

wellness Recipe

Green Smoothie

Not sure where to start? Check out the mix and match suggestions list below to create your own custom green smoothie. Try out different combinations for their unique health benefits and tastes. The possibilities are endless!

2 CUPS LEAFY GREENS	+	2 CUPS LIQUID BASE	+	3 CUPS FRESH FRUIT
SPINACH		WATER		STRAWBERRIES
KALE		COCONUT WATER		BANANA
ROMAINE		COCONUT MILK		MANGO
BOK CHOY		ALMOND MILK		ORANGE
SWISS CHARD				PEACH
COLLARDS				PEAR
				PINAPPLE

INSTRUCTIONS

- Blend leafy greens and liquid together first
- Add fruits and blend again

Boost your shakes!

- Avocado or almond butter – source of protein and good fats makes your shake more filling
- Chia seeds or flax seeds – rich in nutrients, omega-3 fat, antioxidants and fiber
- Hemp seeds – adds a protein punch and creamy texture
- Coconut oil – increases nutrient absorption
- Raw cacao – superfood with antioxidants, iron, and magnesium
- Cinnamon – known to be an energy booster and help regulate blood sugar
- Acai powder – provides omega fatty acids, amino acids, and dietary fiber

