

**- THE SIMPLE -
GREEN SMOOTHIE
FORMULA**



2 CUPS + **2 CUPS** + **3 CUPS**
LEAFY GREENS LIQUID BASE RIPE FRUIT

SPINACH
KALE
ROMAINE
BOK CHOY
SWISS CHARD
COLLARDS
DANDELION

WATER
COCONUT WATER
COCONUT MILK
ALMOND MILK

BANANA
MANGO
BERRIES
ORANGE
AVOCADO
PEACH
PEAR
APPLE
PINEAPPLE
GRAPES

1. BLEND LEAFY GREENS & LIQUID BASE TOGETHER FIRST.
2. ADD FRUITS AND BLEND AGAIN.

*Use at least one frozen fruit to chill smoothie
**This formula yields about 32 ounces and serves 2

BOOST IT!

CHIA SEEDS
COCONUT OIL
ALMOND BUTTER

HEMP SEEDS
HEMP PROTEIN POWDER
FLAX SEEDS

CACAO
CINNAMON
ACAI POWDER