

BEST GREEN SMOOTHIE

INGREDIENTS:

- 1 cup liquid base (water or milk)
- 1 cup fresh greens (spinach, kale, or arugula)
- 1 cup green fruit (apple, pear, grapes, avocado)
- 3/4 cup low-fat, plain Greek yogurt – optional for creamier consistency
- 1-2 teaspoon Flavor Fountain
- 1 scoop Whey protein powder – optional



DIRECTIONS:

1. Add ingredients into a high-powered blender. Blend until smooth.

Makes 16 oz. serving

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