



Recipe: 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

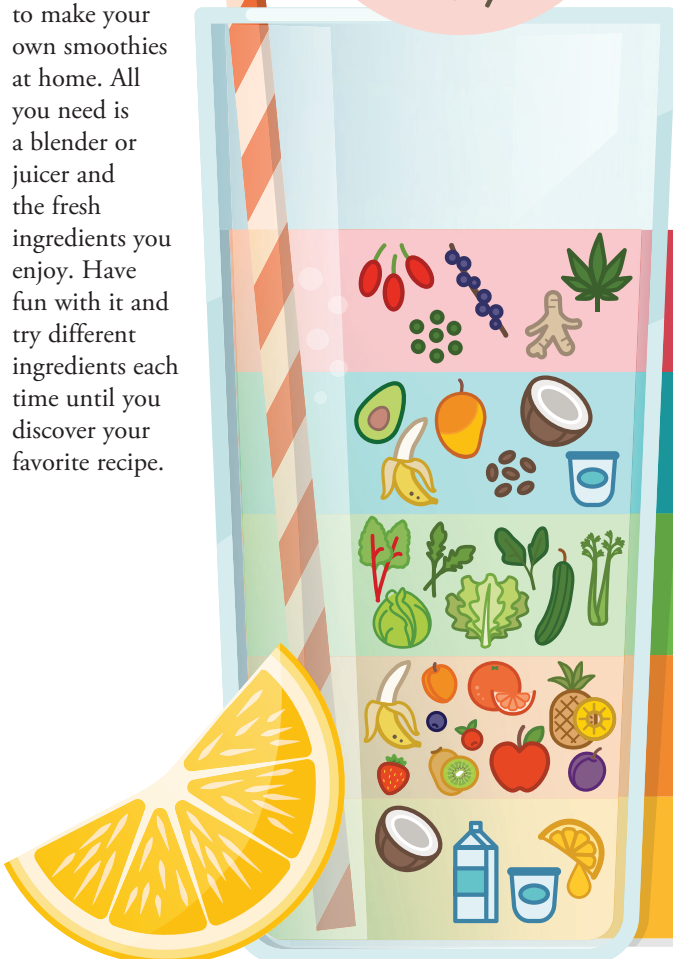
USE A BLENDER OR A MIXER



3

DRINK

ENJOY YOUR 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