



9 Healthy Smoothies

Perfect smoothie ratio

2-3 part fruit/veg | 1-1.5 part liquid | 0.5 part thickener

For best results

Use cold and/or frozen fruit/veg

CHOP, BLEND,
& ENJOY!



Spinach
Mango
Orange
Flax Seeds
Almond Milk



Orange
Mango
Banana
Ginger + Turmeric Root
Coconut Water



Strawberry
Dates
Greek Yogurt
Vanilla Extract
Almond Milk



Banana
Dates
Raw Almond Butter
Greek Yogurt
Vanilla Extract
Almond Milk



Blueberry
Strawberry
Blackberry
Red Kale
Coconut Water



Strawberry
Pomegranate
Cherry
Beets
Apple
Coconut Water



Avocado
Pineapple
Banana
Vanilla extract
Almond Milk



Banana
Raw Peanut Butter
Raw Cacao Powder
Cinnamon
Vanilla Extract
Almond Milk



Carrots
Apple
Beets
Ginger Root
Coconut Water