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HOW TO MAKE THE PERFECT GREEN SMOOTHIE

2 CUPS LIQUID



Filtered Water



Coconut Water



Almond Milk



Coconut Milk

2 CUPS LEAFY GREEN



Spinach



Swiss Chard



Kale



Romaine Lettuce



Collards



Bok Choy



Dandelion Greens



Beet Greens

3 CUPS FRUIT



Banana



Mango



Berries



Peach



Pear



Orange



Apple



Pineapple



Avocado



Grapes

1 - 2 TB SUPERFOOD



Coconut Oil



Coconut Butter



Nut Butter



Chia Seeds



Hemp Seeds



Hemp Protein



Acai Powder



Flax Oil



Flax Seeds



Raw Cacao



Fresh Ginger

1 TSP OPTIONS



Maca



Spirulina



Cinnamon

INSTRUCTIONS

Blend Liquid Base & Leafy Greens Together First

Add Fruits & Booster Then Blend Together

Use at least one frozen fruit to chill the smoothie

This formula yields 32 ounces and serves 2

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