

HOW TO MAKE A GREEN SMOOTHIE



- The more items that are frozen, the frostier your smoothie!
- For a creamy smoothie, include one or more **thickeners**.
- To replace a meal, add one or more **proteins**.
- To keep fiber high, include one **fiber-rich*** superfood.
- Typical F/V ratio is 1-to-1; increase fruits to sweeten smoothie.

	LEAFY GREENS	LIQUID BASE	FRUITS/VEGGIES	SPLASH OF FLAVOR	SUPERS & PROTEINS
01 2 cups Frozen Leafy Greens	2 cups Baby spinach Beet greens Chard Baby kale Arugula Collards Cabbage Romaine Cilantro	2 cups Water Almond milk Coconut water Soy milk Quality juice Coconut milk Rice milk Green Tea	2-3 cups <i>-fruits</i> Grapes Berries Kiwi w/skin Mango, Papaya Pineapple Watermelon Peach, Pears <i>-vegetables</i> Rhubarb Cauliflower Zucchini Cucumber	2 tsps Lime Lemon Cinnamon Ginger 5-spice Vanilla extract Honey Basil leaves Mint leaves	2 tbls <i>choose 3</i> Acai powder Ground flax* Hemp hearts Hemp powder* Coconut oil Cacao* Goji berries Camu powder Almond butter Tofu Greek yogurt Chia seeds Avocado
02 2 cups Liquid Base					
03 2 cups Frozen Fruits & Veggies					
04 2 tsps Splash of Flavor					
05 2 tbls Superfoods					
06 varied Thickeners					

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