

## Dynamic Raw Food Creations Green Smoothie Starter List

COLUMN A	COLUMN B	COLUMN C	COLUMN D (OPTIONAL)
2 cups spinach	1 cup any berries	1 cup ice	1 tablespoon coconut oil
3 leaves chard (remove stem)	1 banana	½ to 1 cup filtered water	1 tablespoon flax oil
1 cup kale (remove stem)	1 cup grapes	1 cup nut or seed milk	1 tablespoon hempseed oil
3-4 leaves romaine	1 cup fresh pineapple	½ to 1 cup coconut water	1/2 teaspoon Spirulina OR chlorella
1 cup collards (remove stem)	1 kiwi, peeled		Few drops Stevia
1 cup beet leaves	1 mango		1-2 tablespoons nut butter
	1 peach		2 dates (pitted)
	1 nectarine		2 tablespoons of raisins
	1 orange		
	1 apple		
	1 pear		
	½ cup papaya		

**When making green smoothies, wash fruits and veggies thoroughly! Choose 1 item from Column A, at least 2 items from Column B, and 1 item from Column C. Column D is optional. Add all ingredients to a blender and blend until smooth, which is usually 30 seconds to 1 minute, depending on the type of blender that you have. Enjoy!**