

# Green Smoothie Formula



## **Greens & Fruits**

2 Cups Leafy Greens

Spinach

Kale

Romaine

Swiss chard

Collards

1 Cup Fruit

Banana

Mango

Berries

Peach

Pear

Avocado

Pineapple

\*Note: Precut and freeze the fruit ahead of time.



## **Base**

1 ½ - 2 Cups

Depending on desired thickness

Water

Coconut water - unsweetened

Coconut Milk - unsweetened

Almond Milk - unsweetened



## **Boost & Balance**

1-2 tbs

Coconut Oil

Almond Butter

Chia Seeds

Flax Seeds

Hemp Seeds

Hemp Protein Powder

Cacao

Cinnamon

Fresh Mint