



Soaring Free

Superfoods Made Easy



8 HEALTHY
RECIPES

FOR THE
FAMILY

QUICK
GUIDE

upgrade your pantry with
superfood protein



Nurtured by Nature

Superfoods are nature's most powerful sources of nutrients!

Dictionaries define "superfoods" as being nutrient-rich and considered to be especially good for maintaining overall health. That's a good start, but there's much more to superfoods than that. We define superfoods as organic, untampered with whole foods that have been recognised since ancient times as being able to heal and nourish the body.

Superfoods re-boot your system and boost your nutrient levels to restore your body back to health

When sourced correctly, superfoods should come from the world's most energetic places, such as the Amazon rainforest, the Andes mountains, the foothills of the Himalayas and the African savanna. Every biome produces superfoods that have been traditionally used by indigenous people as plant medicines.

Western science is now proving what these ancient cultures have always known — that the exceptional nutrient density of these foods is far beyond that of conventional foods. With the incredible healing abilities of these nutrients, superfoods bridge the gap between food and plant medicine.



Eat your way to better health with our top 4 essential superfood blends

HOW TO USE:



SHAKE IT UP WITH JUICE, PLANT OR NUT MILK



BLEND IT WITH SMOOTHIES



MIX IT INTO BREAKFAST OATS/YOGHURT



ADD TO RECIPES

Lean GREEN ALKALISER

A green, anti-inflammatory, protein blend of the 6 most powerful super greens and super herbs, that restore the body's natural pH for faster recovery. It is high in protein, fibre, prebiotics and essential vitamins and minerals which support sustained energy throughout the day.

Baobab, Hemp Protein, Wheatgrass, Barleygrass, Moringa, Spirulina, Monk Fruit Extract
Recommended for cleansing, reducing cravings, arthritis, muscle fatigue and as a daily boost of green vitamins and minerals.

MUSCLE RECOVERY
.....
ALKALISING
.....
ANTI-INFLAMMATORY

Nourish LUCUMA DREAM

A creamy, protein-rich superfood mix of 5 essential superfoods and adaptogenic superherbs that replenish and nourish the body at a cellular level to help it function optimally.

Chia, Mesquite, Hemp Seeds, Rice Protein, Lucuma, Maca, Monk Fruit Extract
Recommended for when you're active or want to combat the effects of stress by supporting the body to replenish, recover and restore.

HELPS DIGESTION
.....
SUSTAINS ENERGY
.....
STRESS DEFENCE

Awaken CHOCOLATE BOOST

A delicious, chocolate superfood protein mix of 6 energising superfoods and adaptogenic superherbs to awaken your senses, boost your focus and connect you to your flow.

Mesquite, Cacao Powder, Chia, Lucuma, Rice Protein, Hemp Seeds, Maca, Monk Fruit Extract

Recommended for all chocolate lovers and those who need a powerful boost of feel-good endorphins, mental focus and sustained energy to keep fit, healthy and on-the-move.

MUSCLE REPAIR
.....
ENERGY BOOSTING
.....
MOOD ENHANCING

Glow BERRY DELIGHT

A refreshing tri-berry superfood protein mix of 7 cell-protective superfoods and 3 antioxidant-rich super berries that replenish and restore your skin and body. This rejuvenating superfood shake is abundant in plant-based protein, vitamins, minerals and antioxidants that nourish your skin from the inside out!

Chia Seeds, Mesquite, Hemp Seeds, Rice Protein, Lucuma, Baobab, Maca, Beetroot, Raspberry, Strawberry, Acai Berry, Monk Fruit Extract

Recommended as a daily beauty elixir to maintain healthy skin and an antioxidant longevity tonic to get your glow on.

ANTI-AGEING
.....
SKIN HEALTH
.....
IMMUNE SUPPORT

So what makes these superfood protein shakes so special?



FUNCTIONAL SYNERGISTIC BLENDS

They are synergistic blends, meaning that the ingredients work together to enhance specific functions of the body. When certain nutrient-dense superfoods, adaptogenic superherbs, vitamins, minerals, antioxidants and phytonutrients are combined, they unlock the body's potential for optimal recovery and performance.



EASILY DIGESTIBLE COMPLETE PROTEIN

They are boosted with whole, super proteins or potent proteins that contain all the essential, complete amino acids your body needs, are hypoallergenic and easily digestible. This means they do not cause any stomach discomfort or bloating, like some legume proteins, for example, pea protein and soy protein.



