

NATURE'S



FOOD PATCH

## Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703

[www.naturesfoodpatch.com](http://www.naturesfoodpatch.com)

# *Intro to Raw Foods*

*Green Smoothies with Raw Foods Instructor Brad Myers*

### Green Smoothie #1

Banana  
Thai Coconut (use water & meat)  
Mango  
Kale

### Green Smoothie #2

Banana  
Cherries  
Orange Juice (fresh squeezed)  
Spinach  
Celery

Optional additions: Ginger, dates, wild greens



Blend ingredients until smooth or desired consistency is reached. If you like your smoothies sweeter use more banana, if it's too sweet add more greens!

\*To improve digestion, always remember to chew your smoothie!

<https://www.facebook.com/TheVegabondChef>