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## SMOOTHIES/SMOOTHIE BOWLS

Mix-and-match any of the following combinations.

- For smoothies: Blend everything and serve in a tall glass/cup.
- For smoothie bowl: Blend liquid, vegetable, protein, and flavoring. Pour into a bowl, then top with sliced fruit.

LIQUID (1-2 cups)	FRUIT (1/2 cup)	VEGETABLE (1-2 cups)	PROTEIN (1-2 Tbsp)	FLAVORING (1 tsp)
Water	Banana	Kale	Nut butter	Cinnamon
Milk (any kind)	Berries (any)	Swiss chard	Yogurt	Maple syrup
Tea (green, herbal)	Melon	Collards	Tofu	Ginger
	Mango	Spinach	Beans	Turmeric
	Watermelon	Romaine	Seeds	Cardamom
	Apple	Arugula		
	Avocado	Beet/mustard greens		