NUTRIENT DENSE

These blends combine up to 7 different superfoods which each have their own authentic nutritional profile of phytonutrients, micronutrients and macronutrients, meaning that you are adding a rainbow of nutrition to your diet! When you introduce foods into your diet that are new to your body, you introduce a whole new spectrum of nutrition into your body to make it more resilient and robust against diseases, inflammation and viruses.



CONVENIENT & VERSATILE

Instead of purchasing a myriad of different single ingredient superfoods and superherbs, that may not be accessible for most of us or our wallets, these blends are conveniently premixed, and therefore, made more affordable. They are also super versatile to use and are not only superb for functional smoothies or shakes, but they also make incredible boosters for almost any recipe. Think oats, salad sauces, ice creams, lattes, muffins, bread and baked goods, and even chocolates!



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Each superfood ingredient has a superpower...

All of them have been added to serve a specific function in the body.

MACA

Maca is a superfood widely used for stamina and to enhance athletic performance. This super root contains a range of plant sterols that boost energy, strength and performance. It is also a natural adaptogen that helps the body adapt to stress. Maca can help regulate the endocrine system and restore hormonal balance.

RAW CACAO

Raw Cacao is an incredible prebiotic that aids digestion and feeds your good gut flora, which regulate your energy reservoir and ability to absorb nutrients. It also contains naturally stimulating theobromine acting like coffee without the caffeine, which helps enhance physical performance and mental energy. Cacao stimulates the release of your body's neurochemicals that promote feelings of happiness and wellness. These, interestingly enough, can make your perception of fatigue feel less when you're training.

CHIA

Chia seeds are fantastic fibre-rich, whole protein seeds that not only help feed your gut, but help with digestion and absorption of nutrients! The fibre makes you feel full and stabilises your blood glucose levels for stamina and endurance, whilst the protein assists your body with all nine essential amino acids for cellular repair. The omega fatty acids nourish your brain, keeping you feeling energised mentally and chia's mighty mineral contents (including iron, magnesium and manganese) prevent muscle spasms and cramps.

MESQUITE

Mesquite is a fibre- and protein-rich superfood. It is packed with minerals such as calcium, magnesium and potassium that balance the pH of the body and reduce inflammation to help your body recover faster. It also naturally contains L-lysine, an essential amino acid that the body cannot produce on its own and is needed to maintain muscle.



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LUCUMA

Lucuma is a naturally sweet, creamy superfood with a caramel-like flavour, rich in nutrients that assist with energy and cellular repair. It's high iron and vitamin B content helps effectively oxygenate the blood and energise the body. It also adds a low GI sweetness that is easy on the palate.

BAOBAB

Baobab is a fibrous, prebiotic superfruit that is highly beneficial for the digestive system. Its soluble and insoluble fibre feeds your probiotics and good gut flora which enhances the digestion and absorption of nutrients! It also aids your colon in preventing constipation and keeps your bowel healthy and regular.

RASPBERRY, STRAWBERRY & ACAI BERRY

These freeze-dried berries are naturally flavour enhancing and boosts your immune system with its powerful antioxidants and vitamin C content. Antioxidants remove any cell-damaging free radicals in the body that may cause inflammation and, along with vitamin C, supports the longevity of your skin.

WHEATGRASS, BARLEYGRASS & MORINGA

These supergreens are deeply nourishing, cleansing, detoxifying & restorative powerful greens. They contain over 90 minerals, and are a 20% complete protein with all 19 amino acids. They are some of the most powerful, well-rounded superfoods that exist & are the 'catch-all', 'all-in-one' medicinal plants. These greens support the lymphatic system to expel toxins & stimulate the production of stomach acid to enhance your metabolism. So you're getting a powerful toxin remover & nutrient replenisher.

SPIRULINA

An alkalising complete protein, multi-mineral and vitamin. Approximately 60% of spirulina is protein, the remaining portions are essentially a wide variety of nutrients, vitamins and minerals. Spirulina has an abundance of antioxidants that reduce inflammation and oxidative stress. Oxidative stress is also a byproduct of physical exercise, by reducing oxidative stress the body can recover faster and may experience improved physical endurance and stamina. Nutrients such as magnesium, potassium and sodium, present in spirulina also assist with fluid balance, muscular contraction, nerve impulses and easing muscular cramps.



What super proteins are out there?

Our all-time favourites are hemp protein and brown rice protein. If you're vegetarian, vegan, or prefer any kind of plant-based eating then we highly recommend opting for these two super proteins.

