



GREEN MONSTER SMOOTHIES

Simple Nutrient-Packed Recipe:

1. Fill the blender about 1/3 full with Spinach (unpacked)
2. Add about 8 ice cubes
3. Add about 1 cup of Fruit Juice (any kind, OJ or Blueberry-Pomegranate are our favorites)
4. Add ½ cup of Carrot Juice (optional)
5. Add 1.5 – 2 Bananas (frozen bananas are great, too)
6. Fill the rest of the blender with whatever fruit you have on hand (Fresh or Frozen Berries, Peaches, Pineapple, Kiwi, etc.)
7. Add a cup of Yogurt, Flax Seed, and Wheat Germ (if desired)
8. Blend until smooth

Thank you Dawn Souto



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