



 **YOUR LOGO**  
Your Message or Tag Line (Optional)

**THE GREEN MACHINE SMOOTHIE**

			
<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>

**INGREDIENTS:**

<b>1 C</b>	WATER
<b>1 C</b>	BABY SPINACH
<b>½ C</b>	KALE (STEMS REMOVED)
<b>1</b>	BANANA
<b>½ C</b>	FROZEN BERRIES OF CHOICE (BLUEBERRIES USED FOR NUTRITIONAL INFORMATION)
<b>1 TBSP</b>	CHIA SEEDS
<b>¼ TSP</b>	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**

			
<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>

**INGREDIENTS:**

<b>1 C</b>	WATER
<b>½ LEMON</b>	PEELED AND SEEDED
<b>½ LIME</b>	PEELED AND SEEDED
<b>1</b>	FRESH OR FROZEN BANANA
<b>1 C</b>	KALE, STEMS REMOVED
<b>1 TSP</b>	HONEY

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

