



**Creative Juices
Consulting**

Basics of The Perfect Green Smoothie

2-3 fruits

1-2 watery vegetables, such as: cucumber, celery, or squash

1 large bunch of greens

½ cup of liquid (water, juice, non-dairy milk)

Directions: Blend fruits first, then add watery vegetables and then greens. You can add ice if you have a great mixer, or some water, juice, or nut milk to thin the smoothie.