



HEALTHY LIVING  
WITH *Patti Green*

## *Green Smoothies*

### **Berry Banana**

- 1 - 1 1/2 cup water or nut mylk
- 2 handfuls of spinach/kale mix
- 1 cup blueberries
- 1 banana

### **Apple Pear**

- 1 - 1 1/2 cup water or nut mylk
- 1 handful romaine lettuce
- 1 handful spinach
- 3 - 4 celery stalks
- 1 green apple
- 1 pear
- 1/2 avocado



RECIPES

