

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, unweetened 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](http://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](http://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](http://www.ewg.org). }