



Green Smoothie

Play around & find what you enjoy

STEP
1

PICK A BASE



8oz
WATER



8oz
COCONUT WATER



8oz
ALMOND MILK

STEP
2

PICK 1 OR 2 LEAFY GREENS



2-3 HANDFULS
SPINACH



2-3 HANDFULS
ROMAINE



2-3 HANDFULS
KALE



2-3 HANDFULS
COLLARDS

STEP
3

PICK 1 OR 2 FRUITS FOR SWEETNESS



1 MEDIUM
APPLE



1 RIPE
BANANA



1 MEDIUM
ORANGE



1 CUP
PINEAPPLE



1 CUP
BERRIES

STEP
4

ADD FOR FLAVOR & DETOX (OPTIONAL)



1 HANDFUL
PARSLEY



1/2-1 INCH
GINGER



1/2 LEMON
JUICED



1/2 LIME
JUICE



2-3 MINT
LEAVES

STEP
5

ADD A BOOST OF ENERGY (OPTIONAL)



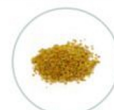
RAW
CACAO



RAW
MACA



MATCHA
GREEN TEA



BEE
POLLEN



GREENS
POWDER

