



Make your own smoothie

Don't settle for a restaurant smoothie that likely has loads of added sugar and very little nutrition. Instead, use this formula to make your own smoothies at home. All you need is a blender or juicer and the fresh ingredients you enjoy. Have fun with it and try different ingredients each time until you discover your favorite recipe.

1 MIX
PICK THE BEST INGREDIENTS

2 BLEND
USE A BLENDER OR A MIXER

3 DRINK
ENJOY YOUR HEALTHY SMOOTHIE!



BOOSTS *Goji Berries, Acai Berries, Hemp Protein, Ginger, Spirulina*

THICKEN UP *Avocado, Mango, Coconut, Banana, Chia Seeds, Yogurt*

GREENS *Celery, Kale, Spinach, Lettuce, Cucumber, Swiss Chard*

FRUIT *Berries, Banana, Orange, Kiwi, Apple, Pineapple, Plum*

BASE *Coconut Milk, Nut Milk, Fruit Juice, Yogurt, Ice*