

100 GREAT-TASTING

# GREEN

# Smoothie

FAT-LOSS RECIPES



SIX TIME BEST SELLING AUTHOR  
**LIZ SWANN MILLER**

## **100 Great-Tasting Green Smoothie Fat-Loss Recipes**

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## Introduction

The world of Green Smoothies is a magical place, where you can look younger, energize your body and mind, lose weight, de-stress and just generally get in better all-around health. Who wouldn't love that? I know I do. I am a die-hard Green Smoothie believer. I'm sure you have all gotten that message by now if you've read any of my other books – "[\*\*The New Green Smoothie Diet Solution\*\*](#)" and "[\*\*3 Day Green Smoothie Detox\*\*](#)"

In the previous books we explored all of the ins and outs of Greens Smoothies; the whys, the wheres and the how's. We learned everything we ever need to know about making perfect Green Smoothies every time, and all of their healthy nutritional benefits. We also learned how to customize our Green Smoothies to our own particular taste preferences and health needs. We learned why we should always choose organic or farm fresh veggies and fruit whenever possible, and how to spice it up for maximum enjoyment!

Green Smoothies are quite simply, a life changing experience. The improvements in the way you feel, and the way you look, cannot be measured in dollars. You could spend tens of thousands of dollars on anti-aging treatments, plastic surgery, fad diets, weight loss programs and a million other things, and you would not have gained one thing that you cannot make in 15 minutes in your own kitchen, and be healthier and happier because of it!

This book is dedicated to recipes for green Smoothies that were not included in the first two books. I discover new Green Smoothie recipes every day. I love to experiment with the ingredients, and try out recipes that I find that others have invented. (I always customize these according to my own needs and tastes.)

Don't fail to experiment with the recipes. Many people look at them, see all those greens, and then they think that Green Smoothies are just not for them. That means they have never actually bothered to try one. That is the beauty of the Green Smoothie lifestyle; they can be adapted to anyone's taste buds, while still delivering the needed nutrients and benefits.

If you are still reading my books after the first tow, then I must assume you are on board with the Green Smoothie way of life. You also know, that drinking Green Smoothies does not mean that you cannot eat any other food that you enjoy. As a matter of fact, Green Smoothies for one or two meals a day, and maybe a snack, is sufficient for most people who do not choose the vegan lifestyle. Green Smoothie nutrition is not about being a vegan or a raw food fanatic. It is about adding all the nutrients that you need to your diet, helping you maintain your optimum weight, and helping out with some of the medical conditions that you may suffer from, that diet plays a role in.

## How To Use This Book

The Recipes in this book are organized according to the different health aspects or your personal goals. For example; if you are looking for smoothie recipes that cool your body on a hot summers day, you should jump to the “**Cool Me Down Green Smoothie Recipes**” chapter and select your favorite smoothie from the list of recipes on that chapter.

I am a big believer in using a minimum amount of ingredients that are both easy to find in any local grocery and fit any budget. Most recipes include 4-5 ingredients but others have a maximum of 8 ingredients. So it’s up to you to choose the recipes that are right for your time and energy constraints.

I’ve tried my best to simplify the recipes and keep costs down as much as possible. But, Over the years I’ve found that many of my clients asked for more “unique” recipes, after drinking the same smoothies over and over, so I’ve sprinkled some of those just for fun and variety! Don’t worry though; most of the recipes have ingredients that are easy to find anywhere you live.

I wanted to keep the unessential’s to the minimum, so we are going to jump directly to the recipes after the next chapter. If you find yourself still “thirsty” for additional green smoothie information, I’ve included some references in the end of this book.

## **Detoxifying Green Smoothie Recipes**

Detoxifying the body occasionally is a necessary step in total good health. All Green Smoothies contribute to the body's detoxification. ***However, have any of us been Green Smoothie users all of our lives? I think not.*** We've all got to start from scratch right here and right now. A Green Smoothie 3 Day Detox is the perfect place to start. After that, we can always detox about 4 times a year, but even that is not really necessary if we make a daily habit of drinking at least 3 Green Smoothies.

Just add a Green Smoothie (with good detox ingredients) to your daily diet and you will, in effect, be detoxing all of the time. There is no need to deprive yourself of a thing, in order to get your body completely detoxified. It's all about the foods that you consume. ***Fortunately, the foods that provide the detox qualities that you need are also tasty, and you use them every day if you drink Green Smoothies!*** It is all a matter of how you combine your ingredients to achieve the desired results.

Detoxing cleans the blood and flushes the digestive system, liver and kidneys. It also flushes toxins from the skin, which is the largest organ of the body. ***A little dry brushing and a few detox Green Smoothies, and you will not believe the difference it will make in the tone and texture of your skin!***

If you want to look and feel younger, detox Green Smoothies are the place to start. ***You cannot improve anything that is not healthy to begin with!*** That is how Green Smoothies make all the difference in our lives. ***Green Smoothies give us the basics to work with, and them all we have to do is practice a little self-help in all areas that concern our bodies and we are good to go!***

**Add these recipes to your detox regimen.**

### **Glowing Complexion Green Smoothie**

Smoother, younger looking skin can be yours with this Green Smoothie!

- 1 Banana, frozen and peeled
- 1 apple, peeled, cored and chopped

- 1 Pear, peeled, cored and chopped
- 4 stalks Celery, chopped
- 1 head Romaine lettuce, chopped
- 3 to 4 handfuls Baby Spinach
- 1  $\frac{1}{2}$  cups water  $\frac{1}{2}$  Lemon, juiced

### **Optional**

$\frac{1}{2}$  bunch Cilantro or Parsley

Blend all ingredients to desired consistency.

### **Green Mango Smoothie**

Try combining the mango with some papaya, banana, pineapple and coconut water for a truly tropical Green Smoothie.

- 1 cup Mango, frozen, peeled, pitted and chopped
- 1 Pear, peeled, cored and chopped
- $\frac{1}{2}$  cup Parsley
- 2 handfuls Kale, chopped
- 1  $\frac{1}{2}$  cups Water

Blend and Enjoy!

### **Basic Detox Green Smoothie**

This is a basic detox recipe that lends itself well to ingredient substitution.

- 1 Banana, frozen and peeled
- 1 Pear, peeled, cored and chopped

- 1 ½ cups Orange Juice
- 1 handful Baby Spinach, chopped
- 1 handful Kale, chopped

Blend until creamy and thick

### **Super Detox Green Smoothie**

A super sweet and tasty way to detox!

- 1 Banana, frozen and peeled
- 2 Apples, peeled, cored and chopped
- 3 stalks Celery, chopped
- 1 head Romaine Lettuce, chopped
- 1/3 bunch Cilantro
- 1/3 bunch
- 1 ½ cups Water
- ½ Lemon, juiced

Just blend and sip, what could be easier?

### **Cherry Banana Green Smoothie**

Cherry lovers unite! You may want this one every day!

- 1 Banana, frozen and peeled
- 1 cup Cherries, fresh and pitted
- 1 handful Red Kale, chopped

- 1 cup Water

Blend to a smooth consistency and sip!

### **Green Smoothie Instead of a Meal**

You will be full of tropical goodness, guaranteed!

- 1 Banana, frozen and peeled
- $\frac{1}{2}$  cup Mango, peeled, pitted and chopped
- $\frac{1}{2}$  cup Papaya, peeled, seeded and chopped
- $\frac{1}{2}$  Pineapple, fresh, peeled and cored
- $\frac{1}{2}$  Orange, peeled and seeded
- 3 stalks Celery, chopped
- 1 cup Baby Spinach, chopped
- 1 cup Kale, chopped
- $\frac{1}{2}$  Lime, juiced
- $\frac{1}{2}$  Lemon, juiced
- 2 cups Water

### **Protein Detox Green Smoothie**

Extra protein for a long day!

- 1 Orange, peeled and seeded
- 1 cup Cherries, frozen and pitted

- 1/3 Avocado, peeled and pitted
- 1 small Beet, peeled and chopped
- 1 cup Baby Spinach
- 2 tbsps. Walnuts, chopped
- 2 tsps. Honey
- 3 tbsps. Hemp or Chia Seeds

Blend until thick and smooth

### **Banana Lime Green Smoothie**

Bananas and lime are divine together!

