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

LEAFY GREENS (2-3 SERVINGS)
- Spinach
- Kale
- Swiss Chard
- Romaine lettuce
- Spring mix
- Collard greens

LIQUID BASE (1-2 CUPS)
- Water
- Unsweetened 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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