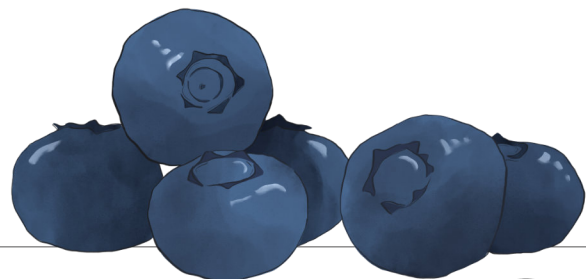


# (Re)Fresh Juice Co.



We founded [RE]Fresh Juice Co., Guelph's first and only raw juicing company, on the belief that you should not have to choose between convenience and health. Our juices are blended with great taste in mind, nutritionally balanced to help you look and feel your best, and conveniently bottled so you can sip your way to better health anytime, anywhere.

We know first-hand that great food brings people together. As life-long friends, we've always bonded over our shared passions for cooking and health, and our drive to share the value of healthy eating with our families. We know what it's like to juggle demanding work and home lives and still make time for yourself, all while balancing responsibilities to your community and the planet.



[www.refreshjuiceco.com](http://www.refreshjuiceco.com)

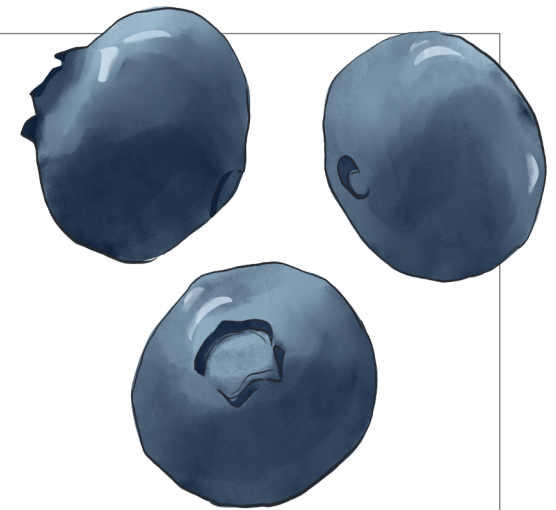


@refreshjuice



@resfreshjuiceco

## The Soul Bowl



### Ingredients

Makes 1 16 oz Bowl

- 1 package frozen organic açai\*
- \*available at your local health food store
- 1/4 cup frozen slices organic strawberries
- 1/4 cup frozen wild blueberries
- 1/2 a frozen organic banana
- 1 tbsp almond butter
- 1 heaping tsp raw cacao powder
- 1/3 cup of almond milk.

### Instructions

Add all ingredients to blender. Blend until smooth. You will need to scrape down the sides to incorporate ingredients after each blend cycle.

Trust the process and don't add more milk to ensure thick consistency!!

Top with favourite granola, cacao nibs, a large drizzle of almond butter and fresh fruit.

