

# THE GROOTHIE FIX

For any questions please contact  
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## LARGE BAG DIRECTIONS

1. Add **7 cups (56oz)** of filtered water.
2. Open bag and place ingredients **green side first** into blender.
3. Blending time varies depending on blender type. Typically it should blend from **4-6 minutes** straight.
4. Product is ready once **smoothie consistency** is easy to pour (no chunks or pieces of fruit visible).
5. Pour into **10 (16oz) logo'd Groothie Cups** with lid.

**Serve & Enjoy!**