- 1 Banana, frozen and peeled
- 1 Green Apple, peeled and cored
- 1 Lime, peeled and seeded
- 3 stalks Celery, chopped
- 1 head Romaine Lettuce, chopped
- $\frac{1}{4}$  cup fresh Parsley, chopped
- $\frac{1}{4}$  cup fresh Cilantro, chopped
- $\frac{1}{2}$  to 1 cup Water

Blend until smooth and partake!

### **Super Citrusy Detox Green Smoothie**

Refreshing and light!

- 1 Banana, frozen and peeled
- 1 cup Pineapple, fresh, peeled and cored
- 1 Orange, peeled and seeded
- $\frac{1}{2}$  Cucumber, peel intact
- $\frac{1}{2}$  Cucumber, peel intact
- $\frac{1}{2}$  cup Italian Parsley, fresh and chopped
- 1 cup Dandelion Greens, fresh and chopped
- $\frac{1}{2}$  to 1 cup Water

Blend and sip!

### Iron Power Pineapple Green Smoothie

This is a smooth and creamy delight!

- 2 cups Pineapple, peeled, cored and cubed
- 1 Pear, peeled and cored
- 3 handfuls Dandelion Greens, chopped
- 1 cup Parsley, chopped
- $\frac{1}{2}$  to 1 cup Water
- Blend, blend, blend!

## **Weight Loss The Natural Green Smoothie Way Recipes**

Who doesn't need to lose a pound or two, every now and again? Whether it is because summer is rolling around again, and we want to look our best in the old bikini, or if we are getting a few years on us and are finding it harder and harder to maintain our optimum weight, we could still stand to lose a few of those pounds that we somehow accidentally found!

Losing weight using Green Smoothies is by far, the easiest method for weight loss. It is not a diet, but rather a simple matter of throwing all that good stuff in blender and giving it a spin. What could be easier?

That is the key to the success of weight loss with Green smoothies. I assume that you would not be reading this book, if you had no interest in Green Smoothies, to start with. If you have already incorporated one or two Green Smoothies into your daily diet, then you'll soon be losing weight, whether you realize it or not. If you add a little exercise to your routine a few days a week, then you will really be reaping those weight loss benefits in nothing flat!

Most of us who need to lose weight, have tried every diet that has ever been invented, all for naught. Diets do not work. Diets make you feel deprived, and when you feel deprived that little devil comes out and sits on your shoulder, and whispers in your ear "***it won't hurt to eat this just this once!***" Unfortunately, after you give in to the little voice once, it starts talking to you more and more often. Suddenly, you find that you are gaining weight, instead of losing it.

In my first book we learned all about how to use Green Smoothies as an aid to losing weight. ***Here are 11 more delicious recipes that are guaranteed to help you achieve your weight loss goals.***

### **Berry Natural Green Smoothie**

Berries and apples, along with dates make a sweet smoothie that won't seem like a diet!

- $\frac{1}{2}$  cup Blueberries, frozen
- $\frac{1}{2}$  cup Raspberries, fresh or frozen
- 1 Apple, peeled and cored

- 4 Dates, pitted
- 1 handful Baby Spinach, chopped
- 2 handfuls Kale, chopped
- 1 handful Parsley, chopped
- 2 tbsp. Sunflower or Flax Seeds
- 1 slice Ginger, fresh and grated
- $\frac{1}{4}$  tbsp. Spirulina Powder

Blend everything until smooth and enjoy!

### **Apricot-Papaya Green Smoothie**

This one offers many taste options, so experiment and suit your taste!

- 1 Banana , frozen and peeled
- 1 cup Papaya, peeled, seeded and chopped
- 1 cup Apricots, peeled and pitted
- $\frac{1}{2}$  Avocado, peeled and pitted
- 1 large Carrot, chopped
- 1 handful Parsley, chopped
- 1 handful Dill, chopped
- 2 cups Herbs, mixed, your choice
- 1 tsp. Nettle, dry
- 1 tbsp. Sesame or Flax Seeds
- 1 tbsp. Blue Algae Powder

- Creamy delicious nutrition!

### **Peary Pineapple Green Smoothie**

A tropical taste sensation!

- 1 Pear, peeled and cored
- 1 cup Mango, peeled, seeded and chopped
- 1 Kiwi, peeled
- 1 cup Pineapple, peeled and cored
- 1 cup Pineapple Juice, all-natural, no sugar added
- 3 cups Collard Greens (or Beet Greens)
- 1 handful Parsley
- 2 tbsps. Sesame or Flax Seeds

Relax and enjoy!

### **Radish Greens Smoothie**

You will wonder who said this was a weight loss smoothie!

- 1 Banana, frozen and peeled
- 8 Strawberries, fresh or frozen
- 4 Apricots, peeled and pitted
- 1 tbsp. Goji Berries
- 3 handfuls Radish Greens
- $\frac{1}{2}$  cup Almond Milk

Give it a whirl and drink up!

## **Basil Banana Strawberry Green Smoothie**

Strawberry lovers beware of this goody!

- 2 Bananas, frozen and peeled
- 2 cups Strawberries, frozen
- $\frac{1}{2}$  Lime, juiced
- 4 cups Baby Spinach, chopped
- 5 Basil Leaves, fresh and crushed
- $\frac{1}{2}$  cup Almond Milk or other nut milk

Give it a whirl and sip away!

## **Monster Green Smoothie**

- Super simple and delicious!
- 2 Bananas, frozen and peeled
- 1 cup Peaches, fresh frozen and chopped
- 1 Mango, peeled, pitted and chopped
- 2 handfuls Baby Spinach
- Water or Crushed Ice as needed for desired consistency

Add just enough water or crushed ice to blend.

## **Kalorange Banana Meal Replacement Smoothie**

Get over the caffeine buzz and get a smoothie buzz instead!

- 2 Bananas, frozen and peeled
- 2 Oranges, peeled and seeded
- 3 large handfuls Kale, chopped
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup Water

Blend and drink.

### **Banana Plumberry Smoothie**

Lose weight, with this? It must be a joke!

- 2 Bananas, frozen and peeled
- 4 Red Plums, peeled and pitted
- 1 cup Blueberries, frozen (wild blueberries are very good here)
- 1 head Romaine Lettuce, chopped
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup Water or Crushed Ice

Blend well for smooth creamy consistency

### **Green Tea Green Smoothie**

Here's your super powered antioxidant smoothie!

- 2 cups Cantaloupe, peeled, seeded and chopped
- 1 cup Raspberries, frozen
- 1 Lemon, peeled and seeded
- 1 cup Watercress, chopped
- 2 cups Green Tea, double strength

Drink up and glow all day!

## **Banana for Raspberries Green Smoothie**

A tart-sweet treat you will love!

- 1 Banana, frozen and peeled
- 1 cup Raspberries, frozen
- 3 handfuls Baby Spinach, chopped
- 2 tsps. Chia Seeds (soaked for 10 minutes)
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup Water

Blend and love it!

## **Mango Peach Supreme Smoothie**

The combination of mango and peach is a creamy sweet sensation!

- 1 Mango, peeled, pitted and chopped
- 1 Peach, peeled and pitted
- 2 to 3 handfuls Baby Spinach, chopped
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup Water

Whirl it around and drink it down!

## **Stress Busting Green Smoothie Recipes**

***We all know stress is a killer. It can contribute to medical conditions, mental illness and just make you dread getting up in the morning to face another round of stress.***

Today, more than ever, life is stressful. There never seem to be enough hours in the day to get everything done. We worry about our families, our finances and in today's economy, about just being able to keep our jobs. Stress is a never ending vicious circle that we cannot escape! What we have to do is learn to cope.

Believe it or not, there are many vitamins, minerals and other nutrients that can help us de-stress. Some have a calming effect on the mind and body, and others just make us healthier so that we are mentally and physically fit enough to deal with stress. We get all of these benefits in Green Smoothies. When we rotate our fruits and vegetables, we are giving our bodies a healthy sampling of everything it needs. There may be many veggies that we don't like and normally would not eat. The benefit of Green Smoothies is that we can eat them and we don't even have to taste them!

When we have Green Smoothies for one or two meals a day and maybe a snack, we have just reduced some of the day to day stress of living, by eliminating all the kitchen chores normally involved in preparing those meals!

The best time to have our de-stressing Green Smoothie snack is in the afternoon when we arrive home from work. Fix one of these great recipes, kick off the old shoes and lie back with a good book for an hour (or TV or whatever you find most relaxing). The good feelings this one simple thing generates are simply amazing. I find that I sleep better at night and feel better in the morning when I rise to do it all over again! Give it a try! ***Here are 10 recipes just perfect for de-stressing.***

### **Easiest Ever Green Smoothie**

Banana and strawberry flavors are hard to beat!

