GREEN SMOOTHIE

**BASE INGREDIENTS**

- 1 cup Frozen Blueberries
- ¼ cup Peanut Butter
- 1-2 serving Protein Powder
- 1 cup Kale
- 2 Bananas
- Ice
- Water

**GREEN SMOOTHIE DIRECTIONS**

Begin by adding the softer ingredients to the blender starting with the bananas, kale, peanut butter, protein powder, blueberries, ice cubes, water.

Blend and add more ice or water to reach ideal consistency.

Pour into cups and enjoy!

**OPTIONAL ADD-ON INGREDIENTS**

**To Add Sweetness:**
- Honey, Maple Syrup or Stevia

**Nutrition Boost Options:**
- Flax, Hemp or Chia Seeds, Spirulina, Wheatgrass, Chlorella

**TIGER TIP**

**EAT NATURAL WHOLE FOODS**

- Get your sunshine “Vitamin D”
- Eat leafy greens, soy, eggs for vitamin K
- Magnesium is important and found in leafy greens, whole grains, nuts, seeds
- Your body needs Omega-3 fatty acids that are found in fish, plant oils, supplements
- Vitamin C from fruits, citrus or tasty to blend as a powered supplement