

# HOW TO BUILD A **COLOR** SMOOTHIE

## BOOSTERS (1-2)\*

Avocado  
Fresh ginger  
Hemp seeds  
Cacao powder

1 Tbsp chia seeds  
1-2 Tbsp shredded coconut  
1-3 tsp coconut/MCT oil  
1-2 Tbsp ground flaxseeds

1-2 tsp cinnamon  
1-2 Tbsp almond butter  
1-2 Tbsp sunflower or  
pumpkin seeds

## FRUIT/VEGGIE ADD-INS

(1-2 SERVINGS)

(RAW, FRESH OR FROZEN)



Berries



Citrus



Beets



Sweet  
Potato



Pumpkin



Spinach



Kale



Swiss  
Chard



Romaine  
lettuce



Spring  
mix



Collard  
greens

## LIQUID BASE (1-2 CUPS)

Water  
Unsweetend almond milk,  
Unsweetened coconut milk, rice milk  
Coconut water

## TIPS:

Blend your seeds first (such as flaxseed) to get more benefits

Add ice for a refreshing, cool drink during the summertime

Drink within 2-4 hours for most antioxidant benefit

Can be a meal replacement



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