BROWN RICE PROTEIN

- Hypoallergenic
- Easily digestible
- Packed with antioxidants which remove cell-damaging free radicals
- Fibre rich for feeding your good gut bacteria and maintaining a strong immune system
- High in B vitamins for extra energy

HEMP PROTEIN

- Easily digestible and enhances bioavailability of nutrients
- Complete protein with all 20 amino acids
- Includes all 9 essential amino acids our bodies cannot produce
- Hypoallergenic
- 65% of hemp seeds is protein
- Fibre rich for gut health & immune support

Hemp protein is made from hemp seeds, is non-psychoactive and considered one of the most versatile and nutrient-dense superfoods available. It's so rich in nutrition that it's considered the closest alternative to breast milk due to its complex, cholesterol-free, hypoallergenic nutrient profile, and is easy on one's digestive system.

Approximately 65% of the protein in hemp seeds is made up of the globulin protein, edestin, the most potent protein of any plant source, which is found only in hemp seeds. Edestin aids digestion, is relatively phosphorus free, and considered to be the backbone of DNA. The other one-third of hemp seed protein is albumin, another high-quality globulin protein similar to that found in egg whites. Hemp protein is free of the trypsin inhibitors that block protein absorption and free of oligosaccharides, which cause stomach discomfort and gas.

How does hemp compare to other plant proteins?

Well, we need to look at the complete protein package to truly give you a better understanding of why hemp protein is superior.

Apart from the above mentioned incredible benefits, hemp is only second to soy, in terms of protein content. However, compared to soy and pea protein it becomes apparent very quickly that hemp outshines hormone-mimicking soy and hard-to-digest pea protein.

Since hemp does not contain trypsin inhibitor enzymes (which soy does), it has a competitive protein advantage, as trypsin assists with protein absorption! What's the point of consuming a plant with high protein content if our bodies can't absorb the protein?

“Pea and soy protein are solvent extracted and heat treated which destroys the protein's integrity. When the integrity is destroyed, protein becomes negatively charged and inhibits absorption into the body.”

In addition, soy and pea protein contain oligosaccharides which cause severe digestive and abdominal discomfort. Ever wonder why you bloat after your smoothies or shakes? It could very well be the fact that these two legumes in your protein shakes are causing gas buildup.



In comparison to hemp, other plant-based protein powders, such as soy and pea, are highly refined and contain very little fibre.

Apart from these nutritional profile differences, hemp is also superior in the way that it is 'processed'.

Organic, raw hemp is not heated and the oil is cold pressed. Soy and pea protein are processed at high heat which destroys the enzyme functions of the protein, essentially damaging the protein or making it lifeless since it has now lost its essential, natural electrical charge needed to allow the amino acids to be absorbed in the bloodstream!





1 SERVING
.....
37G
PROTEIN
.....

DIGESTIBLE
PLANT PROTEIN
.....
ALKALISING
.....
ANTI-
INFLAMMATORY

Lean Warrior Protein Smoothie

Boosting your intake of potent protein and super greens doesn't get easier than this!

.....
DIFFICULTY Easy peasy **MAKES** 1-2 servings
PREPARATION TIME Super quick
.....

INGREDIENTS

1 handful baby spinach
1 frozen banana
½ small avocado
¼ C plant milk
1-2 Tbsp Lean (Green) Superfood Protein Shake
pinch of cinnamon
ice cubes to your liking

*Optional**
honey or maple syrup to sweeten if desired

METHOD

Step 1: add all the ingredients together and blend until smooth

Step 2: serve immediately

SUPERGREENS

wheatgrass, barleygrass & moringa for removing by-products of physical exercise, like oxidative stress & inflammation for faster recovery



SPIRULINA

for enhanced physical endurance



DIGESTIBLE
PLANT PROTEIN
.....
ALKALISING
.....
ANTI-
INFLAMMATORY

Green Seasoning with Baked Sweet Potato

This wholesome meal is hearty, rich in fibre and antioxidants, with added easy-to-digest protein. If you can find organic sweet potatoes, leave the skin on! When you eat the skin you are getting more fibre, vitamin E, and beta carotene. Combined with our lean green seasoning, this meal is perfectly balanced to stabilise blood sugar levels, boost your protein intake and curb sugar cravings.

