

Anatomy of a Smoothie

Smoothies are an excellent way to enjoy the benefits of your whole fruits and vegetables. By blending, versus juicing, you are preserving the fiber and maintaining all the antioxidant power of foods.

Liquid Base

Use 1 - 2 cups

Water	Oat milk
Almond milk	Rice milk
Coconut milk	Soy milk

Frozen Fruit

1/2 cup

Berries	Banana
Cherries	Mango
Pineapple	Kiwi

Leafy Greens

1 cup fresh / 1/2 cup frozen

Spinach	Romaine
Kale	Collards

Boosters

1-2 Tbs.

Chia seeds	Flax seeds
Cocoa nibs	Avocado
Cinnamon	Hemp seeds
Maple syrup	Nut butter or powder

