

# V9 Smoothie



## RECIPE:

**16 oz smoothie is made with**

**3 oz avocado**

**2 oz spinach**

**1 1/2 oz kale**

**1/2 oz kelp**

**3 oz pineapple**

**1/2 oz cilantro**

**1/2 cup ice**

**1/2 oz cayenne pepper**

**1/3 cup Vanilla Yogurt**

**1 T Orange Juice**

**1 tsp Water**

**1 tsp Honey**

**Blend to desired texture  
and enjoy!**

# The Green Monster



## RECIPE:

**16 oz smoothie is made with**

**1/3 cup Vanilla Yogurt**

**1 T Orange Juice**

**1 tsp Water**

**1 tsp Honey**

**1 cup fresh kale**

**1 cup fresh spinach**

**1/2 oz kelp puree**

**1/2 cup peaches**

**1/4 fresh cucumber**

**1/2 fresh banana**

**1/2 cup ice**

**Blend to desired texture  
and enjoy!**