



# Smith's Acres LLC

A Yard-Altering Experience

## Green Smoothies With Maia Vagras

People who participate in the green smoothie class will review the benefits of eating more green leafy veggies and learn how to incorporate greens into tasty green beverages.

People who add green smoothies to their daily eating plan usually lose extra pounds and gain extra energy. And best of all, since their class will take place in a green

house they will have access to greens that they can plant and grow on their own!!!

Samples will be offered.



Even Veggie Girl Kara who  
Dislikes Veggies Loves  
Green Smoothies.....