

HOW TO BUILD A SMOOTHIE

ADD YOUR EXTRAS

- Ginger
- Chia Seeds
- Hemp Seeds
- Flax Seeds
- Cinnamon
- Cacao Powder
- Hemp Protein Powder
- Green Pea Protein Powder
- Dherbs Vegan Berry Powder
- Dherbs Vegan Greens Powder

ADD 3 CUPS OF FRUIT

- Banana
- Mango
- Berries
- Orange
- Avocado
- Peach
- Pear
- Apple
- Pineapple

ADD 2 CUPS OF A LIQUID BASE

- Filtered Water
- Fresh Coconut Water
- Homemade Coconut Milk
- Homemade Almond Milk

ADD 2 CUPS OF LEAFY GREEN VEGETABLES

- Spinach
- Chard
- Kale
- Romaine Lettuce
- Collards
- Bok Choy
- Dandelion Greens

