



Gina Aliotti's

Build Your Own Basic Green Smoothie Formula:

Quantity	Ingredient
1/2-1 cup	LIQUIDS: Water Coconut Water Coconut Milk Almond Milk (unsweetened) Aloe Vera Juice
2 cups	GREENS: Spinach Kale
To Taste	Cucumber Celery
½-1 whole	WHOLE FRUITS: (fresh or frozen) Banana (sweetest and creamiest) Apple Pear Peach Mango Pineapple



	<p>Kiwi</p> <p>Any Berry of your choice or a mixture (black, blue, raspberry, boysenberry)</p> <p>Melon (cantaloupe, watermelon, honeydew)</p>
1 tbsp	<p>FATS:</p> <p>Coconut oil</p> <p>Flax oil OR Flaxseed</p> <p>Chia seed</p> <p>Nut Butter</p> <p>Nuts</p> <p>Avocado (2 oz)</p>
<p>OPTIONAL</p> <p>To Taste</p>	<p>HERBS:</p> <p>Mint (my favorite)</p> <p>Parsley</p> <p>Garlic</p> <p>Ginger</p>
<p>OPTIONAL</p> <p>1/2 cup</p>	<p>Yogurt (adds for more creaminess)</p> <p>Non-fat or low fat Greek Yogurt</p>
<p>OPTIONAL</p> <p>To Taste</p>	<p>SWEETENER:</p> <p>Stevia (FLEX FLAVOR of your choice)</p>



<p>OPTIONAL</p> <p>(for making smoothies vs. green drinks)</p> <p>1-1.25 scoops</p>	<p>PROTEIN:</p> <p>Protein Powder (flavor of your choice)</p> <p>*Devotion Angel Food Cake recommended</p>
<p>1/2-1 whole</p>	<p>FLAVOR:</p> <p>Lime</p> <p>Key Limes (sweeter)</p> <p>Lemon</p>
<p>OPTIONAL</p> <p>1 serving</p>	<p>SUPPLEMENTS:</p> <p>Probiotics</p> <p>Maca Root Powder</p> <p>Vitamin C</p>

DIRECTIONS:

Pick an ingredient or ingredients in each category (liquid, greens, fruit, fat) and blend until smooth. If you wish to experiment with any other "optional" categories, add additional categories and continue blending until mixed well. Adding yogurt or avocado adds for extra creaminess and a smooth texture. Sweeten as desired or drink as is. Protein Powder is also a great option for extra protein. Adding Powdered supplements are a great way to get them in without changing the texture or flavor.

You want to work your way up to at least 50% greens but you can start slowly by adding less greens. Your goal is at least 50% greens but you can start out with more fruit and less greens and then work your way up. For children, this is a great way to add greens to their diet. You may need to start out with more fruit than greens but sooner than later you can work your way up to an equal or slightly higher ratio of greens to fruit.



SMOOTHIE/GREEN DRINK TIPS:

- * Ice can always be added for a colder, thicker smoothie
- *Be sure to remove all stems from kale leaves, as these don't mix well, add a bitter taste and are hard to digest.
- *Blending time depends on your blender so blend until desired consistency.
- *Add ingredients slowly and blend as you go. Every blender and motor is different so be sure to get to know your blender and how much roughage it can handle.
- *A high speed, high quality blender is recommended for making Green Drinks/smoothies.
- *Have fun and be creative. There are so many ways to create your own Green Drinks & Smoothies! Start with the basics and little by little create your own creations and recipes!
- *Start with my Favorite Green Goddess Smoothie!

Enjoy!



Gina's Green Goddess Smoothie

- 1 cup water
- 1 cup aloe Vera juice
- 1 cup ice
- 2 cups raw spinach (or kale)
- ½ avocado
- 2 key limes
- 1.25 scoop Devotion Angel Food Cake Protein
- 1 tbsp fresh mint
- 3-4 large Strawberries
- 1 Crème Brulee Flex Flavor
- 1 Blueberry Sky Flex Flavor

(Flex Flavors are optional but delicious and add added flavor)

Place all ingredients in a high-speed blender and blend until smooth and creamy. Enjoy!

1 serving.