YOUR ULTIMATE GUIDE TO

THE PERFECT GREEN SMOOTHIE

LEAFY GREENS
{ 2 CUPS }

spinach

kale

romaine lettuce

Create the perfect green smoothie in less than 5 minutes. Packed with healthy ingredients, green smoothies can lead to more energy, natural weight loss and a healthy immune system. Grab your blender and a glass and get started!

bok choy

swiss chard

collards

dandelion

water

coconut water

coconut milk

almond milk

LIQUID
{ 2 CUPS }

RIPE FRUIT
{ 3 CUPS }

banana

mango

berries

orange

avocado

peach

pear

apple

pineapple

grapes

TOP IT ALL OFF!
{ AS DESIRED }

chia seeds

coconut oil

almond butter

hemp seeds

hemp protein powder

flax seeds

cacao

cinnamon

acai powder

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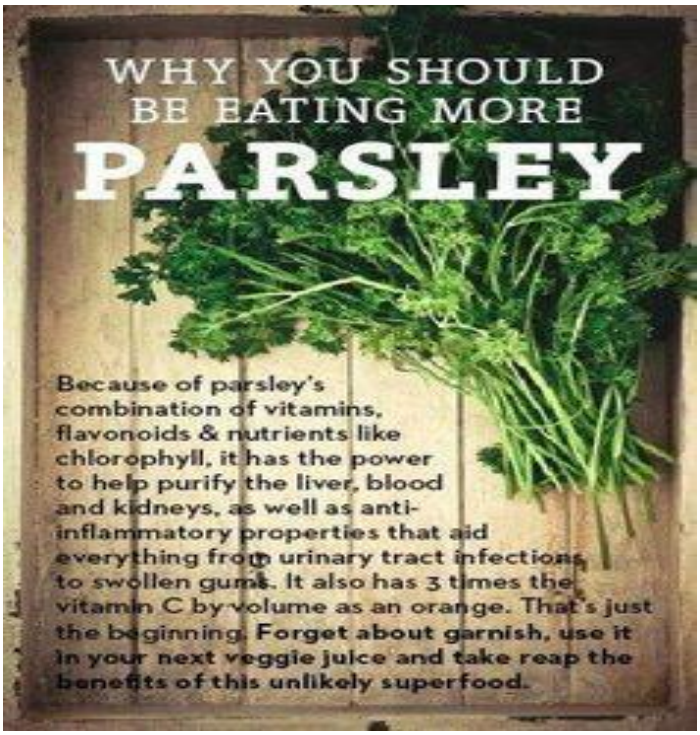

5 Healthy AVOCADO FACTS

1 CHOLESTEROL REGULATION
The monounsaturated fats found in an avo can aid the regulation of cholesterol in the liver when eaten in moderation.

2 APPETITE CONTROL
While many believe that low-cal diets are the way forward, professionals have proven that by eating foods rich in natural fats, we can have a positive impact on controlling our appetite hormones.

3 A SOURCE OF ENERGY
For a natural source of low-GI energy, avocados tick all the boxes. Enjoy a portion of avo with your breakfast or lunch to keep you going throughout the day.

4 ASSISTANCE IN ABSORBING NUTRIENTS FROM OTHER FOODS
The Vitamins E and K, as well as the monosaturated fat in an avocado can help the body to absorb the fat-soluble nutrients in other foods that we consume.

5 MORE THAN JUST A MARVEL IN THE DIET
Rich and concentrated avocado oil is incredibly high in Vitamins such as C, B and D, making it the perfect natural ingredient to deeply moisture the skin and hair! Vitamin C is also linked to natural collagen production so it's no wonder it's become so popular in skin care.

Australian Avocados