



# Smoothie Facts

EASY TO DIGEST  
OPTIMAL ABSORPTION  
NUTRIENT DENSE  
INCREASES ENERGY & HEART HEALTH  
BOOSTS IMMUNITY

MAKE YOUR OWN!  
PICK ONE FROM EACH CATEGORY:

## LIQUID

water  
coconut water  
dairy free milk  
milk

## FRUIT

banana  
apple  
berries  
mango  
cherries

## OPTIONAL

raw cacao  
shredded coconut  
bee pollen  
goji berries

## GREENS

spinach  
kale  
parsley  
swiss chard  
collards

## FAT/PROTEIN

hemp seeds  
avocado  
flax or chia seeds  
protein powder  
nut butter

## Green Panther Power Smoothie

- 2/3 C rice milk.....least allergenic non-dairy
- 1/3 C avocado.....20 vitamins/minerals
- 1/2 C pineapple.....Vitamin C, ↑ immunity
- 1 handful spinach.....Vitamin K, bones
- 1/2 banana.....Potassium.. heart health
- Juice of 1 orange.....fiber, ↓ cholesterol
- tsp of honey.....antioxidants, ↓ cell damage

## Cherry Cheer Smoothie

- 1 C frozen cherries....melatonin, ↑ sleep
- 1 banana.....carbs, ↑ energy
- 1 handful spinach.....carotenoids, ↑ eyesight
- 1/2 avocado.....fiber, feel full
- 1/2 C coconut h2o....Potassium, fluid balance
- 1 tsp cacao powder...antioxidants, ↓ disease