- 2 Bananas, frozen and peeled
- 1 cup Strawberries, frozen

- $\frac{1}{2}$  large head Romaine Lettuce, chopped
- 2 cups Water

Blend and savor the flavor!

### **Just Another Easy Green Smoothie**

Banana and orange, another classic combination!

- 2 Bananas, frozen and peeled
- 1 cup Strawberries, frozen
- 1 Orange, peeled and seeded
- $\frac{1}{2}$  bunch each Kale and romaine Lettuce, chopped
- 1 cup Orange Juice, all-natural, unsweetened

Drink up, and get that Vitamin C fix!

### **Lessen the Stress Green Smoothie**

Relaxing is not a problem when you are sipping on this one!

- 2 Bananas, frozen and peeled
- 1 Red or Yellow Apple, peeled, cored and chopped
- 1 Pear, peeled, cored and chopped
- 3 handfuls Collards or other Greens, chopped
- 2 cups Water or Crushed Ice

Whirl this one and enjoy!

## **Very Veggie De-Stressing Green Smoothie**

*De-stressing has never been so easy, as it is with this delightful smoothie!*

- 2 Bananas, frozen and peeled
- 3 Red or Yellow Apples, peeled, cored and chopped
- $\frac{1}{2}$  cup Carrots, chopped
- 1 bunch each Dandelion Greens and Romaine Lettuce
- 1 handful Arugula or other Green Leaf Lettuce, chopped
- 1 handful Cilantro, chopped

*Give it a whirl and sip, sip, sip!*

## **Ultimate De-Stress Green Smoothie**

If you only knew how great you'll feel after this one!

- 1 Banana, frozen and peeled
- 1 Orange, peeled and seeded
- $\frac{1}{2}$  Apple, peeled, cored and chopped
- 1 Pear, peeled, cored and chopped
- $\frac{1}{2}$  Mango, peeled, pitted and chopped
- 1 handful Baby Spinach, chopped
- 2 handfuls Dino Leaves or Kale, chopped
- 1 cup Coconut Water (Water or Crushed Ice also work)

You might add ginger, cinnamon, pineapple, coconut meat, lemons or limes to taste.

### **Meal in a Glass Green Smoothie**

Stress will flee and you'll feel full and happy, too!

- 2 Tomatoes, chopped
- 1 Cucumber, peel intact, chopped
- 1 Avocado, peeled and pitted
- 2 Limes, peeled and seeded
- Coconut Meat, small piece
- 4 cloves Garlic, fresh and crushed
- 3 cups Kale, chopped
- $\frac{1}{2}$  cup Broccoli Sprouts or frozen Broccoli Florets
- 1 tsp. Sea Salt
- 2 cups Water
- 1 cup Crushed Ice

Puree this smooth and creamy smoothie!

### **Strawberry Stress Relief Green Smoothie**

Simple and easy strawberries and peaches, yum, yum!

- 2 cups Strawberries, frozen
- 1 Peach, peeled and pitted

- 4 handfuls Kale, chopped
- 2 tbsps. Hemp, Flax or Sesame Seeds
- 2 cups Crushed Ice

### No Stress Strawberry Green Smoothie

Nectar adds that extra punch of sweetness and fruit flavor.

- 1 Banana, frozen and peeled
- 1 Peach, peeled and pitted
- 2 ½ cups Strawberries, frozen
- ½ cup Strawberry Nectar
- 3 handfuls Baby Spinach, chopped
- 2 cups Crushed Ice

Blend and upend!

### Done Gone Bananas Green Smoothie

If you are bananas for bananas, you will love this one!

- 3 Bananas, frozen and peeled
- ½ bunch Romaine Lettuce, chopped or torn into pieces
- 2 cups Water or Crushed Ice

A few mint leaves make a big splash in this smoothie!

### Tropical Ginger Green Smoothie

A truly relaxing tropical treat!

- 1 Mango, peeled, pitted and chopped

- 1 cup Pineapple, peeled and cored
- $\frac{1}{4}$  cup Coconut, shredded and unsweetened
- 1 piece Ginger, fresh (1 inch piece) grated
- $\frac{1}{2}$  bunch Romaine Lettuce

Add a tiny umbrella, sit back, relax and refresh!

## Mood Enhancing Green Smoothie Recipes

In order to function properly and be at its best, the brain needs proper nutrition just like the rest of the body. The brain is an organ just like the heart, the liver or the skin. The brain is also, the most important organ, because nothing in the body or mind works if the brain does not work! ***The term “brain food” is not a joke. I believe it must refer specifically to Green Smoothies!***

Hormones play a large role in brain function. Balanced hormones keep you feeling good and looking good. Green Smoothies can help to balance those hormones. ***It is not uncommon for people to report that they feel an elevation in their mood the very first time they try a Green Smoothie!***

Green Smoothies provide concentrated levels of vitamins, minerals, antioxidants and micronutrients that have unbelievable effects on mental alertness, concentration and that stressed out feeling. Some have even reported that they no longer need prescription medication for depression, anxiety and nervousness. How cool is that! ***Of course, never stop taking prescribed medication without the consent of your medical professional!***

Packaged and processes foods are the brain's number 1 enemies. The fillers and chemicals found in these products cloud the brain, effect the thought process and just generally make us feel crummy! ***Green Smoothies will detox the brain, just like they do the body, and we will be feeling better in no time at all!***

Since I began my journey in Green Smoothies, I know that I am almost always cheerful and outgoing, and I try to make the best out of bad situations. I can remember when I was not like that, and I don't ever want to go back there! ***I like the new me, and to keep the new me, all I have to do is drink delicious and nutritious Green Smoothies. How easy is that?*** Here are 10 new mood enhancing recipes for you to try.

### Blast of Berries Enlivening Green Smoothie

Berries have the power to lift your spirits and make you feel refreshed.

- 1 cup each Blueberries and Raspberries, frozen
- 1 Apple, peeled, cored and chopped
- 3 handfuls Baby Spinach, chopped
- 2 cups Water or Crushed Ice

Aim for a silky smooth texture.

### **Not Your Granny's Green Smoothie**

Fruity and spicy warm, just perfect for a relaxed mood!

- 1 Banana, frozen and peeled
- 1 Granny Smith Apple, peeled, cored and chopped
- 1 Pear, peeled, cored and chopped
- 1 Orange, peeled and seeded
- 1 Lime or Lemon, peeled and seeded
- 2 tsps. Ginger, ground or fresh grated
- 1 cup each Kale and Baby Spinach, chopped
- 1 handful Cilantro, chopped

Blend, smell the aroma, and enjoy!

### **Fresh Attitude Green Smoothie**

An eye opening experience that will send you off in the morning in a great mood!

- 1 Peach, peeled and pitted
- 1 Orange, peeled and seeded
- $\frac{1}{2}$  Cucumber, peel intact and chopped

- $\frac{1}{4}$  Avocado, peeled and pitted
- 2 stalks Celery, chopped
- 2 handfuls Swiss Chard or Baby Spinach, chopped (mixed greens work well)
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup Water or Coconut Water

Wake up and drink that smoothie!

### **Feel Good Now Green Smoothie**

All the nutrition your brain needs to start the day off right!

- 4 ripe Bananas, frozen and peeled
- 1 cup Watermelon Flesh, seeded and cut up
- 1 cup Mung Bean Sprouts or sprouts of your choice
- 2 cups Beet Greens, Baby Spinach or Kale, chopped
- 1 cup Crushed Ice
- Agave Nectar to taste for sweetening if needed

Drink 2 glasses of this one!

### **Amazing Fruity Green Smoothie**

Fruit and lettuce combine to make an exceptional smoothie!

- 2 Bananas, frozen and peeled
- 1 Pear, peeled, cored and chopped
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup Blueberries, frozen
- 1 Lemon, peeled and seeded

- 1 Avocado, peeled and pitted
  - $\frac{1}{2}$  head each Romaine Lettuce and other Green Leaf Lettuce, chopped
- 20 ounces Water

Blend and partake!

### No More Depression Green Smoothie

This is an all veggie taste treat that has nutrients proven to help relieve depression.

