

Why Drink Green Smoothies & Green Drinks?

because they are highly nutritious, greens oxygenate our blood, cleanse and purify our blood, help get rid of toxins. they have high levels of vitamins minerals enzymes antioxidants essential amino acids. Just think Liquid Sunshine for our cells.

Drink/Smoothie Making Rules

- #1 Keep it simple
- #2 Keep it delicious
- #3 Rotate your greens