

# THE CASE FOR ADDING GREENS TO YOUR SMOOTHIE

## FIRST OFF: SMOOTHIE BASICS



### | Recipe



**Greens**



**Ice**



**Fruit**



**Juice**

## Benefits of Adding GREENS To Your Smoothie



## SECOND: THE BENEFITS



### NUTRITION

Dark leafy greens add TONS of nutrition while adding hardly any calories.  
(2C leafy greens = 20 calories)



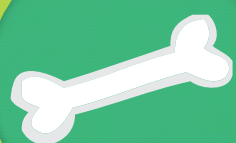
### DEFEND

Defend against cancer. Foods like leafy greens are high in chlorophyll. They may play a role in cancer prevention.



### RESIST DIABETES

Adding vitamin K-rich leafy greens to your smoothie may help prevent insulin resistance.



### BONE UP

Build up your bone bank and make ore deposits by adding dark leafy greens – rich in calcium and vitamin K – to your smoothies.



### DONT BE HUNGRY

Fiber rich leafy greens can help you feel full longer. Plus, fiber helps lower your post-meal blood glucose levels. Helping to suppress post-meal sugar surges.



### BLOOD PRESSURE

Gram for gram, leafy greens such as spinach, kale and chard contain more potassium than a banana. Increased dietary potassium can help lower blood pressure.



### STAY SHARP

The folate found leafy greens may help lower the risk of developing depression and dementia and improve cognitive function.



### DEFY YOUR AGE

Dark leafy greens boost your vitamin C intake. Gram for gram, kale has twice the calcium found in oranges.



### BLENDED RIGHT

The beauty of BLENDTEC blending is it creates a homogenous mixture of both juice and fiber.

## THIRD: WHAT YOU NEED



or



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