

THE GROOTHIE FIX

For any questions please contact
GetRealGetRaw: 215.896.9507

2LB BAG DIRECTIONS

1. Add **2 cups (16oz)** 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 **3-4 minutes** straight.
4. Product is ready once **smoothie consistency** is easy to pour (no chunks or pieces of fruit visible).
5. Pour into **3 (16oz) logo'd Groothie Cups** with lid.

Serve & Enjoy!



- Must have 20 amp power source
- Must blend on High Power
- No plunging