



Berry Smoothie Drink



2 Cups Water as the base or
(Almond, Oat, or Hemp Milk)

1 Cup mixed greens

½ Banana

2 -3 Cups mixed frozen berries (strawberries,
blueberries, raspberries, blackberries)

1 tbsp Flaxseed (ground)

1 tbsp Chia seed (ground)

½ tbsp. Cacao (dark nibs or ground)

Herbs (optional: mint, bee pollen leaves, goji
berries, maca powder, pea protein powder)



Jen's Green Smoothie Drink

1 serving equals a mason jar (to give you an idea)

2 Cups Water as the base or (Almond, Oat, or Hemp Milk)

2 -3 Cups Greens, superfood greens (kale, chard, spinach)

Handful: Dandelion greens (optional)

½ Banana

¼ tsp Turmeric powder

1 tbsp Flaxseed (ground)

1 tbsp Chia seed (ground)

½ tbsp. Cacao (dark nibs or ground)

Herbs (optional: mint, bee pollen leaves, goji berries, maca
powder, pea protein powder)

