

How to Create Your Custom

Green Smoothie



BREASTCANCER.ORG
REAL. ANSWERS.

1 Choose your base > { 1.5 cups }

- Almond milk*
- Rice milk*
- Hemp milk*
- Coconut milk*
- Coconut water*
- Filtered water

* Select organic unsweetened when possible and check for added sugar and calories.



2 Choose your greens > { 1 big handful }

- Kale
- Spinach
- Romaine
- Swiss chard
- Collards
- Beet greens
- Dandelion
- Raw broccoli
- Bibb lettuce



3 Choose your add-ons > { Pick two from below | 1-2 cups, fresh or frozen }

- Apple
- Banana
- Berries
- Carrot
- Celery
- Cucumber
- Grapes
- Kiwi
- Lime or lime juice
- Mango
- Melon
- Orange, peeled
- Pear
- Peaches
- Pineapple
- Papaya
- Strawberries
- Grapefruit, peeled

● EWG's CLEAN FIFTEEN™, vegetables and fruits lowest in pesticides. { www.ewg.org }



4 Supercharge it > { Add as many as you like }

- Ground flax seed*
- Sesame seeds*
- Avocado*
- Nut or seed butter*
(Organic almond, sunflower butter)
- Cinnamon**
- Fresh ginger root**
- Vanilla extract**
(Check for no added sugar)

* 1-2 tablespoons | ** 1-2 teaspoons | ● EWG's CLEAN FIFTEEN™, vegetables and fruits lowest in pesticides. { www.ewg.org }



5 Make it sweeter > { Optional }

- Raw organic local honey
- Pure maple syrup
- Chopped dates

6 Blend, drink, and enjoy! >

TIP:

Buy organic produce whenever possible, or pick vegetables and fruits from the Clean Fifteen™.

{ View the full list at www.ewg.org. }