- 1 Carrot, chopped
- 1 stalk Celery, chopped
- $\frac{1}{2}$  cup Asparagus, chopped
- 1 handful Kale, chopped
- 1 cup Water plus Crushed Ice, as needed to obtain proper consistency and coldness
- Sea Salt, Black Pepper, Cayenne, garlic and Onion are some great additions to try in this smoothie.

### Green and Invigorating Smoothie

What a way to start the day, or get over the 3:00 doldrums!

- 1 Apple, peeled, cored and chopped
- 1 cup Black Grapes
- 5 Plums, peeled
- 1 Cucumber, peel intact and chopped

- $\frac{1}{2}$  Avocado, peeled and pitted
- 2 cups Baby Spinach, chopped
- 2 tbsp. Hemp, Flax or Sesame Seeds

Sit and sip!

### **Good Mood Green Smoothie**

Veggie smoothies are just as tasty as fruity ones!

- 2 sticks Celery, chopped
  - $\frac{1}{2}$  Red Onion, peeled and chopped
  - $\frac{1}{4}$  Avocado, peeled and pitted
  - $\frac{1}{2}$  Lime, peeled and seeded
  - 3 handfuls Red Leaf Lettuce (or your choice green leafy lettuce  $\frac{1}{4}$  bunch Basil, chopped
- 2 cups Water or Crushed Ice

Try Garlic, Sea Salt, Black Pepper or Cayenne to personalize this smoothie.

### **All Time Favorite Veggie Green Smoothie**

Another great tasting all veggie choice designed with your mood in mind!

- $\frac{1}{2}$  Lime, Juiced
- $\frac{1}{2}$  cup Tomatoes, chopped
- 3 cloves Garlic, crushed or shopped
- 3 handfuls Kale, chopped
- $\frac{1}{2}$  bunch Dill, fresh

- 2 cups Water or Crushed Ice

### **Every Day Mood Enhancing Green Smoothie**

Guaranteed to give your mood a lift anytime!

- 2 Bananas, frozen and peeled
- 1 Dragon Fruit
- 1 bunch Bok Choy, chopped
- 1 handful Parsley, chopped
- 2 cups Water or Crushed Ice

Whirl and enjoy this delicious creamy smoothie.

## **Power Workout Green Smoothie Recipes**

We all need exercise and it is usually recommended to workout in some way at least 3 or 4 times per week. Green Smoothies give us the energy and stamina we need for a workout. Of course, **your** workout strategy will depend on many things.

- Your current level of physical ability.
- Any medical conditions that you have.
- How much spare time you have.
- What types of exercise you prefer or are interested in pursuing.

***You should never begin a new workout routine if you have physical limitations or serious medical concerns without consulting your physician first.***

I personally do many forms of exercise, from walking, to biking, to kettle ball and Tae Bo. You have to choose the one that is right for you. I always begin any exercise with a power punch of a Green Smoothie to help me get through the toughest exercise without feeling completely drained.

I have seen advice that Green Smoothies are not appropriate for serious athletes. My question is why would that be true? ***Athletes need the same nutrients that everyone else does, maybe in more massive amounts – hmm – isn't that one of the things that Green Smoothies delivers?***

Green Smoothies are filled with protein for building muscle, water for hydration, amino acids, antioxidants, and every vitamin and mineral that anyone could ever need. ***Besides, athletes have all those additives that they use to enhance their performance, so why not just pop them into a Green Smoothie and call it a day!***

I know, the majority of us are not serious competitive athletes, but we need the same nutrients when we are expending energy and asking our bodies to work harder than normal. These 10 Green Smoothie recipes have everything you need to power you up and keep your body healthy and happy while you exercise.

## **Super Powered Green Smoothie**

This green smoothie has lots of taste options to give you the energy you need for a grueling workout! Try mixing and matching other greens in this one, so you get all the nutrients possible.

- 1 Mango, peeled, pitted and chopped
- 1 Pear, peeled, cored and chopped
- 10 strawberries, frozen
- 10 Black Grapes, frozen
- Gel from 1 whole Aloe Vera Leaf
- 5 stalks Celery, chopped
- 1 handful each Dandelion Greens, Parsley, Cilantro, Kale, Red Russian Kale, chopped
- ¼ cup Water or Crushed Ice

Process and then garnish with sprouts

## **Green on Green Smoothie**

Refreshing, energizing and delicious!

- 1 Banana, frozen
- ½ Avocado, peeled and pitted
- 1 Cucumber, chopped with peel intact
- 4 stalks Celery, chopped
- 1 Lime, peeled and seeded
- 1 handful each Romaine Lettuce, Kale, Baby Spinach, Parsley

- $\frac{1}{2}$  to 1 cup Water, Coconut Water or crushed Ice

Blend and add liquid or ice as needed for smooth consistency.

### **Avocado Power Smoothie**

Delicious and creamy as only Avocado can be!

- 1 or 2 Avocados, peeled and pitted
- 2 handfuls Kale
- 2 tsps. Almond Milk (or other nut milk)
- 1 tsp. Chia Seeds
- $\frac{1}{4}$  cup Water
- 1 cup Crushed Ice

Add raw honey or Stevia if you like it sweet, or Sea Salt and other spices you like.

### **Sweet Tater Time Green Smoothie**

If you like your sweet potato pie, why not drink it?

- 1 Sweet Potato, peeled and chopped in small pieces
- $\frac{1}{2}$  cup Walnuts, emulsified
- 1 handful Baby Spinach, chopped
- 1 tsp. Pumpkin Pie Spice (or spices you prefer)
- 1 cup each Water and Crushed Ice

To emulsify walnuts, combine them with 1 cup water and process until no walnut pieces can be seen. Then add the remaining ingredients and process. Add ice to make it cold.

## **Endurance Athlete's Green Smoothie**

This smoothie packs a punch of energy that lasts, and the nutrition to keep you going!

- 3 Bananas, frozen and peeled (depends on quantity you want to make)
- 1 Papaya Peeled, seeded and chopped
- 1 cup Blueberries, frozen
- 1 tbsp. Aloe Vera Gel
- 2 handfuls each Baby Spinach and Kale, chopped
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup Almond Milk or Coconut Water
- Any nut milk or emulsified nuts can be used.

## **Blue and Green Smoothie**

Simple, delicious and full of energy enhancing vitamins!

- 1 Banana, frozen and peeled
- 1  $\frac{1}{2}$  cups Blueberries, frozen
- 1 tbsp. Aloe Vera Gel
- 3 handfuls Baby Spinach, chopped
- 2 tbsps. Agave Nectar
- 2 cups Water or Crushed Ice

You can use more nectar if mixture is not sweet enough.

### **Passionate About Bananas Green Smoothie**

Passion Fruit and bananas are a winning combination!

- 1 Banana, frozen and peeled
- 4 Passion Fruit, seeds and flesh only
- 1 Apple, peeled, cored and chopped
- 4 large Silver Beet Leaves, chopped
- 1 tbsp. Chia Seeds, soaked
- $\frac{1}{2}$  cup Water or Crushed Ice

Chia Seeds will thicken mixture, so add water as needed.

### **Chocolate Pineapple Green Smoothie**

Chocolate lovers will want this one every day!

- 1 Banana, frozen and peeled
- 3 cups Pineapple Chunks, frozen and unsweetened
- 2 handfuls Baby Spinach, chopped
- 2 tbsps. Dark Chocolate Chips
- $1 \frac{1}{2}$  cups Pineapple Juice, all-natural, unsweetened

Adjust chocolate amount to taste.

### **Super Antioxidant Green Smoothie**

Get lots of antioxidants and energy with this smoothie!

- 1 Banana, frozen and peeled
- 2 cups fresh or frozen blueberries

- 3 handfuls Kale or Baby Spinach, chopped
- 20 Dry Roasted Almonds, unsalted
- 2 tbsps. Flax Seed, ground or Chia Seeds, soaked
- 1 cup Green Tea, double strength (2 tea bags)
- $\frac{1}{2}$  cup Crushed Ice

Emulsify almonds with green tea before adding other ingredients.

### **Dynamite Green Smoothie**

Energy that will blow you away!

- 1 Banana, frozen and peeled
- 1 Green Apple, peeled, cored and chopped
- $\frac{1}{4}$  Pineapple, fresh, peeled and cored
- 3 stalks Celery, leaves on, chopped
- 3 handfuls Baby Spinach or Mixed Spring Greens
- 1 cup Water or Crushed Ice

If this one's a little too tart, add some raw honey or stevia to sweeten.

