

GREEN



ROOTED
SANTA BARBARA

SMOOTHIE

QUICK GUIDE

It is always best to eat your greens but green smoothies have a place in your eating plan. If you would like to mix it up for a bit of variety, grab your blender!

GREENS (2 cups or handfuls)

SPINACH KALE SWISS CHARD
COLLARD GREENS BEET GREENS ROMAINE LETTUCE

FRUIT (1/2 - 1 cup frozen)

BLUEBERRIES BANANA MANGO
PINEAPPLE STRAWBERRIES GREEN APPLE

VEGETABLE (1 - 2)

CARROT CELERY BEET
CUCUMBER NOPALES ZUCCHINI

HERB or SPICE (1 teaspoon)

MINT GINGER TURMERIC
CINNAMON BASIL CILANTRO

SUPERFOOD (1 tablespoon)

FLAXSEEDS CHIA SEEDS HEMP SEEDS
SUPER GREENS

LIQUID (1 - 2 cups for desired consistency)

SOY MILK ALMOND MILK WATER
OAT MILK

