



MAKE AHEAD SMOOTHIE

15 MINUTES

MAKES 4 SERVINGS

Tired of waste and spending too much time on your morning smoothie? This recipe will solve both of those problems!

INSTRUCTIONS

In each container, place 1/4 package of your favourite GoodLeaf microgreens, half an avocado, half a banana, 3/4 cup mango and pineapple, and 1/4 of the ginger.

Freeze containers until ready to use.

When ready to use, simply dump into blender. You may need to rinse the jar with warm water to loosen the ingredients.

Add 1 cup of cold water, a squeeze of fresh lime and blend until smooth.

Enjoy immediately!

INGREDIENTS

1 Package of GoodLeaf Microgreens (any)

2 Avocados, peeled, pit removed and halved, divided

2 Bananas, peeled and halved, divided

3 Cups of Frozen Mango, divided

3 Cups of Frozen Pineapple, divided

1 Palm Sized Nub of Ginger, quartered, divided

Cold Water

Lime (Optional)

4 Containers (mason jars, tupperware, etc.)



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