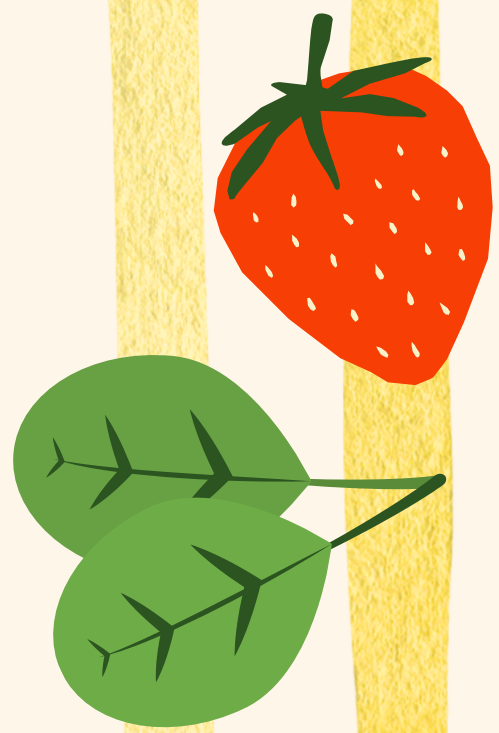
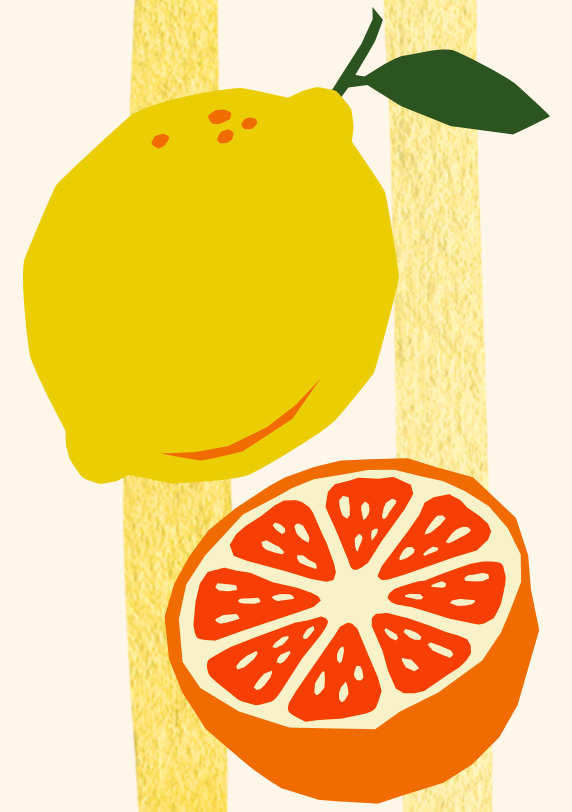




HOW TO MAKE A COMPLETE *Smoothie*



Step 1: Veggie Base

- Carrot
- Cauliflower
- Cooked Beets
- Cucumber
- Pumpkin Puree
- Spinach, Kale, or Dandelion Greens

Step 3: Liquid

- Coconut water or water
- Iced coffee or green tea
- Juice (orange, apple, etc.)
- Non-dairy beverage (almond, oat, soy, etc.)

Step 5: Superfood

- Bee pollen
- Cinnamon or Ginger
- Maca
- Raw Cacao
- Seeds (flax, hemp, or chia)
- Spirulina
- Turmeric (with a pinch of black pepper)

Step 2: Fruits

- Acai
- Apple
- Avocado
- Banana
- Blueberry
- Cherry
- Dragonfruit
- Kiwi
- Mango
- Melon
- Peach
- Pineapple
- Raspberry
- Strawberry

Step 4: Protein

- Greek Yogurt, Kefir, or cottage cheese
- Nut butter (peanut, almond, cashew, etc.)
- Protein Powder (whey, soy, pea)

Optional: Sweetener

- Agave
- Chopped dates
- Honey
- Maple syrup
- Monk fruit with Erythritol
- Stevia (use sparingly)



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