



BEVERAGE SPOTLIGHT: JUICE AND SMOOTHIES



BUILD A SMOOTHIE



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Directions:

Step 1: Wash and prepare your vegetables and fruits. Peel or slice as necessary.

Step 2: Add your ingredients to a high speed blender and blend until the smoothie reaches your desired consistency. You may add more liquid if you prefer a thinner smoothie.

Step 3: Pour the smoothie into a glass and enjoy immediately, if possible.