



Liquid Base

Use 1-2 cups

Water	Coconut Milk
Lactose-free Milk	Rice Milk
Almond Milk	Hemp Milk [1/2 c only]
Soy Milk	Macadamia Milk



Use up to 1 cup

Blueberries [1/4 c only]	Kiwi
Strawberries [5 only]	Grapes [6 only]
Pineapple	Papaya



Leafy

Use 1 cup

Spinach	Romaine
Kale	Chard



Boosters

Use 1-2 Tbsp

Chia Seeds	Flaxseed
Cacao Nibs	Avocado
Cinnamon	Hemp Seeds
Cocoa Powder	Peanut Butter
Maple Syrup	

