



### SUPER CHIA PUDDING PIE IN A JAR

- 4 - 8oz coconut or almond milk
- 1/8 Cup organic Chia Seeds
- 2 Tbsp organic Superfood Smoothie Mix
- 2 tsp organic Maqui Berry Powder
- 1 tsp organic Yacon Syrup to taste
- Handful organic Cashews (or Almonds)
- 2-4 pitted organic dates

Stir together milk, Chia Seeds, and Yacon Syrup. Refrigerate 4-6 hours until thickened. Once thickened, take half the chia pudding and add Superfood Smoothie Mix and Maqui Berry Powder, stir until mixed well.

Next, blend dates and cashews until chunky. Add more dates if too dry.

In a jar, layer cashew & date mix, and alternate layers of chia pudding. Garnish with fresh fruit or nuts of your choice. Enjoy!

For more recipes visit [SunFood.com/recipes!](http://SunFood.com/recipes!)

### Raw Organic Superfood Smoothie Mix

Delicious and packed with nutrients, our Superfood Smoothie Mix is a quick and easy way to jumpstart your day!

Sprouted Brown Rice Protein and Chia Seed Powder are a natural source of highly absorbable protein. Cacao, Maqui, Açai, Camu Camu and Goji Berry powders add amazing flavor, and make this mix an excellent source of iron and vitamin C.

Lucuma, Vanilla, and Banana Powder add fiber and depth to the flavor of this delectable mix. Our Maca Powder adds a boost of energy and stamina praised by athletes all over the world.

Customize your flavor by adding more Maqui Berry or Açai Powder for a fruity burst; or if you're a chocolate lover, mix in Cacao or Carob Powder for some chocolatey sweetness!

### The Sunfood Difference™

Our organic Superfood Smoothie Mix was created by the superfood enthusiasts here at Sunfood to be a daily boost of wholesome and flavorful nutrition.

We believe in using ingredients that are processed at low temperatures in order to ensure the potency of delicate enzymes and nutrients. This dynamic blend contains no fillers, additives or preservatives — just pure 100% superfoods. Unlike other smoothie mixes, ours is nutritionally-rich, made from whole foods, and delicious too!

From our family to yours, we hope you enjoy this convenient mix of pure plant-based superfoods!

### Directions for a Delicious Smoothie

In a blender combine one serving of Superfood Smoothie Mix with 8oz to 16oz of almond or coconut milk, a banana or fruit of your choice (fresh or frozen), and a handful of ice. Add a splash of Yacon Syrup to sweeten! Blend until smooth and enjoy!



# RAW ORGANIC SUPERFOOD SMOOTHIE MIX

DELICIOUS, NUTRIENT-RICH & CONVENIENT BLEND OF 13 ORGANIC SUPERFOODS

10g PROTEIN PER SERVING

- ✓ Açai
- ✓ Chia Seed
- ✓ Maqui Berry
- ✓ Goji Berry
- ✓ Maca
- ✓ Banana
- ✓ Cacao
- ✓ Camu Camu
- ✓ Whole Grain Brown Rice Protein
- ✓ Vanilla
- ✓ Lucuma
- ✓ Pink Himalayan Salt
- ✓ Coconut Palm Sugar

- ✓ ORGANIC
- ✓ NON-GMO
- ✓ RAW
- ✓ VEGAN
- ✓ DAIRY-FREE
- ✓ SOY-FREE
- ✓ KOSHER
- ✓ GLUTEN-FREE



### Nutrition Facts

Serving Size: 1 scoop (35g)  
Servings Per Container: 28

Amounts Per Serving	
Calories 140    Calories from Fat 20	
	% Daily Value*
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 10g	
<b>Protein</b> 10g	
Vitamin A 1%	Vitamin C 30%
Calcium 8%	Iron 18%

\*Percent Daily Values are based on a 2,000 calorie diet.

Sugar content is from Coconut Palm Sugar (7g) and the remainder is naturally occurring.

WARNING: This product contains a chemical known to the state of California to cause birth defects or other reproductive harm.

**Sunfood** SUPERFOODS  
DISTRIBUTED BY SUNFOOD  
1830 GILLESPIE WAY, SUITE 101  
EL CAJON, CA 92020 USA  
CERTIFIED ORGANIC BY CCOF



NET WT. 2.2 lb (997.9g)

### AMINO ACID PROFILE (TYPICAL AMOUNT PER SERVING)

Alanine..... 584mg	Lysine*..... 360mg
Arginine..... 822mg	Methionine*..... 238mg
Aspartic Acid..... 941mg	Phenylalanine*..... 56mg
Cystine..... 290mg	Proline..... 532mg
Glutamic Acid..... 1844mg	Serine..... 539mg
Glycine..... 448mg	Threonine*..... 381mg
Histidine*..... 238mg	Tryptophan*..... 101mg
Isoleucine*..... 392mg	Tyrosine..... 427mg
Leucine*..... 84mg	Valine*..... 563mg

\*Essential Amino Acids    †Branched-chain Amino Acids  
**10g PROTEIN**    **2413mg EAA**    **1039mg BCAA**



**Ingredients:** Sprouted Whole Grain Brown Rice Protein\*, Chia Seed Powder\*, Lucuma Powder, Coconut Palm Sugar\*, Maqui Berry Powder\*, Goji Berry Powder\*, Maca Powder\*, Açai Powder\*, Banana Powder\*, Cacao Powder\*, Camu Camu Powder\*, Pink Himalayan Salt, Vanilla Powder\*  
**\*Certified Organic**

**Storage:** Store in a cool, dry place.

**Caution / Allergen Statement:** Packaged in a gluten-free facility. May contain traces of tree nuts and peanuts. If you are pregnant or nursing, please consult your doctor before use. Keep out of reach of children.

May contain a desiccant pack. Do not eat.

RECIPES, REWARDS & DISCOUNTS  
**SUNFOOD.COM**  
QUESTIONS OR COMMENTS? CALL 888-729-3663

### TRY OUR OTHER ORGANIC VEGAN PROTEIN POWDERS!

**NATURAL RICE PROTEIN**  
Sprouted whole grain brown rice protein with complete amino acid profile, 80% protein by weight.

**VANILLA RICE PROTEIN**  
Brown rice protein flavored lightly with organic vanilla powder and organic coconut palm sugar.

**CHOCOLATE RICE PROTEIN**  
Brown rice protein flavored lightly with organic cacao powder and organic coconut palm sugar.

**PEA PROTEIN**  
Highly concentrated 80% protein by weight, rich in amino acids and especially high in Lysine.

**HEMP PROTEIN**  
50% protein by weight, naturally rich in fiber and Omega-3 & 6 for digestive support and heart health.

**RICE & PEA PROTEIN BLEND**  
80% protein by weight, this 50/50 blend of rice and pea protein has increased EAA & BCAA content.

**SUPERGREENS & PROTEIN**  
Vanilla Rice Protein blended with Supergreens for a huge boost of green nutrition.