

NEW
GREEK

INTRODUCING OUR
YOGURT

POWERHOUSE BOWL



All yogurts are excellent sources of calcium, potassium, protein, zinc, and vitamins B6 and B12. What distinguishes Greek yogurt is its thicker, creamier texture because the liquid whey is strained out. Also, it contains probiotic cultures and is lower in lactose and has twice the protein content of regular yogurts.

Why Greek Yogurt: Greek yogurt is higher in protein, lower in carbs, A great source of vitamin B 12, high in probiotics for a healthy digestive system and contains less lactose than regular yogurt.

Benefits of Chia Seeds: They are an excellent source of omega-3 fatty acids, which help to raise HDL cholesterol. HDL is the "good" cholesterol that protects against heart attack and stroke. Chia seeds are also rich in antioxidants, and they provide fiber, iron, and calcium and loads of protein!



This is why our Greek yogurt bowl is considered a "powerhouse" packed with amazing nutrition, topped with fresh strawberries, fresh blueberries, granola, Chia Seeds and tons of protein to get you through your day!

Smoothie Whirl'd
We put a Whirl'd of Goodness in Your Cup!