

# Building a Perfect Green Smoothie

*Jules & Jo* ♥

## 1 Choose Your Base

**2** cups  
of your choice

- water
- nut milk - almond milk, hemp milk, or coconut milk
- raw coconut water



## 2 Choose Your Fruit

**1-2** pieces  
fresh or frozen

- bananas
- mango
- blueberries
- peaches
- pears



## 3 Choose Your Leafy Greens

**2** cups  
of one or two

- spinach
- swiss chard
- kale
- romaine lettuce
- collards



## 4 Optional Boosters

- 1 Tbsp. chia seeds
- 1 tsp. maca
- 1-2 tsp. spirulina
- 1/4 avocado
- 1 Tbsp. coconut oil
- 1-2 Tbsp. ground flaxseeds
- 1-2 tsp. cinnamon
- 1 in. chunk of ginger
- 5 drops stevia



## 5 Blend & Enjoy!