## Glowing Skin Green Smoothie Recipes

**Regardless of what modern advertising tries to tell you, your skin and nails must be nourished from the inside out!** Green Smoothies are the ticket to the skin and nails that you have always wanted. The vitamins, minerals and antioxidants that they contain are what feed your skin to keep it glowing and healthy, and fight off the effects of aging.

**No amount of goopy globs of stuff from tubes and bottles will give you the skin that Green Smoothies can!**

Don't get me wrong, we all know that proper hygiene is also necessary for healthy skin, and to prevent environmental toxins from entering the body through the skin. However, a gentle soap and warm water will take care of this.

The skin also needs lots of hydration, meaning water, and our Green Smoothies all have water plus water fruits for effective and long lasting hydration. Sure, you still need to drink as much water as possible, too.

Your nails are mostly protein, and the building blocks for protein are amino acids. Green Smoothies have these in abundance. When nails do not get enough protein, they can become thin, chip and tear easily, or just refuse to grow. **Green** being the key word here, your dark leafy greens, such as spinach and kale have high volumes of both protein and the amino acids to process them. **Healthy beautiful nails are a Green Smoothie a day away!**

If you are really serious about improving your skin and nails, there are a few things that you need to give up or stay away from. These include alcohol, excessive caffeine and smoking. All of these cause dehydration, and no amount of water or nutrition, will overcome them.

**So, let's whip out the old blender, and try some of these 10 new recipes targeted for the best skin and nails of your life!**

### Glowing Skin Green Smoothie

Tropical fruit provides loads of antioxidants for skin.

- 1 Banana, frozen and peeled
- 1 cup Pineapple, frozen unsweetened chunks
- $\frac{1}{2}$  Mango, peeled, pitted and chopped
- $\frac{1}{2}$  Papaya, peeled and seeded
- 2 handfuls Baby Spinach, chopped
- 1 handful Kale, chopped
- 1 bunch Parsley, chopped
- 1 tsp. Flax Oil
- 1 cup Water or Crushed Ice

Blend and savor!

### **Minty Fresh Green Smoothie**

If you love mint, this one's for you!

- 2 Bananas, frozen and peeled
- 2 tbsp. Goji Berries2 Dates, chopped
- 1 tsp. Chia Seeds, soaked
- 3 handfuls Baby Spinach, chopped
- $\frac{1}{2}$  bunch Mint, chopped
- 1 cup Water or Crushed Ice

Chia seeds thicken the mixture, so add water as needed.

## **Green Tea Chiller**

Minty green tea with super antioxidants for glowing skin!

- 1 Mango, peeled, pitted and chopped
- 2 Limes, peeled and seeded (zest before peeling and add some to smoothie)
- 3 handfuls Greens (your choice), chopped
- $\frac{1}{2}$  cup Mint, chopped
- 1 tsp. Raw Honey (or to taste)
- 1 cup Green Tea, double strength
- 2 cups Crushed Ice

Blend and enjoy!

## **I Am A Goddess Green Smoothie**

Look great and feel great, this one has it all!

- 1 Banana, frozen and peeled
- 1 Papaya, peeled and seeded
- $\frac{1}{2}$  cup Pineapple, frozen unsweetened chunks
- 3 handfuls Mixed Spring Greens, chopped
- 1 bunch Parsley
- 1 tsp. Flax Oil
- 1 cup Water or Crushed Ice

Ground flax seeds work just as well as the oil.

## **Beauty In A Glass Green Smoothie**

Shiny hair and healthy nails are right in the glass!

- 1 Mango, peeled, pitted and chopped
- 1 Peach, peeled and pitted
- 1 cup Berries (your choice), frozen
- 1 tbsp. Aloe Vera Gel
- 1 tsp. Flax Oil
- 3 handfuls Greens (your choice), chopped
- 2 cups Nut Milk (Brazil, Almond or your favorite)
- 2 tsps. Raw Honey (or to taste)

Those allergic to bee stings should replace honey with Stevia or other sweetener.

## **Green Smoothie For Glowing Skin**

Glowing skin is as close as this green smoothie!

- 1 Banana, frozen and peeled
- 1 Orange, peeled and seeded
- 1 Bartlett Pear, cored and seeded
- 1 cup Green Seedless Grapes
- 1 handful Baby Spinach, chopped
- 1 handful Kale, chopped
- 1 tsp. Chia Seeds, soaked

- $\frac{1}{2}$  cup Water
- 2 cups Crushed Ice

Add raw honey or Stevia if needed for sweetening.

### **Paradise Delight Smoothie**

Light, sweet and tasty is the order of the day!

- 1 Papaya, peeled and seeded
- 1 Peach, ripe, peeled and pitted
- $\frac{1}{2}$  Avocado, peeled and pitted
- 1 cup Strawberries, frozen
- 3 handfuls Mixed Spring Greens, chopped
- 3 tbsps. Pomegranate Juice
- 1 tsp. Grape Seed Oil
- 1 tsp. Pure Vanilla Extract

If mixture is too thick add a little water or coconut water while blending.

### **Smooth Complexion Green Smoothie**

Great taste and unbelievable skin benefits in the same glass!

- 1 Banana, frozen and peeled
- 1 cup Blackberries, frozen
- 1 Carrot, chopped Juice
- 3 handfuls Greens (your choice), chopped
- $\frac{1}{2}$  cup Water or Crushed Ice

The Vitamin A in carrots is essential to beautiful skin.

### **Stay Young Green Smoothie**

Healthy young skin is just a glass away!

- 2 Bananas, frozen and peeled
- 1 Mango, peeled, pitted and chopped
- 2 handfuls Dandelion Greens, chopped
- 2 handfuls Romaine Lettuce, chopped
- 2 cups ice cold water
- 1 tbsp. Raw Cacao Nibs

Unsweetened dark chocolate chips may be substituted for cacao nibs.

### **Green Smoothie For Radiant Skin**

Healthy looking, radiant skin is right in the glass!

- $\frac{1}{2}$  Pink Grapefruit, peeled and seeded
- 1 Apple, peeled, cored and chopped
- $\frac{1}{2}$  Lemon, peeled and seeded
- 2 handfuls Baby Spinach, chopped
- $\frac{1}{4}$  head Broccoli, chopped (frozen florets work well)
- 1 Cucumber, chopped with peel intact
- 3 stalks Coriander

- 2 slices Ginger

Raw honey or Stevia may be used to sweeten



## **Beautiful, Healthier Hair Green Smoothie Recipes**

***“Hair is a barometer of your overall health.”***

(David H. Kingsley, Ph.D., British Science Corporation, New York City, hair and scalp expert)

Never have truer words been spoken. The fact is that the hair you see is already dead. The hair follicles are where the hair is formed and that is what must be kept healthy in order to have beautiful hair. ***Green Smoothies offer all of the nutrition the hair follicles need to produce the very best hair of your life!***

Hair is mostly protein just like your nails, so all those green leafy vegetables that we add to our Green Smoothies, have many jobs to do in our bodies. That is why we add as many as we can to every Green Smoothie and try to increase the amounts of them that we add, as much as possible.

Don't get me wrong, the hair you were born with is the hair you will always have: curly, straight, fine, thick, thin, wiry or coarse. The things that you can change such as color or curl are done with chemicals. You may like the way processed hair looks but it is very damaging to the hair follicles that we depend on to produce our hair. It is best to avoid chemical processing if at all possible.

***The Green Smoothie way is to give the hair follicles the very best nutrition, so that they can produce the very best hair of your life!***

If you have noticed that the quality of your hair has declined, it is definitely due to improper nutrition. Fad diets, junk food or food deprivation, all have a bearing on the condition of your hair. ***Hair that has been nourished by the nutrients and protein in Green Smoothies will be stronger, shinier and more resistant to breakage. Overall, that is a pretty great deal!***

Check out these 10 new recipes for hair health.

### **Hair Growth Booster Green Smoothie**

This is a perfect breakfast smoothie that is also good for your hair!

- 1 Banana, frozen and peeled

- 1 Apple, peeled, cored and chopped
- 1 cup Blueberries, frozen
- 2 Handfuls of Fresh Spinach
- $\frac{1}{2}$  cup Apple Juice, all-natural and unsweetened

Makes approximately 24 ounces

### **Healthy hair Muesli Green Smoothie**

A little tropical and a whole lot delicious!

