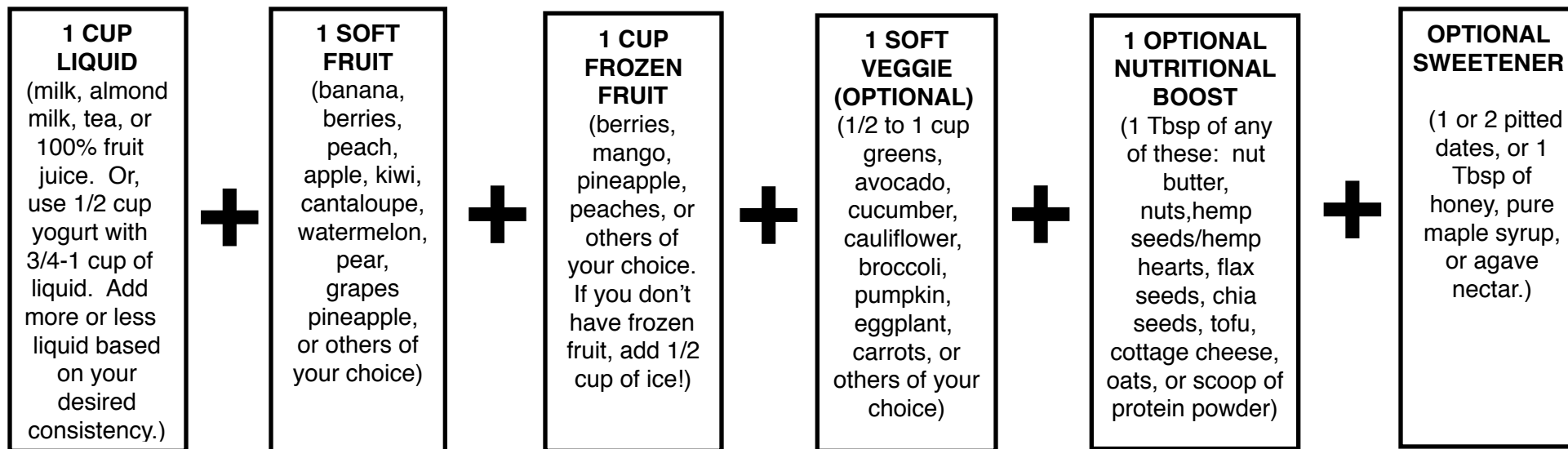




Formula for a No-Fail Smoothie!



Tips for a No-Fail Smoothie:

- Add liquid first! (It will make it easier for the blades of your blender to get things moving!)
- When making a smoothie with greens, avoid dark berries such as blueberries or blackberries. (Your smoothie will end up being an unattractive color!) Or, if you don't care about how it looks — then go for it and add them in!
- If using whole flax seeds, and you don't want noticeable seeds in your smoothie, try adding them first and blend to make them ground.
- Make your smoothie first with no additional sweetener, and then taste and add the optional sweetener if desired. Sometimes the sweetness of the fruit is enough!
- Get creative! Feel free to use this formula as a guide, but don't feel like you have to follow a recipe!