

LET'S GO SMOOTHIE!

A green smoothie recipe is a blended drink that mainly contains vegetable, greens or fruit, or a combination of both. It's an easy way to flush your body of toxins and get lots of healthy nutrients. You don't need any special equipment, just a regular kitchen blender.

Because green smoothies contain all the edible parts of the plant, not just the juice, they are healthier than fruit or vegetable juices.

When you eat fruits and vegetables in the raw state you get double the nutrients than cooked.

It's best to use fresh ingredients for this green smoothie recipe, but you can also use frozen fruits and vegetables if fresh isn't available. Just be sure to get organic both in frozen and fresh produce for your fruit smoothie recipes.



1. Metabolism Boosting Green Smoothie

It's a spinach smoothie recipe which blends perfectly with the delicious flavors of strawberry and oranges (always a yummy combination) and the freshness of the ginger.

Metabolism Boosting Green Smoothie Ingredients:

- 1 orange peeled
- 1/3 cup strawberries
- 1 cup raw spinach or kale
- 1 cup almond milk, coconut milk or water
- Small knob of ginger

2. Green Flush Smoothie

A great recipes for a detox smoothie flush! Not only does it taste really delicious, but it also helps boost your metabolism, too!

Green Flush Smoothie Ingredients:

- ½ cup beet root
- ¼ cup pineapple
- 1 cup broccoli florets
- 1 teaspoon honey
- 1 cup almond milk or water

3. Red Flush Smoothie

This is another really good recipe if you're just starting out with green smoothies as you can hardly taste any of the spinach.

Strawberry Banana Green Smoothie Ingredients:

- ½ grapes
- 1 small apple cored
- 1 banana
- 1 cup raw spinach
- 2 inches carrots
- ½ cup almond milk or water
- 1 teaspoon vanilla extract

4. Apple Green Smoothie

This is a really healthy vegetable smoothie recipe that has a very unique taste thanks to the apple pie spices and vanilla. Apples are high in fiber, vitamin C and various antioxidants. They are also very filling, with a relatively low calorie content.

Apple Green Smoothie Ingredients:

- 1 apple peeled and cored
- ¼ cup prunes
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 1 cup spinach or kale
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- 1 cup water

5. Immune Boost

This is a delicious green smoothie recipe that has a really bright green color. It's full of vitamin C thanks to the double dose of pineapple and oranges.

Immune Boost Ingredients:

- ¼ cup pineapple
- 1 orange (peeled)
- 1 cup raw spinach or kale

- Small knob of turmeric
- 1 cup almond milk or water

6. Sweet Pea Green Smoothie

Peas are very good for you. Due to their high fiber and protein content, they are very filling. This may reduce how much food you eat and can lead to weight loss in the long term

Sweet Pea Green Smoothie Ingredients:

- 1 cup sweet peas
- 1 banana
- ½ cup grapes
- 1 cup almond milk or water
- 1 tablespoon chia seeds
- ½ teaspoon honey

7. Mango Cucumber Green Smoothie

This is really tasty fruit smoothie that's got a light creamy texture and great flavor. It contains lots of antioxidants and other beneficial nutrients.

Mango Cucumber Green Smoothie Ingredients:

- ¼ cup mango
- ¼ cup pineapple
- 1 cup chopped cucumber
- 1 tablespoon flax seeds

- 1 cup spinach
- 1 cup water

8. Pineapple Sunrise

This is another fantastic recipe that is full of antioxidants and vitamins. It has a slightly sweet flavor, with a little tanginess from the pineapple and orange.

Pineapple Sunrise Ingredients:

- ¼ cup pineapple
- 1 orange peeled
- 1 carrot
- 1 cup spinach
- 1 tablespoon flax seeds
- 1 cup water

9. Kale Smoothie

Kale is one of the healthiest and most nutritious plant foods in existence. It has a low calorie content, it's an excellent source of vitamin C, and even helps fight cancer.

Kale Smoothie Ingredients:

- ½ cup grapes
- 1 apple peeled and cored
- 1 cup fresh kale
- 1 small carrot

- 1 teaspoons honey
- 1 cup almond milk or water

Green Smoothie Tips:

- **Start slowly.** If you make a goal to replace all your meals with green smoothies, you may get sick of it and give up. Instead make a goal to replace 3 meals a week with a fruit and vegetable smoothie, after a month of doing this you will start craving them and will find yourself wanting one daily if not more!
- **Start with veggies you can't taste!** Spinach is my favorite as it has no flavor when blended with yummy fruits, cucumber also has a mild flavor and is a good vegetable to start with and carrots are almost as sweet as fruit and make great juices.
- **Start with the 2 to 1 equation.** Two fruits and one vegetable, this will keep your smoothie sweet and delicious instead of tasting like a blended salad.
- **Add creaminess with almond, oats or coconut milk!** Almond milk is a great way to add protein and best of all it naturally boosts your metabolism!
- **Stock your freezer with organic frozen fruit and vegetables.** When companies freeze produce they flash freeze immediately after picking, so you get the most flavor and loads of nutrition too. Plus it's always available and makes for a chilly iced smoothie. You can also cut and freeze your own fresh fruits and veggies and store them in bags to make your fruit smoothie recipe, Tupperware or jars for quick ready-made smoothies.
- **Mason jars work great for green smoothies!** I love using large mason jars for these smoothies, they clean up nice and hold 3 cups of delicious smoothie goodness.
- **Clean your blender/juicer immediately.** Don't wait until after you're done with your smoothie. If you let it set it will be a nightmare to clean, but if you wash immediately it's a breeze.