



Way to Go! NUTRITION

**Green Smoothies?
Tell me more!**

A fabulous drink made with a variety of nutritious greens like kale, swiss chard, spinach, collard greens, and even dandelion.

Add in some specialty herbs like mint, lemon balm or arugula and you're rolling. Next . . .

Fresh fruit like apples or pears for fiber, blueberries or raspberries for super antioxidants, and deliciously sweet pineapple, mango or peach to clinch the taste. Plus two cups of water to hydrate.

There's a few other secret ingredients we'd love to tell you about. Join us in class for the real deal experience!

You are Invited . . .

**Green Smoothie Demo
Monday, November 17th
7:00 to 9:00 p.m.**

Location:

**58 Haviland Drive
Scarborough M1C 2T8**



A minimum of five Green Smoothie recipes will be sampled at this event with three being demonstrated live. Discover the top ten reasons why smoothies are considered to be the ultimate anti-aging drink.



Helen will share her secrets on how to make delicious drinks combining certain fruits and vegetables plus adding in select super foods. The Waring Xtreme 3.5 H.P. Commercial blender will also be showcased.

RSVP to 519-680-2884 or send an email to luczak@rogers.com.

Cost: \$10 (includes recipes)

