



GREEN SMOOTHIE FORMULA

LEAFY GREENS
3 CUPS



LIQUID BASE
2 CUPS



FRESH FRUIT
1 CUP

Bok Choy
Collards
Dandelions
Kale
Micro Greens
Romaine
Spinach
Swiss Chard

Almond Milk
Cashew Milk
Coconut Milk
Coconut Water
Fresh Juice
Hemp Milk
Rice Milk
Water

Acai
Apples
Avocados
Bananas
Berries
Citrus
Dates
Mangos



BOOSTERS

Chia Seeds
Hemp Seeds
Flax Seeds

Nut and Nut Butters
Cacao Powder and Nibs
Acai Powder

Cinnamon
Macha Powder
Coconut and Flax Oils