

HOW TO MAKE A GREEN SMOOTHIE

STEP 1: LIQUID (2 CUPS)

- milk: Almond, Coconut, Rice, Soy, Cows
- coconut water
- water

STEP 2: GREENS (3-4 HANDFULS)

- baby kale
- spinach
- bok choy
- Swiss chard

STEP 3: FRUIT (2 CUPS)

- strawberries
- raspberries
- blueberries
- blackberries
- pineapple
- apples
- cherries
- pears
- peaches
- grapes
- mangoes
- oranges

*We like to use at least part frozen fruit because it makes your smoothie thicker and more creamy

STEP 4: CREAMY FRUIT (1 EACH)

- banana
- avocado

STEP 5: HEALTHY FAT (2 TBSP)

- flax seeds or flax oil
- coconut oil
- chia seeds
- nuts
- seeds
- nut butters

OPTIONAL ADD-INS:

- Sweetener : honey, dates, extra banana
- spices/other flavors : Cinnamon, Nutmeg, Vanilla, Lime, Lemon, Ginger
- ice cubes