



Green Smoothie

60% ripe organic fruit
40% organic green vegetables
add water to cover half way
and blend

Delicious Combinations:

Mango Banana Spinach

1 large mango
2 bananas
large handful spinach

Pineapple Banana Greens

1 cup pineapple
1 banana
small handful baby arugula
small handful baby spinach

Pear Kale Mint

4 ripe pears
4-5 leaves of kale
½ bunch of mint

Strawberry Banana Romaine

1 cup strawberries
2 bananas
½ bunch romaine

Many people do not eat enough greens.
Green smoothies are very nutritious,
easy to digest and delicious. By consuming
two or three cups of green smoothies daily,
you will consume enough green for the day
to nourish your body and they will be well
assimilated.

Easy to make and quick to clean up after. Great for children of all ages.

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