



## **Green Smoothie Builder**



# The Ingredients

- **Liquid:** water; almond milk; rice milk; coconut milk; soy milk; coconut water
- **Leafy Greens:** kale; celery leaves; baby spinach; silver beet, dandelion greens
- **Fruit:** apple; banana; orange; blue berries; strawberries; kiwi; mango; pineapple; papaya; rock melon; watermelon; lemon; lime
- **Sweetener:** maple syrup; medjool dates; vanilla extract; agave
- **Extras:** ginger; chia seeds; cocoa powder; cinnamon; nut butter; protein powder; almond meal
- **Optional:** Ice, unless frozen fruit used

# The Main Recipe (1-2 servings)

- **Liquid** (1 & 1/2 cups)
- **Leafy Greens** ( 2 cups)
- **Fruit** (2- 3 servings)
- **Sweetener** (as required)
- **Extras** ( vary according to taste)
- **Optional** Ice, unless frozen fruit used

*Tip: Always add half a lemon or lime to increase iron absorption*