
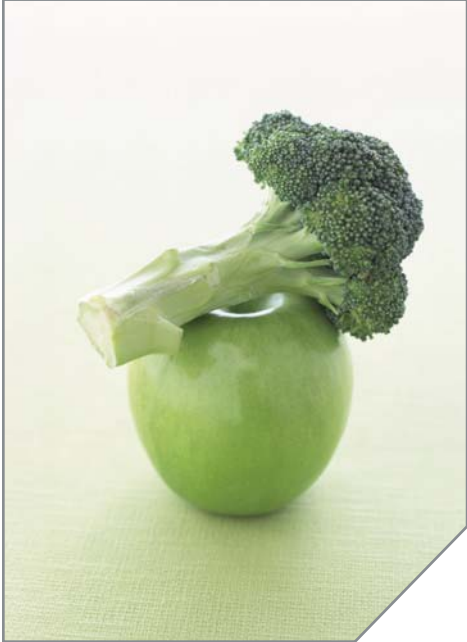


MIX & MATCH GREEN SMOOTHIE LIST

COLUMN A	COLUMN B	COLUMN C
2 cups spinach	1 cup grapes	1 cup soy milk (plain or vanilla)
1 cup kale	1 apple	1 cup yogurt (flavored or plain)
1/2 head of romaine	1 orange, peeled	1 cup fruit juice
1 romaine heart	1 cup melon, peeled	1 cup water
3/4 cup raw broccoli	1 cup pineapple	
1 small head of bibb or Boston lettuce	1 cup berries	
	1 banana, peeled	
	1/2 cup cucumber, peeled or unpeeled	
	1 kiwi, peeled	
	1 carrot	
	1 cup peaches	
	1 cup mango, peeled	
	1/2 cup papaya, peeled	
	2 stalks celery	
1 pear		

1. Pick 1 from Column A, 2 from Column B, 1 from Column C, and add 1 cup of ice.
2. Place all ingredients into the Vitamix container and secure lid.
3. Select Variable 1.
4. Turn machine on and quickly increase speed to Variable 10, then to High. Blend for 45 seconds, or until smooth.

