How to Create Your Custom

Green Smoothie

1. **Choose your base**  >  { 1.5 cups }
   - Almond milk*
   - Hemp milk*
   - Rice 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
   - Swiss chard
   - Spinach
   - Collards
   - Romaine
   - 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**
     (Check for no added sugar)
   - Vanilla extract**
   * 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.]