DIFFICULTY Easy MAKES 2 servings

PREPARATION TIME 75 minutes (15 minutes prep + 60 minutes cooking)

INGREDIENTS

2 large sweet potatoes
200g baby tomatoes, chopped
2 generous handfuls of fresh herbs
Bao Mayo

GREEN SEASONING

1 Tbsp Lean (Green) Superfood Protein Shake
1 tsp Herbamare or salt

OPTIONAL EXTRAS (for Green Seasoning Spicy Version)

cumin powder
coriander powder or crushed seeds
tumeric powder
hing, powderised or garlic powder
onion powder
cayenne pepper
mixed dried herbs

TOPPINGS

edible flowers
hemp seeds
avocado

METHOD

Step 1: preheat the oven to 140°C

Step 2: wash and dry your sweet potatoes. Bake in the oven until soft – approximately 60 minutes.

Step 3: to make the green seasoning, mix 1 tablespoon Lean Superfood Protein Shake with 1 teaspoon of salt or Herbamare. Add some optional extras for the spicy version.

Step 4: prep the rest of your toppings: chop the herbs, slice the tomatoes and blend up the Bayo Mayo ingredients.

Step 5: remove sweet potatoes from the oven and decorate as desired. Remember to get your greens in and sprinkle the green seasoning generously on top!

Note: you can also make a jar of this green seasoning to keep on hand to liven up any savoury meal.



DIGESTIBLE
PLANT PROTEIN
.....
SKIN HEALTH
.....
ANTI-
AGEING

Glowing Goddess Protein Smoothie

Get your glow on and radiate from the inside out, with this berry beauty elixir.

.....
DIFFICULTY Easy peasy **MAKES** 1-2 servings
PREPARATION TIME Super quick
.....

INGREDIENTS

- 1 C blueberries, fresh or frozen
 - 1 frozen banana
 - 5-7 large basil leaves
 - 1 Tbsp tahini, almond butter, or other nut butter
 - 2 Tbsp Glow (Berry) Superfood Protein Shake
 - water, plant or nut milk of choice to thin, as needed
- Optional**
honey or maple syrup to sweeten if desired
1 handful of greens (spinach and kale are good choices)

METHOD

- Step 1:** add all the ingredients together and blend until smooth
- Step 2:** serve immediately

SUPERBERRIES
acai, raspberry & strawberries for vitamin C & antioxidants



MACA
hormone balancing adaptogen for clean & firm skin

1 SERVING
.....
37G
PROTEIN
.....





DIGESTIBLE
PLANT PROTEIN

SKIN HEALTH

ANTI-
AGEING

Berry Salad Dressing

A light, fresh & zesty summer dressing. It pairs perfectly with any berries, ripe nectarines or pears. Add this dressing to any basic salad and top with roasted nuts & soft cheese of choice.

DIFFICULTY Easy MAKES 1-2 servings

PREPARATION TIME 10 minutes (5 minutes for prepping 5 minutes for serving)

INGREDIENTS

Super Berry Sauce:

¼ C [Glow \(Berry\) Superfood Protein Shake](#)

⅓ C fresh raspberries

⅓ C coconut cream

juice of half a lime

1-2 Tbsp honey

1 Tbsp good quality olive oil
salt & pepper to taste

Fresh Berry Salad:

2 C fresh rocket leaves

¼ C raspberries

½ C blackberries

¼ C other berry of choosing

¼ C sprouts

½ avocado, sliced

edible flowers

1 Tbsp toasted seeds

*Optional**

soft nut cheese or goats cheese

METHOD

Step 1: place all the dressing ingredients in a high speed blender and blend until smooth. Place in a glass container in the fridge until serving time

Step 2: assemble your salad by starting with the rocket leaves first, then the sprouts, berries, edible flowers, sliced avocado and toasted seeds

Step 3: drizzle the salad generously with the dressing and serve with fresh gluten-free bread or seed crackers

NOTES:

Any other fruit can be used in the salad, for example, pears, nectarines, gooseberries, mulberries, strawberries or blueberries. The rocket can be replaced with baby spinach for a more subtle taste, but the peppery taste of rocket with the sweet berries is delectable.



