




GREEN SMOOTHIE


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2 CUPS + 2 CUPS + 3 CUPS

LEAFY GREENS

SPINACH
KALE
ROMAINE
BOK CHOY
SWISS CHARD
COLLARDS
DANDELION

LIQUID BASE

WATER
COCONUT WATER
COCONUT MILK
ALMOND MILK

RIPE FRUIT

BANANA
MANGO
BERRIES
ORANGE
AVOCADO
PEACH
PEAR
APPLE
PINEAPPLE
GRAPES

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

BOOST IT!

ALMOND BUTTER
HEMP SEEDS
HEMP PROTEIN
POWDER
FLAX SEEDS
CACAO
CINNAMON
ACAI POWDER
CHIA SEEDS
COCONUT OIL

Easy Quick Green Smoothie Recipes

Mango Mixer

- 2 cups water
- 2 mangos
- 1 cup spinach

Banana Basic

- 1 cup water
- 2 bananas
- 1 cup kale

Strawberry Soul

- 1 cup water
- 1 cup strawberries
- 1 banana
- 1 cup romaine lettuce

Pear Promise

- 2 cups water
- 2 pears
- 1 banana
- 1 cup spinach

Tropical

- 2 cups water
- 1 cup pineapple
- 1 banana
- 1 cup spinach

Exotic

- 2 cups water
- 1 mango
- 1 cup pineapple
- 1 cup mixed baby leaves

Frugal

- 1 cup water
- 2 apples
- 1 banana
- ½ cucumber

Sweetness Start

- 2 cups water
- 1 cup strawberries
- 1 mango
- 1 cup spinach

Peachy Pail

- 1 cup water
- 3 peaches
- 1 banana
- 2 celery stalks

Blueberry Bliss

- 2 cups water
- 1 cup blueberries
- 1 banana
- 1 cup spinach

Berry Best

- 2 cups water
- 1 cup mixed berries
- 1 mango
- 1 cup spinach

Raspberry Ripple

- 2 cups water
- 1 cup raspberries
- 1 banana
- 1 cup bok choy/ pak choi

Citrus Cooler

- 1 cup water
- 1 cup pineapple
- 1 orange
- 1 cup spinach

Amazing Apricot

- 2 cups water
- 1 cup apricots
- 1 banana
- 1 cup romaine lettuce

Crazy Coconut

- 1 cup water
- 1 pineapple
- ½ cup coconut
- 1 cup spinach