

BUILD A SMOOTHIE



SMOOTHIE ESSENTIALS

- 1 to 1.5 cups liquid
- 1/2 cup ice--less if using frozen fruit
- 1-2 cups organic greens/veggies
- 1/2 cup organic fruit (fresh or frozen)
- 1-tsp. seeds, 5 whole nuts, 1/4 avocado, a spoonful of nut butter (choose one or more)

LIQUID

Water
Coconut water
Coconut milk
Almond milk
Cashew milk
Macadamia milk
Hemp milk
Aloe Vera juice
Non-dairy yogurt

GREENS + VEGGIES

Spinach
Kale
Romaine
Mixed greens
Dandelion greens
Beet greens
Parsley
Celery
Cucumber
Ginger

FRUITS

Banana
Blueberries
Raspberries
Kiwis
Peaches
Pears
Apples
Melons
Oranges
Strawberries
Cherries
Pineapple

HEALTHY FATS

Avocado
Coconut oil
Coconut butter
Nuts
Flax seeds-ground
Chia seeds
Hemp hearts
Pumpkin seeds
Nut butters

SWEETS

100% maple syrup
Raw honey
Dates
Date paste
Figs
Stevia
Monk fruit sugar

EXTRAS

Protein powder
Cinnamon
Vanilla extract
Cocoa powder
Super greens powder
Turmeric
Matcha powder