

# Build a Better Green Smoothie

## CHOOSE YOUR Liquid Base

**1.5-2 CUPS**

Coconut Water  
Coconut Milk  
Milk of Choice  
Water



## PICK YOUR Leafy Greens

**3 CUPS**

Spinach  
Kale  
Bok Choy  
Swiss Chard  
Collards  
Beet Greens  
Watercress



## SELECT YOUR Ripe Fruit

**2 CUPS**

Apple    Banana  
Berries    Grapes  
Mango    Pears  
Peaches  
Pineapple



\*add ice if using fresh fruit

## GIVE IT A Boost!

Avocado  
Nut Butter  
Coconut Oil

Chia, Flax or Hemp Seeds  
Protein Powder  
Plain Greek Yogurt



## ADD A TOUCH OF Natural Sweetness OPTIONAL

Dates  
Pure Maple Syrup  
Unfiltered Honey  
Pure Stevia Extract



## TIME TO Blend!

1. Blend liquid base and leafy greens first.
2. Add fruit and blend again.
3. Add boost(s) of choice and, if desired, a touch of natural sweetener.