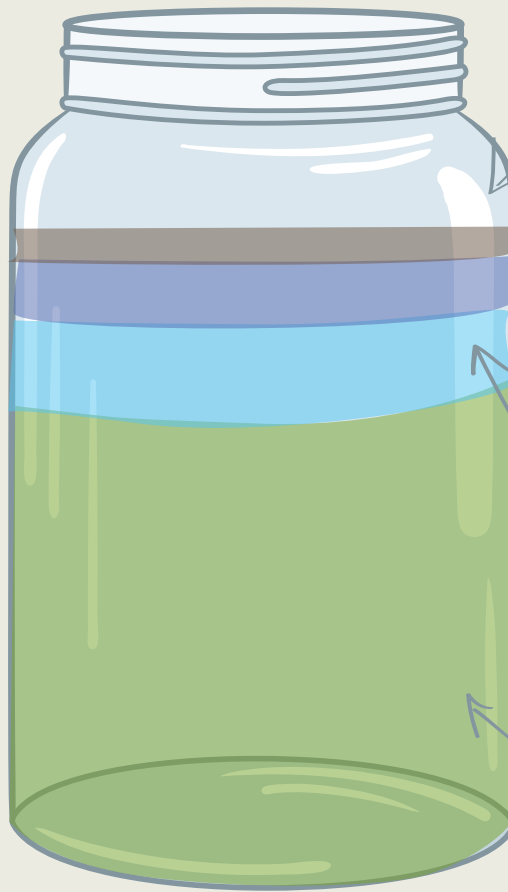


HOW TO MAKE A Perfect GREEN SMOOTHIE

Everything You Need to
Make a Delicious Green
Smoothie!



5% BOOSTER | Energy Greens*, Chia Seeds, Hemp Seeds, Nut Butter, Fresh Ginger, Maca, Vanilla, Fresh Mint, Fresh Herbs, Cilantro Cinnamon, Stevia, Maple Syrup, Raw Honey

10% FRUIT | Apple, Bananas, Berries, Avocado, Sweet Potato, Carrots, Tomatoes, Orange, Lemon, Lime

15% LIQUID | 1 cup water, coconut water, nut milk, hemp milk, coconut milk, or veggie juice

70% GREENS | 4-6 cups spinach, kale, baby kale, arugula, or bok choy



Citrus Tips: Always cut the peel from citrus! Leaving the peel on can upset your stomach

Make It Sweet- Add 3-5 drops of stevia for natural sweetness without any insulin spike. Honey & Maple Syrup can also be used sparingly.

Deliciously Creamy- Ripe avocado makes greens smoothies incredibly smooth with mild flavor!



Go Savory- Try adding Tomatoes and carrots to your green smoothie for a great-tasting 'drinkable salad'!

Thick Sips- Frozen Bananas and no added liquid turn your smoothies into the sweet, creamy homemade ice cream!

The Best Blenders for the Job: Hi-speed blenders like the Vitamix or Blendtec make the creamiest smoothies. Their powerful motors & lifetime warranties are worth the initial investment.

10 Great-Tasting Flavor Combos

- 1 **Tropicooler:** Kale + coconut milk + lime + ginger
- 2 **Sweet Almond:** Spinach + almond milk + avocado + maca
- 3 **Liquid Salad:** Arugula + veggie juice + tomatoes + cilantro
- 4 **Spiced Berry:** Kale + coconut water + blackberries + cinnamon
- 5 **Thai Surprise:** Bok Choy + coconut water + lime + carrot + ginger
- 6 **BlissBerry:** Baby kale + coconut water + blueberries + vanilla
- 7 **Dream Cream:** Spinach + Frozen Banana + Frozen Berries + Stevia
- 8 **Nutty Cup:** Spinach + almond milk + frozen banana + nut butter + vanilla
- 9 **MacroGreen:** bok choy + coconut water + lime + energy greens
- 10 **Refresher:** spinach + coconut water + lemon + ginger + stevia



BERRIES

are naturally low in calories & sugar. Add flavor without spiking your sugar cravings.