

The Perfect Green Smoothie

Pick 1 item from each box



1-2 cups Greens*

Spinach
Kale
Swiss chard
Arugula
Watercress
Collard greens
Beet greens
Mixed greens

1/2–1 cup Fruit*

Banana
Berries
Grapes
Melon
Peach
Pear
Plum
Avocado

Raw Nuts

3 Brazil nuts
10 walnut halves
10 almonds
12 cashews
10 hazelnuts
10 macadamia nuts
12 pistachios
1/4 c pine nuts

Extras

10-20 g collagen peptides
Herbs and spices
1 T goji berries
1 T cacao nibs or powder
1 tsp maca powder
1-3 tsp spirulina powder
Pure stevia or pure monkfruit

1 T Raw Seeds

Ground flax seed
Chia seeds
Pumpkin Seeds
Sesame Seeds
Hemp seeds
Sunflower seeds

Liquid to Blend

Water
Coconut water
Unsweetened coconut,
almond, hemp or
other nut milk

*If you're new to green smoothies, you may want to start with 1 cup greens to 1 cup of fruit and a little stevia for the more bitter greens. Gradually work toward 2 cups greens to 1/2 cup fruit. Diabetics may need to further limit fruit intake.