

## ■ Daily Harvest Style Smoothies ■

### ■ Green Glow

#### Ingredients:

- Spinach
- Pineapple
- Mango
- Coconut water
- Spirulina

*Bright + hydrating with tropical greens.*

## ■ Berry Bliss

### Ingredients:

- Strawberries
- Blueberries
- Raspberries
- Banana
- Oat milk
- Chia seeds

*Sweet & tart antioxidant boost.*

## ■ Golden Rise

### Ingredients:

- Mango
- Peach
- Carrot
- Ginger
- Turmeric
- Coconut milk

*Sunshine in a glass, with warming spice.*

## ■ Cocoa Comfort

### Ingredients:

- Banana
- Cauliflower (steamed & frozen)
- Cacao powder
- Almond butter
- Oat milk
- Flaxseed

*Chocolatey but wholesome energy.*

## ■ Tropical Zen

### Ingredients:

- Pineapple
- Banana
- Kale
- Coconut milk
- Matcha green tea powder

*Creamy, refreshing & energizing.*

## ■ Blue Moon

### Ingredients:

- Blueberries
- Banana
- Zucchini (frozen)
- Vanilla oat milk
- Hemp seeds
- Cinnamon

*Smooth & calming, like blueberry pie.*

## ■ Apple Spice

### Ingredients:

- Apple (peeled & frozen)
- Dates
- Cinnamon
- Oat milk
- Sunflower seed butter

*Like a cozy apple pie smoothie.*

## ■ Mint Chip

### Ingredients:

- Spinach
- Banana
- Cacao nibs
- Fresh mint leaves
- Coconut milk
- Vanilla

*Refreshing, dessert-like, but still green.*

## ■ Peachy Cream

### Ingredients:

- Peach
- Mango
- Carrot
- Cashew butter
- Oat milk
- Cardamom (pinch)

*Rich & creamy with a soft spice note.*

## ■ Cherry Almond Dream

### Ingredients:

- Cherries
- Banana
- Almond butter
- Oat milk
- Cocoa powder

*Decadent yet nourishing, cherry-chocolate goodness.*