

# Green Smoothies

*Drinking a "green" smoothie (a blended drink that contains leafy greens) is a wonderful way to get your fruit and vegetable intake for the day. The following tips will help as you start on your smoothie journey:*

- If you use FROZEN fruit in your smoothie, you may not need to use ice. This makes for a much richer smoothie.
- Peel several RIPE bananas, break into pieces, and freeze for smoothies.
- Buying large bags of frozen fruit (no additives) and large containers of greens at your local Sam's or Costco can save money. Just make sure to add enough liquid so that your blender doesn't stop. If the blender sounds like it's running slow, stop it and add a little more water.
- You can freeze spinach to keep longer.
- Some put together "smoothie bags" for the week and store in the freezer to pull out one at a time and dump in the blender in seconds to save on time.
- You don't have to have a fancy blender to enjoy a delicious, nutrient-packed smoothie. Single-serve blenders start as low as \$14.95 at Walmart.com. However, if you wish to invest in a blender that will last for years to come, the Ninja has received wonderful reviews; the Vitamix is also an option that is a top-of-the-line, restaurant quality device.
- Always do your best to use full-fat options instead of (low-fat or fat-free).

## **3 Tips for Stellar Smoothies**

**Put the liquid in first.** Surrounded by water or juice, the blender blades can move freely. Next, add your greens, with chunks of fruit or vegetables going into the pitcher last.

**Start slow.** If your blender has speeds, start it on low to break up big pieces of fruit, then work your way up to high for a puree. For blenders with function buttons, pulse a few times before switching to puree mode.

**Thicken with ice.** Added too much liquid? Toss a few cubes in the blender and voilà!

***\*\*Most importantly - There are no rules! Mix and match until you find your perfect smoothie blend.***

### **Skinny Green Monster Smoothie**

- 1 small frozen ripe banana, peeled
- 2 cups baby spinach
- 1 tbsp unsweetened peanut butter or almond butter
- 3/4 cup unsweetened vanilla almond milk
- 1/2 cup plain full-fat Greek yogurt

### **Skinny Green Tropical Smoothie**

- 3/4 cup coconut milk
- 6 oz plain full-fat Greek yogurt
- 3/4 cup fresh pineapple, cubed
- 1 ripe medium banana
- 1 cup spinach
- 2 tbsp unsweetened shredded coconut
- 1 1/4 cups ice

### **Blueberry Kale Smoothie**

- 3/4 cup organic frozen blueberries
- 1 loose cup baby kale
- 1 tbsp unsweetened peanut butter (or any nut butter)
- 3/4 cup unsweetened vanilla almond milk
- 1/2 frozen ripe banana
- 2 pitted dates
- 1/2 cup ice

### **Kale, Banana, Chia, Hemp Superfood Smoothie**

- 3/4 cup unsweetened vanilla almond milk
- 1 pitted date
- 1 tbsp raw shelled hemp seeds (or seeds of your choice)
- 1/2 ripe medium banana
- 1/2 tbsp chia seeds
- 3/4 cup baby kale (or spinach)
- 1 cup ice

## **Antioxidant Rich Smoothie**

- 1 cup pomegranate juice
- 1/2 ripe avocado, pitted and peeled
- 4 dates, pitted
- 2 Tablespoons ground flax seeds
- 4 cups baby spinach
- 4 cups romaine lettuce
- 1 cup frozen blueberries
- 1 cup frozen strawberries

## **All Green Smoothie**

- 1/4 cup water
- 1/2 cup pineapple juice
- 1 3/4 cups green grapes
- 1/4 Bartlett pear, ripe, seeded and halved
- 1/2 avocado, pitted, peeled
- 1/4 cup coarsely chopped broccoli
- 1/2 cup spinach, washed
- 1/4 cup ice cubes

## **Glowing Green Smoothie**

- 1 1/2-2 cups water
- 3/4 pound organic romaine lettuce, rough chopped, about 1 head
- 1/2 head large bunch or 3/4 small bunch organic spinach
- 3-4 organic celery stalks, halved
- 1 organic apple, cored, seeded, quartered
- 1 organic pear, cored, seeded, quartered
- 1 organic banana, peeled
- 1/2 fresh organic lemon, peeled, seeded
- 1/3 bunch organic cilantro with stems (optional)
- 1/3 bunch organic parsley with stems (optional)

### **Kale and Pear Smoothie**

- 1/2 cup water
- 1 cup green grapes
- 1 orange, peeled, halved
- 1/2 ripe Bartlett pear, seeded, halved
- 1 small to medium size banana, peeled
- 1 cup kale
- 2 cups ice cubes

### **Key Lime Kiwi Smoothie**

- 1/4 cup water
- 1 Tablespoon key lime juice
- 2 medium kiwi, peeled, halved
- 1 large ripe pear, halved, seeded
- 2 Tablespoons honey (optional)
- 1 cup ice cubes

### **Peachy Green Smoothie**

- 1 cup unsweetened almond milk
- 2 cups fresh spinach, lightly packed
- 1 medium apple, 7 1/2 ounces, quartered, seeded
- 2 cups frozen unsweetened peach slices

### **Spinach Cocktail**

- 1 cup water
- 2 mint leaves
- 2 cups fresh spinach leaves
- 1 cup pineapple chunks, frozen

### **Rocket Fuel Smoothie**

- 2 cups green or red seedless grapes
- 3 golden kiwis, peeled
- 1 ripe orange, peeled, seeds removed
- 1 small leaf of aloe vera, with skin
- 5 leaves red leaf lettuce
- 2 cups water

### **Morning Zing Smoothie**

- ½ bunch dandelion greens
- 2 stalks celery
- ½ inch fresh ginger root
- 2 peaches
- ½ pineapple

### **Parsley Passion Smoothie**

- 1 bunch fresh parsley
- 1 cucumber, peeled
- 1 Fuji apple
- 1 ripe banana
- 1–2 cups water

### **Creamy Green Smoothie**

- 1 avocado (ripe, peeled and pit removed)
- 1 frozen small to medium banana (ripe and peeled)
- 1 orange (peeled and seeds removed)
- ½-1 cup of spinach
- ½ cup of unsweetened vanilla almond milk

### **Tropical Cleanse**

- 1 cup frozen or fresh pineapple
- 1 small to medium banana (ripe and peeled)
- 1 inch piece of ginger
- 2 handfuls of spinach
- 1 cup water or coconut water