- 1 Banana, frozen and peeled
- 1 Mango, peeled, pitted and chopped
- $\frac{1}{2}$  cup Dates, chopped
- 1 cup Muesli
- 2 handfuls Romaine Lettuce, chopped
- 2 tbsps. Sesame Seeds
- 1 cup Nut Milk (your favorite)
- 1 cup Water or Crushed Ice

Serves 2 - If it is too thick, add water as needed.

### **Super Shiny Hair Green Smoothie**

Everything your hair need and nothing it doesn't!

- 1 Banana, frozen and peeled

- 1 cup Cantaloupe, peeled, seeded and diced
- 1 cup Blueberries, frozen
- 2 tbsps. Peanut Butter, all-natural, no sugar added
- 3 handfuls Baby Spinach or Kale
- $\frac{1}{2}$  cup Coconut Water or Nut Milk
- 1 cup Crushed Ice

Natural sweeteners, such as raw honey or Stevia and spices are optional.

### **Peanut Butter and Banana Green Smoothie**

Hair needs lots of protein; peanut butter and kale are just the ticket!

- 1 Banana, frozen and peeled
- 1 Papaya, peeled and seeded
- 1 tbsp. Peanut Butter, all-natural and unsweetened
- 3 handfuls Kale, chopped
- 1 cup Crushed Ice

Makes 1 Serving.

### **Ultimate Hair Green Smoothie**

Silky, shiny hair is what you get with this smoothie!

- 1 Banana, frozen and peeled
- 1 Pear, cored and chopped
- 1 cup Strawberries, frozen
- 1 stalk Celery, chopped

- 1 bunch Bok Choy, chopped
- 1 tbsp. Flax Seed Oil or Flax Seeds
- 1 cup Water or Crushed Ice

Makes 1 Serving

### **Hair Nutrition Green Smoothie**

Hair needs lots of Vitamin C to be healthy and happy!

- 2 Bananas, frozen and peeled
- 2 Tangelos, peeled and seeded
- 1 Mango, peeled, pitted and chopped
- 1 Pear, cored and chopped
- $\frac{1}{2}$  head Green Leaf Lettuce
- 1 cup Water or Crushed Ice

Makes 1 Serving

### **Green, Green, Green Smoothie**

Refreshing is the word for this delicious taste temptation!

- 1 Banana, frozen and peeled
- 2 Pears, cored and chopped
- 1 cup Green Seedless Grapes
- $\frac{1}{2}$  Lime, peeled and seeded

- 3 handfuls Baby Spinach, chopped
- 1 tbsp. Raw Honey (or to taste)
- 1 cup Coconut Water
- $\frac{1}{2}$  cup Crushed Ice

Make 1 Very Large Serving

### **Pineapple Coconut Green Smoothie**

Simple and easy, and still great for your hair!

- 1 Pineapple, peeled and cored
- 1 cup Coconut, fresh chopped or bagged unsweetened
- 3 handfuls Baby Spinach, chopped
- 1 cup Water or Crushed Ice (Coconut water works well in this one)

Makes 1 Serving

### **Hairy Green Smoothie**

Creamy is the word for this smoothie!

- 1 Banana, peeled and frozen
- $\frac{1}{2}$  Avocado, peeled and pitted
- $\frac{1}{2}$  Lime, peeled and seeded
- 2 handfuls Baby Spinach, chopped
- Water or Crushed Ice as needed for desired consistency

Makes 1 Serving

## **Hail To The Hair Green Smoothie**

Lovely hair every day will soon be yours!

- 1 Banana, frozen and peeled
- 1 cup Strawberries, frozen
- 1 cup Orange Juice, fresh squeezed or from unsweetened concentrate
- 2 handfuls Romaine Lettuce, chopped
- 1 handful Baby Spinach, chopped

Makes 1 Serving

## **Ultimate Energy Bursts Green Smoothie Recipes**

Whether you are a workout guru or not, boosting your energy levels is a way to help you feel better every day. When you have more energy, life is more interesting and you have the ability to deal with stress and problems, without it being such a draining experience. ***Green Smoothies can provide all of the energy you will ever need to get through your toughest day and still have a little something left for the evening!***

In as little as 15 minutes, in the morning, you can have a full meal deal Green Smoothie, with all the energy you need to start your day off right. ***Forget what you think you know about breakfast. No conventional form of breakfast will give you the energy or nutrition that a Green Smoothie will!***

Breakfast Green Smoothies provide energy from carbohydrates, vitamins, minerals, antioxidants and extra hydration. ***You will get full and stay full, without all the bloating, indigestion and lethargy that comes from commonly accepted breakfast foods, or processed breakfast bars.***

You will have the energy and mental alertness to go to work and get the job done, so you can get on to other things. You might even feel like taking a walk at lunch instead of just sitting around. I like to prepare at least 2 and sometimes 3 Green Smoothies in the morning. 2 of them I take with me for a mid-morning snack and lunch. This makes my whole day more pleasant and fruitful. ***I am all about getting things done, and Green Smoothies help me do just that!***

I simply could not get through a day without my Green Smoothies anymore, now that I have gotten used to having energy to spare! ***Try out some of the recipes below, and see if you don't find that you have a whole new level of energy to draw on every day!***

### **Blast of Power Green Smoothie**

If its energy you want, you have come to the right place!

- 1 Banana, frozen and peeled
- 1 Pear, cored and chopped

- 1 bunch Parsley, chopped
- $\frac{1}{2}$  cup each - Water and crushed Ice

You can add more water or ice if needed. Enjoy!

## **2 – Up and At’Em Green Smoothie**

Great tasting and energy packed!

- 2 Bananas, frozen and peeled
- 3 Oranges, peeled and seeded
- 1 head Romaine Lettuce
- Water or Crushed Ice as needed

Makes 1 Serving

## **Maximum Green Smoothie**

Maximum nutrition and maximum energy!

- 1  $\frac{1}{2}$  cups Strawberries, frozen
- 1 cup Blueberries, frozen
- 1 tbsp. Aloe Vera, gel or liquid
- 1 handful Leafy Green Lettuce, chopped
- 1 handful Sunflower Sprouts (or your favorite)
- 2 handfuls Baby Spinach
- Water or Crushed Ice as needed

Makes 1 Large serving

### **Beetapple Green Smoothie**

Not really green, but all the green energy you need!

- 5 Apples, cored and chopped
- 1 Beet, peeled and chopped
- 1 Cucumber, peel intact and chopped
- 3 stalks Celery, chopped
- $\frac{1}{2}$  head Romaine Lettuce
- 1 handful Sunflower Kernels
- Water or Crushed Ice as needed

Makes 2 Servings

### **Avocado Bells Green Smoothie**

Creamy veggie green smoothie that's perfect for lunch!

- 2 Avocados, peeled and pitted
- 5 Red Bell Peppers, seeded and chopped
- $\frac{1}{2}$  Red Onion, peeled and chopped
- 1 bunch Parsley, chopped
- $\frac{1}{4}$  cup Sesame Seeds

Try Sea Salt and your favorite spices in this one.

### **Pucker-Up Green Smoothie**

This is a meal in a glass for real!

- 1 bunch Dandelion Greens, chopped
- 1 bunch Kale, chopped
- $\frac{1}{2}$  head Romaine Lettuce
- 1 handful Sunflower Sprouts or your favorite
- 1 handful Parsley, chopped
- 1 Avocado, peeled and pitted
- 1 Green Apple, cored and chopped
- 1 Lemon + Zest, then peeled and seeded

Makes 2 Meals

### **Go Green Smoothie**

Tropical and green; what a combination!

- 1 Pineapple, peeled and cored
- 1 Banana, frozen and peeled
- 1 handful each Kale, Parsley and Baby Spinach, chopped
- 1 stalk Celery with Leaves, chopped
- 2 cups Water or Crushed Ice

Makes 1 Large serving

### **Bok Choy Green Smoothie**

Mild and tasty Bok Choy forms the basis for this treat!

- 2 Apples, cored and chopped

- 2 Tangerines, peeled and seeded
- 2 heads Bok Choy, chopped
- $\frac{1}{2}$  Avocado, peeled and pitted
- 1 tsp. Ground Cinnamon
- Water and Crushed Ice as needed

Makes 1 Serving

### **Watercress Green Smoothie**

Decidedly delicious and fruity!

