

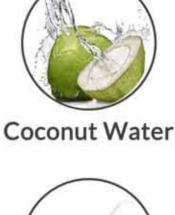
change in seconds

HOW TO MAKE THE PERFECT GREEN SMOOTHIE





Almond Milk



Coconut Milk









Bok Choy



Dandelion Greens









Pear Peach



Orange



Avocado



Grapes

1 – 2 TB SUPERFOOD



Nut Butter



Chia Seeds



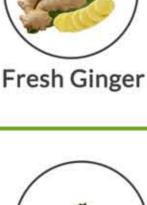








Raw Cacao



1 TSP OPTIONS





Cinnamon

Add Fruits & Booster

INSTRUCTIONS

Leafy Greens Then Blend Together Together First Use at least one frozen

Blend Liquid Base &

fruit to chill the smoothie

This formula yields 32 ounces and serves 2

BROUGHT TO YOU BY

www.changeinseconds.com