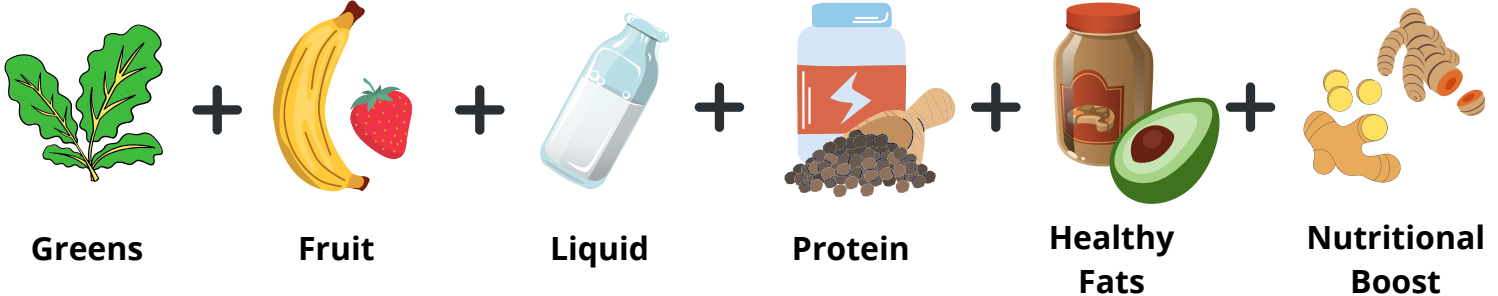


GREEN SMOOTHIES



GREENS- 3 Cups

3 Cups greens/veggies: spinach, kale, collards, dandelion, swiss chard, romaine lettuce, beet greens, celery, broccoli, cucumber; herbs like: basil, cilantro, parsley, mint

FRUIT- 1 Cup

1 Cup total mixed fruit (frozen for creamier texture): banana, berries, mango, cherries, pineapple, apples, citrus, grapes, kiwi, peach, pear

LIQUID- 1 1/2- 2 Cups

2 Cups liquid (adjust amount depending on your preferred thickness): almond milk, coconut milk, goat's milk, cow's milk, fresh juice, iced green tea, water

PROTEIN

TRY: 1 Scoop plant protein powder; 1 Tbs. hemp seeds; 1 Tbs. pre-soaked chia seeds; 1/2 cup yogurt; nuts & nut butter (see Healthy Fats)

HEALTHY FATS

1-2 Tbs. of a healthy fat: nut butter; coconut oil, nuts & seeds, 1/2 ripe avocado

NUTRITIONAL BOOST

TRY: fresh or dried ginger or turmeric root; fresh lemon juice; fresh ground flax seeds; oats

FLAVOR BOOST/ SWEETENER

Optional: Dates, honey, maple syrup, shredded coconut, cinnamon, vanilla, bee pollen, cacao nibs



BLEND IT!

Add all the ingredients to your high speed blender. Serve immediately or freeze. Serves 2.