- 2 Bananas, frozen and peeled
- 1 Pear or Apple, cored and chopped
- 1 cup Orange Juice, fresh squeezed or from concentrate unsweetened
- 2 cups Watercress, chopped
- 1 cup Baby Spinach, chopped
- Water or Crushed Ice as needed

### **Purple People Eater Green Smoothie**

This purple green smoothie packs a punch of energy!

- 1 Banana, frozen and peeled
- 1 Orange, peeled and seeded
- $\frac{1}{2}$  cup Blueberries, frozen
- 1 Beet, peeled and chopped
- 1 cup Beet Tops, chopped
- 1 cup Water or Crushed Ice

Makes 2 Servings

## **Warm Me Up Winter Friendly Green Smoothie Recipes**

There is nothing like a little comfort food when the weather turns cold outside. And yes, I do realize that a Green Smoothie would not normally be considered a warming and comfy treat for a cold winter day. However, it is all in the recipe ingredients and the spices you choose to add. ***A Green Smoothie can deliver that warming sensation just as well as any other food!***

When is your nutrition as important as in the winter weather, when colds and flu abound? Green Smoothies help boost your immune system, so that your body can resist infection. What better way to warm and comfort yourself, than with the knowledge that your health will see you through the winter blues. ***When everyone else is sniffling, you will be feeling fine!***

For your winter Green Smoothies, try using some comfort spices like cinnamon, cloves or ginger. Those smoothies will start to emit that aroma that only comes from the best holiday treats. As a matter of fact, try using some pumpkin or sweet potatoes as one of your smoothie ingredients. What could be better than holiday pie in a glass!

***There is nothing like knowing you are getting your Green Smoothie nutrition, and having it taste so delicious, that all you want is more!***

The energy that you get from your winter Green Smoothies will have you ready for a snowball fight or a sledding adventure with the kids. Now that you are regularly enjoying Green Smoothie nutrition and energy, the sky is the limit!

Banish those cold weather doldrums! Curl up with your favorite blanket by a cozy fire, read your favorite book again, and drink up that fabulous Green Smoothie treat. Your body and mind will thank you daily, and you will breeze through the winter without a care!

Try these 10 recipes and see how truly delicious they really are!

## No More Cold Green Smoothie

Cozy up with this smoothie on a cold day and relax!

- 1 cup Strawberries, frozen
- 1 Orange, peeled and seeded
- 3 handfuls Kale, chopped
- $\frac{1}{2}$  cup Almond Milk or your favorite Nut Milk
- 1 tbsp. Raw Honey (or to taste)
- Water or Crushed Ice as needed

Try adding a little cinnamon and cloves for a holiday feel.

## Veggies and More Green Smoothie

Tangy sweet and incredibly soothing!

- 1 Apple, cored and chopped
- $\frac{1}{2}$  Lemon, peeled and seeded
- 1 Carrot, chopped
- 2 handfuls Kale, chopped
- 3 tbsp. Hemp Seeds (Flax or Chia Seeds can be substituted)
- 2 tbsps. Raw Honey (or to taste)
- Water or Crushed Ice as needed

Makes 1 Serving

### **Berry Dandy Green Smoothie**

This reminds you of summer when it's cold out!

- 2 Bananas, frozen and peeled
- 1 cup Berries of your choice, frozen
- 2 dates, chopped
- 2 handfuls Dandelion Greens, chopped
- Water or Crushed Ice as needed

Add an apple and additional dates or raw honey if the mix is too bitter for you.

### **Buttergreen Smoothie**

This has a mild flavor that anyone can enjoy!

- 2 Bananas, frozen and peeled
- $\frac{1}{4}$  whole Pineapple, peeled and cored
- 1 handful Butter (Boston) Lettuce, chopped
- 1 handful Romaine Lettuce, chopped
- 1 handful Cilantro, chopped
- $\frac{1}{2}$  cup Water or Crushed Ice (more as needed)

Makes 1 Large Serving

### **Top of the Morning Green Tea Smoothie**

This is a wake-up call in a glass; perfect first thing in the morning!

- 1 Banana, frozen and peeled
- 1 ½ cups Green Seedless Grapes, frozen
- ½ cup Raspberries, frozen
- 2 handfuls Baby Spinach, chopped
- 1 cup Green Tea, double strength, regular or decaf

Makes 1 Serving

### Pineapple Ginger Green Smoothie

Fragrant is the word for this smoothie!

- 3 cups Pineapple, peeled and cored (unsweetened frozen chunks work well)
- 4 cups Romaine Lettuce, chopped
- 1 cup Coconut Water
- 1 tsp. Ginger, minced
- pinch Sea Salt

Makes 1 Delicious Serving

### All Protein Green Smoothie

Peanut butter and banana is an old-time favorite and always a winner!

- 2 Bananas, frozen and peeled
- 2 tbsps. Peanut Butter, all-natural and unsweetened
- 3 handfuls Kale, chopped
- Crushed Ice or water as needed for desired coldness and consistency

Makes 1 Serving

### **Choose Your Greens Smoothie**

Customize it your way and have a great warm day!

- 1 Papaya, peeled and seeded
- 1 cup Berries, frozen (your choice)
- $\frac{1}{2}$  Lemon, peeled and seeded
- 3 stalks Celery, chopped
- 3 handfuls Greens of choice, chopped
- 1 handful Parsley, chopped
- 1 small piece Ginger
- Water or Crushed Ice as needed

Try other spices besides ginger (cinnamon or cloves) for an extra warming sensation and taste.

### **Best Warm Up Green Smoothie Ever**

Black grapes are the sweetest variety and they are virtually seedless, and that is a killer combination.

- 3 cups Black Grapes, frozen
- 1 handful Parsley, chopped
- 2 handfuls Baby Spinach, chopped
- Water or Crushed Ice as needed

Makes 1 Serving

## **Super Spicy Green Smoothie**

Some like it hot! Hot pepper lovers unite and warm-up with this one!

- 1 Avocado, peeled and pitted
- $\frac{1}{2}$  Red Onion, peeled and chopped
- 2 cloves Garlic, diced
- 1 Red Chili Pepper, chopped
- 2 handfuls Red Cabbage, chopped
- 1 Handful Cilantro, chopped
- Water or Crushed Ice as needed

Makes 1 Serving (Sea Salt, Black Pepper and Cayenne are some great additions)

## Cool Me Down Green Smoothie Recipes

While comfort smoothies for winter may be a new concept, I'm thinking that refreshing cold Green Smoothies in summer is a thing that we can all identify with. Cool and soothing on a hot summer day, or after a hot and sweaty workout anytime.

Just think of all of the fresh picked veggies and fruit you have to choose from in summer, that are not available in winter. Just remember to use plenty of crushed ice when you use fresh fruit instead of frozen, so your Green Smoothie will be a real **chiller!**

There is absolutely nothing that tastes better or suits the summer weather better than Green Smoothies. There is no need for heavy meals that just weigh you down and make the weather seem hotter than it really is. Green Smoothies will give you the energy to get out and do things; exercise, vacation or maybe just get some fresh air. When the heat is taking it out of you, ***Green Smoothies help keep you hydrated, and keep your nutrient levels up where they need to be, no matter how much you sweat.***

You have never been more ready for summer, now that your Green Smoothies have knocked off those few extra pounds, and you have your brand new bikini ready body to show off. ***Hmmm...maybe a trip to the beach for this year's vacation!*** When you get ready to go on that summer vacation, don't forget to pack that old blender first thing. You won't want to be leaving that behind! ***You will really need those Green Smoothies to have the best summer vacation ever!*** ***There is no reason why this cannot be the best summer you have ever had with or without a vacation!***

***Try out these 10 chilly Green Smoothie recipes and get in a summertime mood today!***

### Green Smoothie Cooler

Cool, fresh and light; just perfect for hot weather.

- 1 Banana, frozen and peeled
- 1 cup Green Seedless Grapes, frozen
- 1 Apple, cored and chopped
- 3 handfuls Baby Spinach, chopped

Makes 1 Serving

### **Refreshing Kale Green Smoothie**

So fruity and sweet, you won't believe it is Kale!

- 2 Bananas, frozen and peeled
- 1 Orange, peeled and seeded
- 3 handfuls Kale, chopped
- Water or Crushed Ice as needed

Makes 1 Serving

### **Berries n Cherries Green Smoothie**

This recipe was made for the cherry lover in us all!

