

## Smoothie Formula

1. Add veggies (milpa greens e.g. chard, arugula, collards, mustard, radish, turnip), cucumber, squash, etc.
2. Add fruit (optional)
3. Add liquids (water, tea, juice, milk, yogurt, etc.) Add enough liquid to get the desired consistency.
4. Blend and taste
5. Add Boosters (chia, flaxseed, cinnamon, turmeric, sprouts, calendula, nuts, herbs etc.)
6. Add sweetener (frozen bananas, dates, honey, molasses, etc.)
7. Blend and taste