

# Nourishing Notes

## Gift Guide 2021



### Blendtopia Superfood Smoothie Kits

Individual smoothie kits that you blend right from the freezer. Varieties like Detox, Glow, Energy and Strength offer a boost with fruits, veggies, seeds and herbs packed into each one. ([blendtopia.com](https://blendtopia.com))



### Fina Mill Spice Grinder

A battery operated spice grinder that comes with refillable pods to hold dried spices and herbs to keep them separate. Grinding spices was never so easy! ([finamill.com](https://finamill.com))



### SeeMe Beauty Skincare

A line of skincare products for estrogen-depleted skin to hydrate, improve texture and create brighter and more evenly toned skin. Yes, it's good for peri- and menopausal women! ([seemebeauty.com](https://seemebeauty.com))



### Cococlectic Dark Chocolates

This monthly box of dark chocolates contains up to 5 bars of sustainably-sourced chocolate. Subscribers get access to virtual tastings with the chocolate makers, as well as a flavor wheel and tasting notes. ([cococlectic.com](https://cococlectic.com))



### Atlas Coffee Club

Coffee lovers rejoice as this subscription service focuses on sustainably-sourced coffee beans, in which farmers are paid fair wages for their beans. Available in 6, 12, or 24 ounces of coffee each month. ([atlascoffeeclub.com](https://atlascoffeeclub.com))