- 2 cups Dark Sweet Cherries, frozen
- 1 cup Blueberries, frozen
- 1 Mandarin Orange, peeled and seeded
- $\frac{1}{2}$  Lemon, peeled and seeded
- 1 Avocado, peeled and pitted
- 2 handfuls Collard Greens, chopped
- 2 handfuls Kale, choppe
- 2 tbsps. Chia Seeds, soaked
- 1 large slice Ginger
- Water or Crushed Ice as needed

Makes 1 Large Serving

### **Tropical Taste Time Green Smoothie**

A delicious tropical drink experience; the only thing left out is the tiny umbrella!

- 1 Banana, frozen and peeled
- 1 Papaya, peeled and seeded
- $\frac{1}{2}$  Pineapple, peeled and cored
- 5 handfuls Collard Greens, chopped
- Water or Crushed Ice as needed

Makes 2 Servings

### **Carrot Top Green Smoothie**

Carrots add sweetness along with massive amounts of Vitamin A.

- 2 Apples, cored and chopped
- $\frac{1}{2}$  Lemon, peeled and seeded
- 2 cups Baby Carrots, chopped
- 3 handfuls Baby Spinach, chopped
- 1 tbsp. Raw Honey (or to taste, optional)
- Water or Crushed Ice as needed

Makes 1 Serving

## **Avocado Honey Green Smoothie**

Avocado and honey is not your usual combination, but the avocado's creaminess and the honey's sweetness is a taste treat that is sure to become a favorite!

- 1 Avocado, peeled and pitted
- 1 lime juiced
- 1 tbsp. Raw Honey (or to taste)
- 2 bunches Parsley, chopped
- 5 leaves fresh basil
- 1 cup Almond Milk (or preferred nut milk)
- Water or Crushed Ice as needed

Makes 1 Serving

## **My Pineapple Green Smoothie**

This is a raspberry lover's tart taste treat!

- $\frac{1}{2}$  Pineapple, peeled and cored
- 1 cup Raspberries, frozen
- $\frac{1}{2}$  Cucumber, peel intact and chopped
- 3 handfuls Kale, chopped
- Water or Crushed Ice as needed

Drink up and enjoy!

## **Cucumbers R Us Green Smoothie**

If you love cucumbers, you will definitely love this smoothie!

- 1 Cucumber, peel intact and chopped
- $\frac{1}{2}$  Lime, peeled and seeded
- 1 bunch Bok Choy, chopped
- 2 tbsp. Raw Honey or Agave Nectar
- 3 mint Leaves
- Pinch of Black Pepper and Sea Salt
- Water and Crushed Ice as needed

Makes 1 Serving

## **Cool Cucumber Green Smoothie**

A wonderfully cool and refreshing green smoothie for those hot summer afternoons!

- 1 Banana, frozen and peeled
- 6 large Strawberries, frozen
- $\frac{1}{2}$  Cucumber, peel intact and chopped
- $\frac{1}{2}$  Avocado, peeled and pitted
- 3 handfuls Baby Spinach, chopped
- $\frac{1}{2}$  cup Almond Milk (or your favorite nut milk)
- 1 cup Water and Crushed Ice as needed

Makes 1 Large Serving

### Cool Ya Green Smoothie

A cool and tropical taste delight, that everyone will love!

- 1 Banana, Frozen and peeled
- 2 Papayas, peeled and seeded
- 3 handfuls Leafy Greens, chopped (your choice)
- 1 cup Fennel, chopped
- Water or Crushed Ice as needed

Makes 1 Delicious Tropical Treat, Enjoy!

## **Customizing Your Green Smoothies**

***You can find inspiration in amazing and unusual places!***

Ideas for your own custom smoothies can come from the most unusual places sometimes. You could be strolling down the grocery aisle and see an interesting new fruit, or a colorful vegetable that you hadn't thought of using in your smoothies before. Maybe you notice a box of kid's fruit snacks, and something about the fruit combinations they use catches your eye. Perhaps you walk into a shop and smell a delightfully different candle that reminds you of a favorite spice you haven't tried using in smoothies yet. ***You just never know where you might find inspiration for your smoothie experiments!***

One of the first stops anyone making smoothies should make is the spice rack. Chances are good that the spices you like in vegetable dishes and desserts will be equally as good in a smoothie. Many spices have great nutritional benefits and natural healing abilities. ***That sounds like a perfect combination!***

There are many options for finding tasty ways to boost the nutrients and tastiness of green smoothies. ***Super Foods*** are all the rage today. Many of them are quite flavorful, and enhance the taste and nutrition of foods to which they are added. The most popular ones are now available at your grocers in the organic or health food aisles. Others might only be found in a health food store or online. Here are a few for your consideration.

***Flax Seed*** - Flax seeds have fiber, protein, Omega 3 fatty acids, Vitamins B1, B2, B3, B5, B6, B9 and C. It also provides calcium, iron, magnesium, phosphorus, potassium and zinc. (Flax seeds should be ground with a coffee grinder before adding them to smoothies.)

***Wheat Germ*** – Wheat germ gives a concentrated dose of several nutrients, such as Folic acid, zinc, magnesium, Omega 3 Fatty Acids, Vitamin E and thiamine, as well as lots of fiber.

***Chia Seeds*** – This little seeds form a paste when soaked in water. They make an excellent thickening agent for any type of food or smoothie. They also contain

such nutrients as fiber, phosphorus, manganese, potassium, iron, molybdenum, zinc, copper, niacin, Omega 3 Fatty Acids and antioxidants. They are low in fat and cholesterol free. Chia Seeds are a South American product that does not grow in the U.S. Therefore, the best way to obtain them is ordering online.

**Goji Berries** – These berries come from China. They are fairly common in health food stores. They contain amino acids, essential fatty acids, beta-carotene, lutein, lycopene, antioxidants, calcium, potassium, iron, zinc, selenium, riboflavin and Vitamin C. ***That is pretty potent berry!***

**Alfalfa Sprouts** – These can be found at your local grocery store. They have a light flavor that is very good on food or salads. They are equally good as an additive to Green Smoothies. They contain a lot of protein and calcium, plus B Vitamins, Vitamins C, D and E. They have medicinal value and can help improve digestion and relieve some kidney disorders.

**Garlic** – If you try a totally veggie and greens smoothie, Garlic might be just the ticket. It is good for your immune system, reduces cholesterol, helps prevent cancer, and has been shown to help those with heart disease. It has fiber, protein, beta-carotene, thiamine, riboflavin, niacin, Vitamins B5, B6, B9 and C. It also has calcium, iron, magnesium, phosphorus, potassium, zinc, manganese and selenium. ***Talk about antioxidants!***

These are only a very few of the excellent all-natural additives, or “***Super Foods***” that you can use in your Green Smoothies. Many of them are far more exotic, hard to find and expensive than the ones above.

## **10 Tips for Getting the Most out of Your Green Smoothie**

1. The fruits that you choose for your smoothies should always be ripe. Unripe or semi-ripe fruit will not sufficiently sweeten your smoothie and can give it a bitter tang.
2. Water that you use in smoothies should always be bottled or purified.
3. Thicken a smoothie by adding crushed ice or thin it by adding water.

4. Don't refuse to try new greens in your smoothies just because you think you won't like it. Make a small portion, add spices, flavorings or honey until you get it just right.
5. As you may have noticed some of the recipes in this book call for mixed greens or more than one green. This is a great way to get all the benefits of the greens, without having to taste just a single one.
6. Don't refuse to try new fruits that you don't like to eat plain. You may find that in combination with other fruits and vegetables that they add that special "oomph" that your recipe needed.
7. Nuts have tons of protein, minerals and Omega 3s that your body needs. Many even have antioxidant properties. You can grind them and add them to your Green Smoothies. You can also soak them and use the water (referred to as nut milk) in place of the water in your smoothies; all the taste and nutrition without the grit. Try garnishing your smoothie with nuts, or just have a handful with your smoothie.
8. Seeds are another great addition, and there are many to choose from other than those listed above. Sunflower seeds, Pumpkin seeds, Celery seeds and a host of others offer extra nutrition and added taste choices.
9. Try having an all-veggie smoothie for an interesting alternative. You can add salt, pepper, garlic, hot spices or anything you desire to make it taste just right.
10. The most important tip of all is experiment, experiment and then experiment some more. The more you do, the better your Green Smoothies will taste, and soon you will be telling everyone else how to make them and what they can do for you.