



HOW TO MAKE A GREEN SMOOTHIE

Blend leafy greens and liquid base first, then add fruits/veggies, everything else and blend again.

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.

01	2cups	Frozen leafy greens
02	2cups	Liquid base
03	2cups	Frozen Fruits & Veggies
04	2tsps	Splash of Flavor
05	2tbls	Superfoods
06	varied	Thickeners

LEAFY GREENS	LIQUID BASE	FRUITS/VEGGIES	SPLASH OF FLAVOR	SUPERFOOD
2 cups	2 cups	2-3 cups	2 tsps	2 tbls
Baby spinach Beet greens Chard Baby kale Arugula Collards Cabbage Romaine Cilantro	Water Almond milk Coconut water Soy milk Quality juice Coconut milk Rice milk Green Tea	<i>-fruits</i> Grapes Berries Kiwi w/skin Mango, Papaya Pineapple Watermelon Peach, Pears <i>-vegetables</i> Rhubarb Cauliflour Zucchini Cucumber	Lime Lemon Cinnamon Ginger 5-spice Vanilla Bean Honey Basil leaves Mint leaves	Acai powder Flax powder* Hemp hearts Hemp powder* Coconut oil Cacao Goji berries Camu powder Almond butter Chia seeds Avocado

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