



microtown 

Changing the world one Microgreen at a time

Microgreens Smoothie – The Green Tonic!



The Green Tonic's got you covered. Chock-full of potassium and electrolytes, this drink will have you feeling energized! And it tastes amazing!

What you'll need:



- 3 cups microgreens
- 3/4 cup orange juice
- 1/4 cup coconut water
- 1 banana
- 1/3 cup yogurt

Let's do it:

1. Blend and enjoy! Could it be any simpler?

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Microgreens grown
sustainably & locally
in Eltham