



BREAKFAST SMOOTHIES

INGREDIENTS

GREEN BREAKFAST SMOOTHIE

- 1 frozen banana
- 1 cup greens: spinach, kale...
- ½ cup berries: blue, rasp, straw
- 1 cup nut milk
- ¼ cup silken tofu
- 1 tbsp flax seeds
- ¼ cup oats

GREEN DETOX SMOOTHIE

- 1 cup spinach
- 1 celery stalk
- 1 small 4 inch cucumber
- ½ avocado
- ½ cup parsley
- 1 tsp fresh ground ginger root
- juice from 1 lemon
- 1 frozen banana (optional)
- dash cayenne pepper

MAKE YOUR OWN SMOOTHIE

- 1 cup liquid (water, nut milk, coconut water)
- 1 cup greens (spinach, kale, bok choy, collards)
- 1 ½ cup fruit (berries, banana, pineapple, mango, peach, grapes)
- add chia seeds, flax seeds, hemp seeds, cinnamon, cacao for additional nutrition and flavor

DIRECTIONS

GREEN BREAKFAST SMOOTHIE

1. Blend together oats, flax seeds and set this powder aside
2. Blend together all other ingredients until smooth and well combined
3. Add powder mixture into liquid mixture and blend until thick and combined
4. Adjust texture with nut milk or more greens

GREEN DETOX SMOOTHIE

1. Blend banana, lemon juice, and ginger and cayenne
2. Add veggies and herbs, blend until well combined

MAKE YOUR OWN SMOOTHIE

1. Blend liquids, fruits, and additives to make a liquid base
2. Blend in oats, greens, or other more solid ingredients to achieve a good consistency without clumping/sticking