DIGESTIBLE
PLANT PROTEIN
.....
ENERGY KICK
.....
PRE-WORKOUT
BOOST

Awakened Super-Human Protein smoothie

Awaken your senses, boost your focus and connect to your flow with this delicious, energising blend

DIFFICULTY Easy MAKES 1-2 servings
PREPARATION TIME Super quick

INGREDIENTS

2 Tbsp Awaken (Chocolate) Superfood Protein Shake
1 C oat milk
1 C kale or baby spinach
pinch pink salt
½ banana
1 tsp macadamia nut butter
ice cubes, to your liking

*Optional**
honey or maple syrup to sweeten if desired

METHOD

Step 1: put all ingredients in a blender and blend on high until smooth and creamy

Step 2: serve immediately

MACA POWDER
for extra stamina



CACAO POWDER
for energy

1 SERVING
.....
27G
PROTEIN
.....



DIGESTIBLE
PLANT PROTEIN
.....
ENERGY KICK
.....
POST-WORKOUT
PUMP

Chocolate on the Rocks

A deliciously creamy, iced chocolate drink to satisfy any cravings & avoid an afternoon energy slump.

DIFFICULTY Easy MAKES 1-2

PREPARATION TIME 15 minutes plus overnight soaking

INGREDIENTS

- 1 C gluten-free oats
(soaked 1½ C water for at least 1½ hour to soften)
- ½ C cashews (soaked in ½ C water for at least 30 minutes to soften)
- 2 Tbsp [Awaken \(Chocolate\) Superfood Protein Shake](#)
- ½ C frozen cauliflower

*Optional**
honey or maple syrup to sweeten if desired
cacao powder (topping)

METHOD

Step 1: put all ingredients in a blender and blend on high until smooth and creamy

Step 2: pour over ice cubes and sprinkle with cacao powder

Optional step 3: pour some into ice cube moulds and freeze to enjoy as cube popsicles



1 SERVING
18.4g
PROTEIN

DIGESTIBLE
PLANT PROTEIN
.....
ENERGY KICK
.....
POST-WORKOUT
PUMP

Nourished Supreme Protein Smoothie

The Nourish Superfood Protein Shake adds a supreme depth of creamy, nourishing goodness to any smoothie. Here is another of our favourites

DIFFICULTY Easy peasy MAKES 1-2 servings

PREPARATION TIME Super quick

INGREDIENTS

- 1 Tbsp salted peanut butter or macadamia butter
- 2 Tbsp Nourish (Lucuma) Superfood Protein Shake
- 1 large frozen zucchini (courgette/ baby marrow)
- 1 C frozen papaya
- 1 C oat milk

*Optional**
honey or maple syrup to sweeten if desired

METHOD

Step 1: put all ingredients in a blender and blend on high until smooth and creamy

Step 2: if the texture is too thick add some water as desired. Best served immediately.

MACA
adaptogen for hormonal
balance & support



HEMP
soothes acidity &
replenishes cells



DIGESTIBLE
PLANT PROTEIN
.....
ENERGY KICK
.....
POST-WORKOUT
PUMP

Protein Dough Balls

An all time favourite snack for any time of day!

DIFFICULTY Easy peasy MAKES Up to 12 medium sized balls

PREPARATION TIME Freeze 30min + 15min to assemble

INGREDIENTS

2 Tbsp Nourish (Lucuma)
Superfood Protein Shake
¾ C oats (ground into flour)
½ C runny tahini or nut butter
2 Tbsp melted cacao butter or
coconut oil
½ C raw chocolate bar chunks
1 tsp vanilla extract
pinch of Himalayan salt

*Optional**
honey or maple syrup to sweeten if
desired

METHOD

Step 1: mix together all ingredients in a bowl until well combined. If the mixture is too wet to roll into balls, chill it in the fridge for 30 minutes.

Step 2: roll into balls and store in the fridge

Optional step 3: before storing them in the fridge you can roll them in cacao dust, shredded coconut or sesame seeds

Lean

SUPERFOOD PROTEIN SHAKE

WITH **6**
SUPERFOODS



10G
PROTEIN
PER SERVING

WITH **7**
SUPERFOODS

Glow

SUPERFOOD PROTEIN SHAKE

8G
PROTEIN
PER SERVING



Ingredients: Baobab*, Hemp Protein*, Wheatgrass*, Spirulina*, Barleygrass*, Moringa*, Monk Fruit Extract*
*Certified Organic Ingredients (100%)

TYPICAL NUTRITIONAL INFORMATION

Lean Superfood Protein Shake	Per 100 g	Per Single 35 g Serving
Energy (kJ)	1292,79	452,48
Protein (g)	27,38	9,58
Carbohydrate (g)	25,51	8,93
of which total sugar (g)	6,38	2,23
Total Fat (g)	8,65	3,03
of which saturated fat (g)	0,61	0,21
Dietary Fibre ^{AOAC 991,43} (g)	38,05	13,32
Total Sodium (mg)	175,46	61,41

