**Create your own Smoothie**

Instructions:

1. Use 1.5 cups of your choice of milk: almond milk, coconut milk, oat milk, whole milk
2. Add one big handful of kale or spinach
3. Add 1 - 2 cups of fruit (can be a combination of a few fruits or just one)
   1. Fresh or frozen: banana, apple, melon, strawberries, blackberries, raspberries, blueberries, mango, peach, pear
4. Add 1 - 2 tablespoons protein powder
5. Add 2 tablespoons avocado, peanut butter, or almond butter (healthy fats)
6. Optional: add 1 teaspoon honey or agave to sweeten