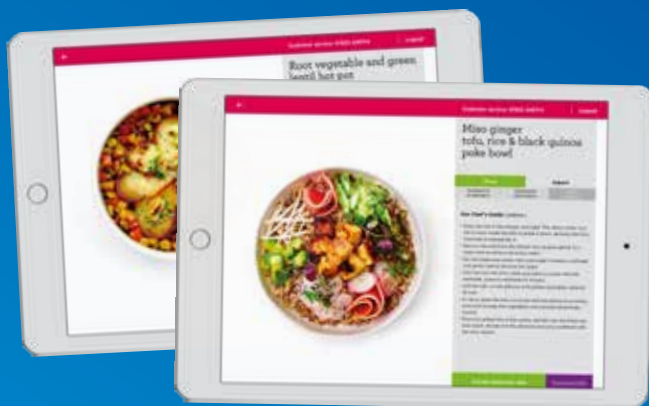
Ingredients:

2 cups of orange juice, 100g of frozen papaya, a small handful of strawberries, a handful of kale, cinnamon and 1 tbsp of our very own...

Super reds blend

Blended with red fruits, including cherry, raspberry, cranberry this powder is a high source of energy and rich in antioxidants – great for the immune system. Use it in your fruit smoothies and juices.





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Vegetarian Express Ltd. Unit 7a, Odhams Trading Estate, St Albans Road, Watford, Hertfordshire WD24 7RY
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