

# BEST GREEN SMOOTHIE

## INGREDIENTS:

1 cup liquid base (water or milk)  
1 cup fresh greens (spinach, kale, or arugula)  
1 cup green fruit (apple, pear, grapes, avocado)  
3/4 cup low-fat, plain Greek yogurt – optional for creamier consistency  
1-2 teaspoon Flavor Fountain  
1 scoop Whey protein powder – optional



## DIRECTIONS:

1. Add ingredients into a high-powered blender. Blend until smooth.

**Makes 16 oz. serving**

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