

How to Build the **Healthiest & Most Delicious Smoothie** Every Time:

With this beginner friendly guide, you can create your own nutritious smoothie anytime. So go grab your blender, glass and let's begin!

Make your own selection from the listed ingredients below.

Choose fresh and organic whenever possible.

1 cup **LIQUID**



- water • nut milk
- coconut milk • coconut water • juice (fresh pressed)

1/2 cup **FRUITS**



- berries • mangoes
- apples • bananas
- pineapples

1/2 cup **VEGGIES**



- spinach • kale
- romaine • carrots
- beets

1/4 cup **MAKE IT CREAMY**



- fresh avocado
- coconut cream • frozen banana

1/2 tbsp **MAKE IT SWEET**



- maple syrup
- molasses • raw stevia
- raw honey

1/2 tsp **HEALTHY FLAVOUR**



- cacao powder
- cinnamon • ginger
- turmeric • vanilla bean

1 serving **ENERGY BOOST**



- spirulina
- wheat grass • flax seed
- chia seed • hemp seed
- oats • nuts • plant based protein powder

Blend on high speed...