Summer Smoothie Mix

Pick a Base: (8 oz)
- Water
- Skim Milk
- Soy, Almond, or Coconut Milk
- 100% Juice

Choose Your Fruits: (1 cup)
- Berries
- Apples
- Peaches
- Pears

Add Your Veggies:
- Kale (2 cups)
- Spinach (2 cups)
- Avocado (1/4 avocado)
- Cooked Carrots (1/2 cup)

Power Up with Protein:
- Nut butter (1 Tbsp)
- Chia Seeds (2 Tbsp)
- Ground Flaxseed (1 Tbsp)
- 0% Vanilla Greek Yogurt (1/2 cup)

Directions
Combine all ingredients and blend until smooth. Pour into glasses and serve!