



purition
fuelled by nature

POWER KEYS
MACADAMIA
ALMONDS
COCONUT
CHIA SEEDS
SESAME SEEDS
PUMPKIN SEEDS
WHEY HEMP
PROTEIN

Perfect foundation to your day.
As simple as...

- 1 MILK
- 2
- 3 EXTRAS
- 4 ENJOY!

blend-it



have you got your blender ready?

A WEEK OF BREAKFAST SHAKES



At Purition HQ we love our daily shakes 'straight up' blended with milk. Our staff kitchen fridge is fully loaded with different milks... nut milk, oat milk, coconut yoghurt, Greek yoghurt, you name it, we've got it... chilling!

All of them are delicious blended with a 40 or 50g serving of Purition.

How about, in celebration of **Nutrition and Hydration Week**, we share a little 'smoothie inspiration' with you? Pick up a **Discovery Box** and experience the hydrating and nutritious delights of having a shake everyday for breakfast this week!



Coconut

If you like a piña colada then you will most certainly enjoy adding some mango and pineapple and a squeeze of lemon or lime juice to this one!



Chocolate



So simple, but so delicious....

Try Purition With Cocoa and some cinnamon or some grated fresh ginger or a generous sprig of fresh mint.



Strawberry

Ahhh! Strawberry and banana, a classic combo.

TIP: Peel and break up your banana into thirds and keep in the freezer – add a piece to your blender to make a delicious, naturally thick and creamy shake!





Macadamia & Vanilla

Honestly, we're not sure if you should add anything but milk or nut milk to this. It's definitely one to savour, alone!





Pistachio

Make this a Green one! Add a handful of baby spinach leaves and a few pineapple chunks for extra zing!



Almond

What better to add to almond than a handful of raspberries and a squeeze of orange? Add as much or as little as you like, we think you'll love it!

