

Vita-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	

Pick 1 from Column A, 2 from Column B, 1 from Column C, and add 1 cup of ice. Place all ingredients into the Vita-Mix container and secure 2-part lid. Select **VARIABLE #1**. Turn machine **ON** and quickly increase speed to **#10**, then to **HIGH**. Blend for **45 seconds**, or until smooth.



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