

Greens on the Go



Nutrition

Interested in trying something new? This demonstration teaches employees how to make a variety of delicious green smoothies. Not only are they tasty, but they are a great source of vitamins and nutrients.

Learning new recipes can be both exciting and challenging. It may seem overwhelming to try something new but rest assured that the benefits are well-worth the effort. Making your own green smoothie is cost effective, an easy way to get important vitamins and nutrients and allows smoothies to be tailored to personal preferences. [Click Here](https://vimeo.com/gbsbenefits/review/492555803/825692ce29) to view “Greens on the Go,” a food demo recording on how to make your own homemade Green Smoothies.

Follow the video demo along with the recipe included to add this delicious dish to your cooking repertoire!

Video Link: <https://vimeo.com/gbsbenefits/review/492555803/825692ce29>