

NATURE'S



FOOD PATCH

Market & Café

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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.