# Super Smoothie Guide

Chocolate

Green

Berry

#### **Choose Your Flavor:**

- Banana
- Sweet Potato
- Berries
- Dates

- Peach
- Pineapple
- Kiwi
- Grape
- Strawberry
- Greens

- Strawberry
- Blueberry
- Blackberry
- Raspberry
- Beet
- Pineapple

### **Choose Your Fat:**

- Nut Butter
- Coconut
- Flax Seeds

- Avocado
- Coconut oil
- Chia Seeds

- Coconut
- Chia Seeds

#### **Choose Your Mixer:**

- Nut Milk
- Coconut Milk

- Nut milk
- Coconut
  Milk
- Coconut Water
- Water

- Coconut Water
- Water

## Choose Your Super Food:

- Cacao Powder
- Cinamon

- Matcha Powder
- Chlorella
- Spirulina

- Acai Powder
- Goji Berries

The Homemade Sage