SHOP LEAN PROTEIN SHAKE

ADD TO



CERTIFIED ORGANIC



100% BIODEGRADABLE PACKAGING

ADD TO



Ingredients: Mesquite*, Brown Rice Protein*, Lucuma*, Chia Seeds*, Hemp Seeds*, Baobab*, Maca*, Beetroot*, Raspberry (5%)*, Strawberry (3%)*, Acai (2%)*, Monk Fruit Extract*, Fine Oryx Salt *Organic Ingredients (95%)

TYPICAL NUTRITIONAL INFORMATION

Glow Superfood Protein Shake	Per 100 g	Per Single 35 g Serving
Energy (kJ)	1282,41	448,84
Protein (g)	24,02	8,41
Carbohydrate (g)	46,97	16,44
of which total sugar (g)	13,45	4,71
Total Fat (g)	7,28	2,55
of which saturated fat (g)	0,69	0,24
Dietary Fibre ^{AOAC 991,43} (g)	24,26	8,49
Total Sodium (mg)	43,42	15,2

SHOP GLOW PROTEIN SHAKE

CERTIFIED ORGANIC

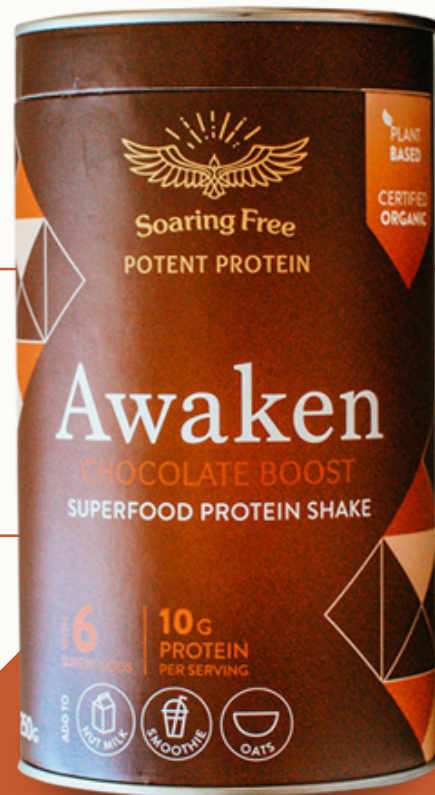


100% BIODEGRADABLE PACKAGING

Awaken

SUPERFOOD PROTEIN SHAKE

WITH **6**
SUPERFOODS



10G
PROTEIN
PER SERVING

WITH **5**
SUPERFOODS

Nourish

SUPERFOOD PROTEIN SHAKE

8G
PROTEIN
PER SERVING



Ingredients: Cacao Powder*, Mesquite*, Chia Seeds*, Lucuma*, Brown Rice Protein*, Hemp Seeds*, Maca*, Cinnamon, Monk Fruit Extract*, Fine Oryx Salt
*Organic Ingredients (99%)

ADD TO



TYPICAL NUTRITIONAL INFORMATION

Awaken Superfood Protein Shake	Per 100 g	Per Single 35 g Serving
Energy (kJ)	1377,28	482,05
Protein (g)	29,67	10,38
Carbohydrate (g)	46,51	16,28
of which total sugar (g)	6,98	2,44
Total Fat (g)	7,61	2,66
of which saturated fat (g)	1,61	0,56
Dietary Fibre ^{AOAC 991,43} (g)	26,47	9,26
Total Sodium (mg)	436,06	152,62

SHOP AWAKEN PROTEIN SHAKE

CERTIFIED
ORGANIC



100% BIODEGRADABLE
PACKAGING

ADD TO



Ingredients: Chia Seeds*, Mesquite*, Hemp Seeds*, Brown Rice Protein*, Lucuma*, Maca*, Monk Fruit Extract*, Fine Oryx Salt *Organic Ingredients (99%)

TYPICAL NUTRITIONAL INFORMATION

Nourish Superfood Protein Shake	Per 100 g	Per Single 35 g Serving
Energy (kJ)	1459,01	510,65
Protein (g)	29,54	10,34
Carbohydrate (g)	46,06	16,12
of which total sugar (g)	8,7	3,05
Total Fat (g)	10,23	3,58
of which saturated fat (g)	0,97	0,34
Dietary Fibre ^{AOAC 991,43} (g)	25,12	8,79
Total Sodium (mg)	438,14	153,35

SHOP NOURISH PROTEIN SHAKE

CERTIFIED
ORGANIC



100% BIODEGRADABLE
PACKAGING



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