

INGREDIENTS:

2 Handfuls of Kale
1/2 of an Avocado
1 Whole Banana
1/2 Lime, Juice Only
1/2 cup of Frozen
Pineapple Chunks
1 tsp of Ginger
1 tbsp. of Cashew Nuts

HOW TO PREPARE:**STEP 1:**

Measure out all of your ingredients separately.

STEP 2:

Place all of your ingredients into your electric mixer.

STEP 3:

Pour into your favorite Glass. Add a straw.

STEP 4:

Top off with some Mint and Enjoy!

**How To Use:**

Take Our Green Mean Coffee Bean Capsules alongside your Green Veggie Smoothie to help get the best weight loss results possible!

Take 1 capsule up to 3 times a day