



## Classic Green Smoothie

Yield: 1 quart:

1 ½ cups water  
 large handful organic spinach  
 2 large leaves organic chard, w/stems  
 ½ banana  
 1 small organic Fuji or Gala apple  
 2/3 c frozen mixed berries

optional:

1 scoop [GreenSmoothieGirl](http://www.GreenSmoothieGirl.com) [vegan protein powder](#), 1 packet stevia (no-calorie, herbal sweetener), 2 Tbsp. [sprouted flax seed](#) (for essential fatty acids)

Blend water and greens until smooth, in a high-speed blender. Add fruit, and optional protein powder and/or stevia, and blend until smooth, about 90 seconds. Pour into BPA-free container with a lid. Drink immediately or store in the fridge for up to 48 hours, shaking well before drinking.

## Hot Pink Smoothie

Yield: 1 quart

1 ½ cup coconut liquid (best if raw, or canned – found at Asian markets)  
 1 large carrot, cut into 3 pieces  
 ¼ of a medium beet, raw, peeled  
 ¼ cup raw cashews (or raw sunflower seeds, soaked in water for 2+ hours)  
 ¼ cup chopped dates  
 2 tsp vanilla  
 12 oz. bag frozen organic strawberries (about 12 berries)

optional:

1-2 Tbsp [GreenSmoothieGirl](http://www.GreenSmoothieGirl.com) [sprouted flax seed or vegan protein powder](#)

Puree all ingredients except the strawberries for 90 seconds. Add strawberries and blend until smooth. Add optional ingredients for the last 5 seconds.



[www.GreenSmoothieGirl.com](http://www.GreenSmoothieGirl.com)