

Green Smoothie Recipes

The Basics

Smoothies including fruit are best consumed for breakfast and lunch. There are only a few ingredients you must have on hand to prepare a green smoothie.

- Liquid (water, fruit juice, coconut water, non-dairy milk)
- Leafy greens (spinach, kale, Swiss chard, rainbow chard, romaine lettuce, cabbage, collard-mustard greens, wheatgrass or wheatgrass powder, sprouts)
- Fruit (apple, pear, pineapple, banana, mango, berries, melon)

What you add to this determines the taste and nutrition level. Common additions:

- Vegetables (broccoli, cucumber, zucchini, squash, avocado, beets, bok choy, brussel sprouts, bean sprouts)
- Nuts (almonds, cashews)
- Protein (powder, hemp seeds)
- Seasonings (cocoa, cacao, carob, turmeric, mint, jalapeno, cayenne pepper, cilantro, parsley, etc.)
- Sweeteners (agave, honey, maple syrup)
- Nutritious fat: Flax seed oil, hemp seeds, nuts, coconut meat

Beginner Smoothie

- Greens: Spinach
- Liquid (use one): Water or non-dairy milk
- Fruit (use one or both): Bananas; Blueberries

Intermediate Smoothie

- Greens (use one or both) Spinach, Kale
- Liquid (use one): Water or non-dairy milk
- Fruit (use one or more): Bananas, Blueberries, Apples, Grapes, Dates

Advanced Smoothie

- Green (use one or more): Spinach, Kale, Bok choy, Collard greens, Cabbage greens, Swiss Chard, Beet Greens
- Liquid (use one): Water; Fruit Juice (Apple Cider, Pineapple Juice)
- Fruits/veggies/spices (use one or more): Carrots, Beets (top & root), Lemon & Ginger root, Pumpkin, Cinnamon, Herbs (mint), Tomatoes

Notes: Rotate greens on a daily basis, spinach one day, kale another day, etc. Green apples are less glycemic than red apples. Avoid hard vegetables such as carrots as they result in coarse, separating smoothies.

Green Smoothie Recipes

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1/2 to 1 cup

- soy milk
- almond milk
- coconut water
- flax milk
- hemp milk

1 to 2 cups

- spinach
- kale
- swiss chard
- romaine or leaf lettuce
- tunip, beet, collard, dandelion greens
- parsley

1 cup frozen fruit

- banana
- cherries
- blueberries
- strawberries, raspberries, blackberries
- mango, pineapple, papaya
- peach, plum, pear

add-in's

- nut butter
- cocoa or mesquite powder
- vanilla extract
- protein powder
- ginger, cinnamon, other spices
- dates

Tips!

Ripe, frozen bananas make a great smoothie base, adding a sweet flavor and creamy texture. Try using one banana and half a cup of other fruit. If you don't like bananas, use a cup of one or more of the other types of fruit listed.

If you're shy about greens, try starting with 1 cup instead of 2, but be sure to use a whole cup of liquid.

If you don't have a high-powered blender (like a Vitamix or Blendtec), try blending the liquid and greens together before adding the frozen fruit. This will ensure a smooth consistency and make the mixture easier to blend.

Feel free to use as many add-in's as you like! They're a great way to add flavor and extra nutritional punch to your smoothie.

This matrix is not meant to be an exhaustive list of all possible smoothie ingredients. Once you've mastered the basic smoothie, don't be afraid to experiment with other ingredients like avocados, carrots, tofu, soy yogurt, kiwis, apples, and other greens!

Green Smoothie Recipes

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The "It Doesn't Taste Green" