

Quick Guide

1. 1 C LIQUID
2. 1 C LEAFY GREENS
3. 1/2 C BANANA/YOGURT
- 4 1 C FRUIT, FRESH OR FROZEN

COOKING 101

GREEN SMOOTHIE

By Mandy Gerth

Yield, Approximately 4 Cups

Directions:

Combine LIQUIDS and LEAFY GREENS in blender until smooth.
Add remaining ingredients and blend.

LIQUID:

Milk
Fruit Juice
Almond Milk
Coconut Milk
Coconut Water



LEAFY GREENS:

Kale
Chard
Spinach
Collards
Romaine
Baby kale
Peashoots
Baby romaine



Cooking 101, LVFarm Academy

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