



# ADVANCED MULTI SMOOTHIE RECIPES

GREENS+

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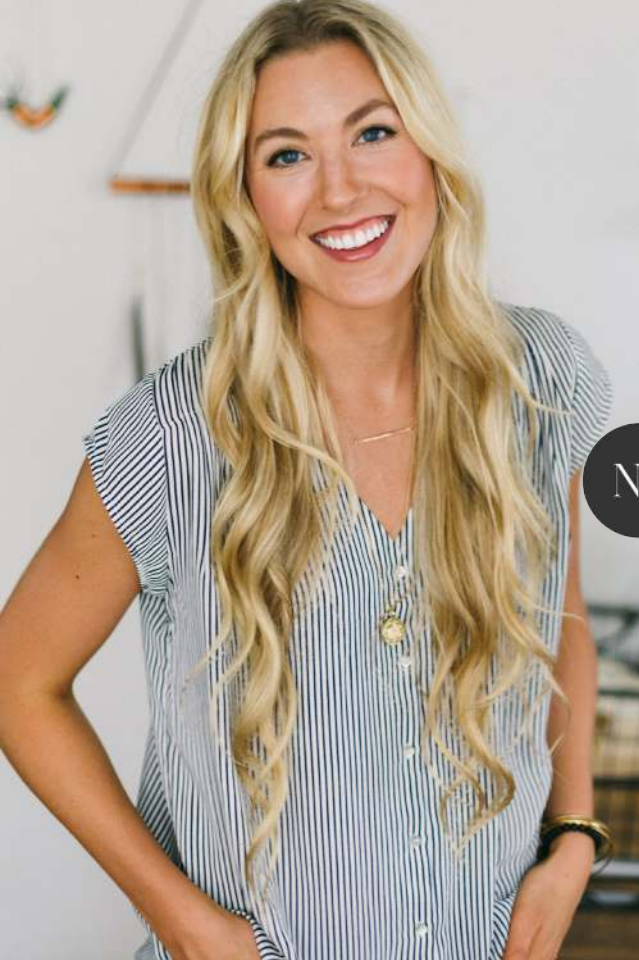


# Hello!

FROM GREENS PLUS

Greens Plus was founded in 1989 with one goal in mind: to help people live healthier, happier lives. For the past 25 years, as a family owned company, we have stayed true to our commitment to help others improve their lives through premium nutrition, an active lifestyle and education. From superfood powders to nutrition bars, our products are made with only the finest natural, Non-GMO, premium quality and organically-grown ingredients.

The greatest thing about what we do is that we get to help people and have fun at the same time. We work daily to pass on a healthier planet, with healthier people. Whether you prefer to drink your greens or eat them, we have a product to fit your lifestyle. Enjoy the experience.



## NUTRITIONSTRIPPED

McKel Hill, MS, RD, LDN is an internationally known Registered Dietitian, wellness nutritionist and the creator of Nutrition Stripped, a guide to living whole and well. Visit her blog for nourishing recipes, advice on living the whole lifestyle, and for nutrition expertise and advice. The Nutrition Stripped cookbook will be published early 2016.

**Follow McKel: Instagram, Facebook, Twitter, YouTube, and [nutritionstripped.com](http://nutritionstripped.com).**

# FIVE PRODUCTS IN ONE

05

## GREEN FOODS

- + Alfalfa Grass
- + Live Enzymes
- + Dietary Fiber
- + Wheat Grass
- + Barley Grass

01

## SEA VEGETABLE

- + Spirulina
- + Chlorella
- + Nova Scotia Dulse
- + Chlorophyll
- + Iodine

04

## HIGH-ORAC SUPERFRUITS

- + Sambazon Acai
- + Pomegranate
- + Goji Berries
- + Wild Berries

02

## PROBIOTICS

- + 2.5 billion dairy-free cultures
- + L. Acidophilus
- + L. Plantarum
- + L. Casei

03

## MULTIVITAMIN & MINERALS

- + Algae Calcium
- + Organic B Complex
- + Vitamin D3
- + Fulvic Acid



# WHAT PUTS THE **PLUS** IN ADVANCED MULTI



## ORGANIC B COMPLEX

From organic Indian-grown guava, holy basil and lemon extracts. Plays an essential role in cellular health, metabolism and energy support. In fact, the human body requires sufficient quantities of B vitamins to produce ATP, the universal energy molecule.

## VITAMIN D3

The miracle vitamin D3 is identical to the vitamin made by the human body from exposure to the sun. In the presence of vitamin D3, plant calcium is more absorbable and effective than calcium citrate.

## ORGANIC FULVIC ACID

A rapidly-absorbed enzyme and antioxidant complex that aids in the production of energy.

## PLANT CALCIUM

Wild harvested on the coast of Iceland, Aquamin contains ionic ocean minerals that are absorbed and transformed into living cells, supplying bone-building calcium.

# RAW GREEN SUPERFOOD SMOOTHIE



- + **1 scoop/stick** Advanced Multi Raw Superfood
- + **2 cups** fresh spinach
- + **1/2 cup** coconut water
- + **1/2 cup** filtered water

- + **1 cup** frozen pineapple
- + **1/2 pear** (about 1/2 cup)
- + **2** dates, pitted
- + **1 tablespoon** almond butter
- + **1 scoop** +PlusShake Raw Vanilla

**Instructions** Simply combine all the ingredients into a high speed blender and blend until smooth. May add additional water to thin or add ice to thicken and chill further. Enjoy!



# VANILLA CHAI BRAZIL SMOOTHIE



- + **1 scoop/stick** Advanced Multi Vanilla Chai Superfood
- + **1 cup** almond milk
- + **¼ cup** rolled oats
- + **¼ cup** brazil nuts
- + **2** dates, pitted

- + **½** frozen banana
- + **dash** of cinnamon
- + **1 scoop** +PlusShake Raw Vanilla
- + **2 tablespoons** chia seeds, soaked in ½ cup of the almond milk



**Instructions** Soak the chia seeds in ½ cup of the almond milk for about 20 minutes. Combine all the ingredients into a high speed blender and blend until smooth. May add additional water to thin or add ice to thicken and chill further. May use stevia to sweeten instead of dates to create a lower sugar option. Enjoy!

# BOMBASTIC BERRY SMOOTHIE



- + **1 scoop/stick** Advanced Multi Wild Berry Superfood
- + **1 cup** coconut water
- + **1 cup** fresh spinach
- + **1** banana
- + **½ cup** frozen blueberries
- + **½ cup** frozen raspberries
- + **½ cup** frozen strawberries
- + **1 scoop** +PlusShake Raw Vanilla
- + **2** dates, pitted

**Instructions** You may also use 1½ cups of a frozen wild berry medley containing blueberries, strawberries, and raspberries. Simply combine all the ingredients into a high speed blender and blend until smooth. May add water to thin or add ice to thicken and chill further. Enjoy!





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