

# Benny The Blender

Makes  
**GREEN JUICE**



By Lenny Gale  
Illustrated by Gary Mitchell

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Illustrated by Gary Mitchell

For Ezra  
who loves ridiculous humor and blending with Dada

LIFEISNOYOKE  
Minneapolis  
2801 Hennepin Ave S  
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Hi!



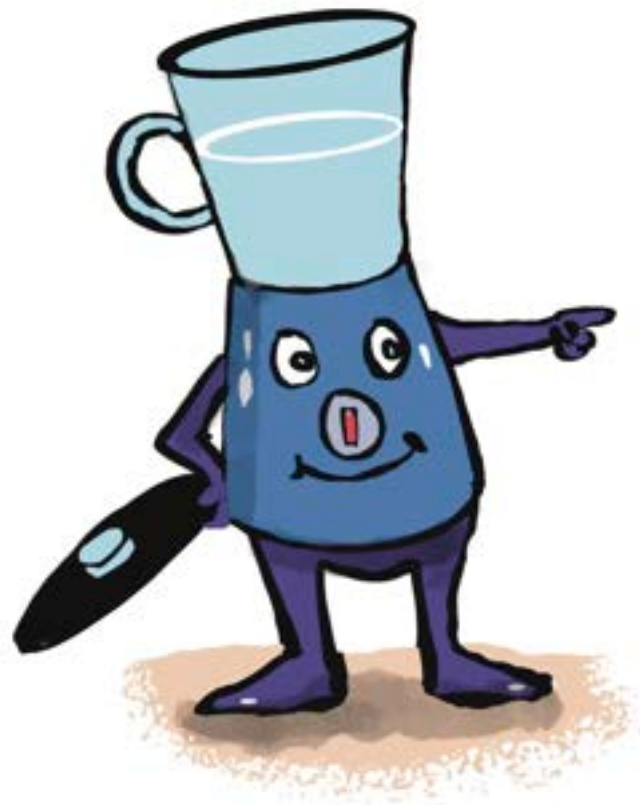
Green juice?



Green juice!



# Fruit...



Apple



Orange

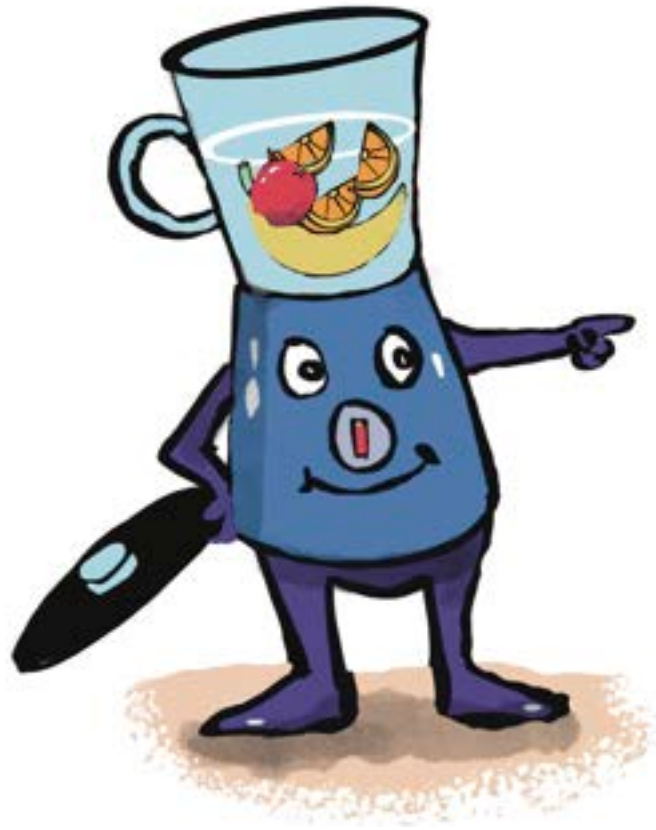


Banana



No!

# Greens...



Spinach



Kale



Collard greens



No!

