

## The Foundation of Youth

Look and feel better than you have in years with this berry-licious delight!

- 2 handfuls kale
- 1/2 avocado (pitted and peeled)
- 1 medium nectarine (pitted)
- 1/2 cup blueberries
- 10 walnut halves

Fill to the max line with spring water or almond milk.

Extract and enjoy!!



## The Beauty Blast

Ready to reclaim that youthful glow? Fuel healthy skin, hair and nails with this lovely blend.

- 2 handfuls swiss chard
- 1/2 cup pineapple
- 1/2 cup strawberries
- 1 Tbsp goji berries
- 12 cashews

Fill to the max line with spring water.

Extract and enjoy!!



## Sleepy Seeds

Tired of counting sheep? Get the ZZZs you deserve with this flavorful Blast.

- 2 handfuls spinach
- 1 banana
- 1/4 cup raspberries
- 1/4 cup blueberries
- 1 Tbsp pumpkin seeds
- 1 Tbsp sunflower seeds

Fill to the max line with spring water.

Extract and enjoy!!



## Cholesterol Crusher Blast

Reduce cholesterol the natural way with this tasty concoction!

- 2 handfuls kale
- 1 cup blueberries
- 1/2 banana
- 1/3 cup cooked oatmeal
- 10 almonds
- 2 Tbsp raw cacao

Fill to the max line with spring water.

Extract and enjoy!!



## The Hormone Helper

The "change" is inevitable, but it doesn't have to be horrible if you Blast the right ingredients!

- 1/4 small raw beet
- 10 red seedless grapes
- 2 small broccoli florets
- 10 raspberries
- 1 Tbsp goji berries
- 1/2 small avocado (pitted and halved)
- 1 Tbsp olive oil

Fill to the max line with spring or coconut water.  
Extract and enjoy!!



## The Immune Booster

Keep healthy even during flu season with this delicious elixir packed with antioxidant goodness.

- 1-2 handfuls of rinsed spring greens
- 1 banana
- 1 peeled orange
- 1 cup of pineapple
- 1 handful of blueberries
- water

## Free Radical Fighter

Give free radicals a knock-out punch with a tasty Free Radical Fighter!

- 2 handfuls of swiss chard
- 1 avocado
- 1 cup watermelon
- 1 cup of blackberries
- 1 fig
- 1/2 cup of blueberries
- 1/8 cup of flax seeds
- water

## Toxic Cleansing Blast

Flush toxins from your body with this delicious, fruity concoction.

- 1-2 handfuls of rinsed spinach
- 1 cored pear
- 1 banana
- 1 cored apple
- 1 cup of pineapple
- water

## Energy Elixir

Add some serious pep to your step with this delicious, energizing elixir. A perfect afternoon pick-me-up.

- 2 handfuls of rinsed spring greens
- 1 banana
- 1 cup of red grapes
- 1 cored pear
- 1/8 cup of walnuts
- water

## Life Boost Blast

Start your day with a blast of calcium and magnesium. No supplement ever tasted this good!

- 1-2 handfuls of rinsed kale
- 1 pitted peach
- 1 banana
- 1 handful of strawberries
- 1/8 cup of flax seeds
- 1/8 cup of goji berries
- water

## Nature's Candy

Balance hormones by way of this fantastic tasting treat.

- 2 cups of butterhead lettuce
- 1 cored pear
- 1 cored apple
- 1 cup of blueberries
- 1 banana
- 1 tsp of maca powder
- water