



# Vita-Mix® & Match

## Green Smoothie List

COLUMN A	COLUMN B	COLUMN C
12 cups spinach	6 cups grapes	6 cups soy milk (plain or vanilla)
6 cups kale	6 apples	6 cups yogurt (flavored or plain)
3-1/2 heads of romaine	6 oranges, peeled	6 cup fruit juice
6 romaine hearts	6 cups melon, peeled	6 cup water
4-1/2 cups raw broccoli	6 cups pineapple	
6 small heads of bibb or Boston lettuce	6 cups berries	
	4 bananas, peeled	
	3 cups cucumber, peeled or unpeeled	
	6 kiwis, peeled	
	6 carrots	
	6 cups peaches	
	6 cups mango, peeled	
	3-1/2 cups papaya, peeled	
	12 stalks celery	



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