



THE GREEN MACHINE SMOOTHIE

| | | | |
|----------|---------|-------|-----|
| 208 | 5g | 44g | 4g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|--------|--|
| 1 C | WATER |
| 1 C | BABY SPINACH |
| ½ C | KALE (STEMS REMOVED) |
| 1 | BANANA |
| ½ C | FROZEN BERRIES OF CHOICE (BLUEBERRIES USED FOR NUTRITIONAL INFORMATION) |
| 1 TBSP | CHIA SEEDS |
| ¼ TSP | CINNAMON |
| | A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL) |
| | 1 SERVING OF YOUR FAVORITE GREEN SUPERFOOD POWDER (OPTIONAL) |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

LEMON-LIME KALE DETOX SMOOTHIE

| | | | |
|----------|---------|-------|-----|
| 149 | 2g | 39g | 1g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|---------|------------------------|
| 1 C | WATER |
| ½ LEMON | PEELED AND SEEDED |
| ½ LIME | PEELED AND SEEDED |
| 1 | FRESH OR FROZEN BANANA |
| 1 C | KALE, STEMS REMOVED |
| 1 TSP | HONEY |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

