



*Let's get started!*

## Smoothies

Smoothie pack will rotate flavors each week. Smoothies ingredients will come fresh and ready to blend.

- ▶ Freeze smoothie cups once you bring them home
- ▶ Fill the smoothie cup with liquid of choice, blend, then pour back into cup and enjoy
- ▶ Smoothie cups are designed to be blended with plant-based milk, juices or coconut water
- ▶ If you would like your smoothie to be a bit sweeter, add a ripe banana or a few dates
- ▶ Smoothie pack can also be used as a one day smoothie cleanse by replacing your meals with smoothies. Drink plenty of water between smoothies



### **Cookie Lucuma:**

Pear or Apple, Pecans, Dates, Lucuma, Maca, Cacao

*Mix with: plant based milk (such as almond or rice milk) or water*

### **Chlora-Mint:**

Spinach, Banana, Cacao Nibs, Chlorella, Peppermint EO

*Mix with: plant based milk or water*

### **Tumeric-Carrot:**

Orange, Carrot, Coconut, Dates, Acerola Powder, Turmeric

*Mix with: coconut water, water or orange juice.*

### **Gogi-Berry:**

Rhubarb or Beet, Strawberry, Goji Berries, Dates, Sea Buckthorn Powder

*Mix with: coconut water or water*

### **Acai-Blue:**

Baby Kale, Blueberries, Figs, Hemp Seeds, Acai Powder

*Mix with: coconut water, water, or apple juice*

### **Cacao-Cream:**

Zucchini, Avocado, Dates, Cacao Powder, Pumpkin Seeds

*Mix with: plant based milk or water*