

THE INFINITE SMOOTHIE

BASE 1-2 cups	FRESH FRUIT 1-2 cups	EXTRAS 1 or more	TOP IT OFF 1-3 teaspoons
<p>Water Crushed Ice Fruit Juice fresh apple, pear frozen concentrate, simple or blends pineapple Almond Milk Rice Milk Soy Milk Sprouted Almond Milk* Sprouted Sunflower Milk* Lemon or Lime Juice</p>	<p>Banana Berries Blackberry Raspberry Strawberry Cherries Peach Apricot Kiwi Papaya Mango Grapes</p>	<p><u>Crunchies</u> Grapenuts (small handful) Granola Cooked, cooled Rice or Oatmeal (will thicken in place of banana) Other Cereals Nuts Seeds</p> <p><u>Super Foods</u> Flaxseed Oil or Meal Bee Pollen Lecithin Nutritional Yeast Acidopholus Aloe Vera Juice Herb Powders Ginseng Hawthorne Berry Slippery Elm Extra Green Food Concentrates: Barley Grass Powder, Spirulina Your Vitamin Supplement</p> <p><u>Sweeteners</u> All-Fruit Jam Dried Fruit Honey Molasses</p>	