# Seeds!



Flax



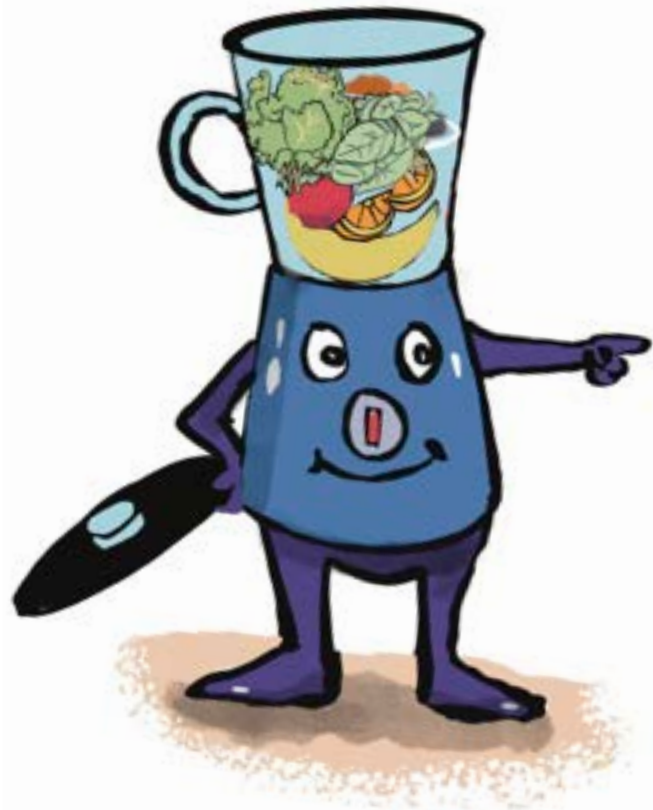
Chia



Hemp



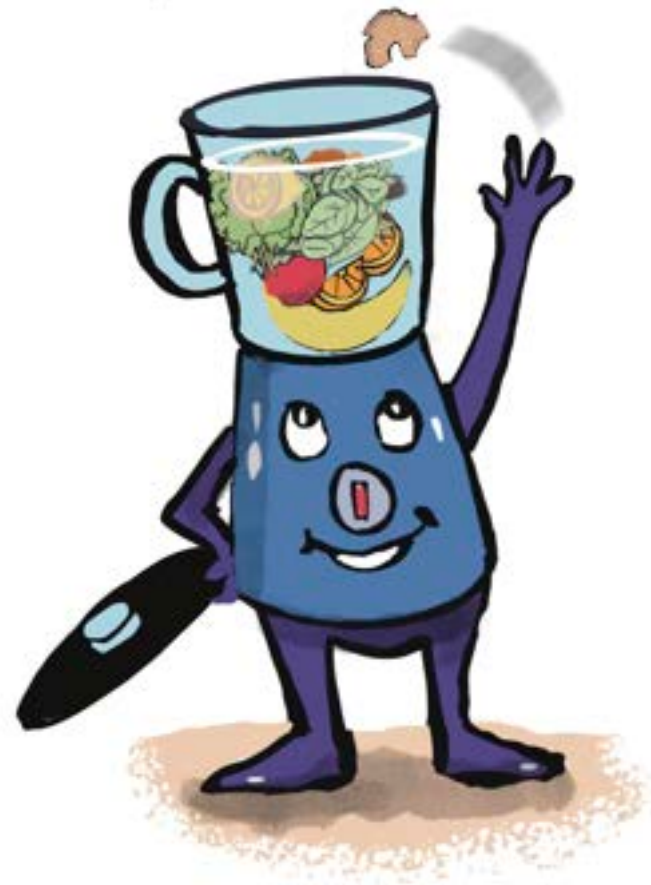
No!



Lemon



No!



Ginger



No!





Ice



Moo!



Top on



Push start



Blend...



Blend...



Juice!



Dada cup

Mama cup

Baby cup



No!



## Benny's Green Juice Recipe

4 cups water  
1 apple, cored  
1 orange, peeled  
1 banana, peeled  
2 big handfuls of greens  
2 Tablespoon seeds  
1/2 lemon, peeled  
1 hunk of ginger, washed  
1 cup frozen mango (optional)  
1 cup ice

blend for 60 seconds on high speed  
blend on 30 seconds on low speed (to get the bubbles out)

tutorials at [lifeisnoyoke.com/green-juice](http://lifeisnoyoke.com/green-juice)

# More juice!

Lenny Gale left his corporate job in 2012 to promote a healthy lifestyle full-time. Along with his wife, Shalva, their healthy family foodie brand, **LifeIsNoYoke**, has reached millions of homes via their popular blender recipes.

Shalva and Lenny Gale live in Minneapolis with their children Ezra, Judah, and Zelda, and wonderdog Lucy. Together, they make 64-ounces of **green juice** in their Vitamix blender every other day.



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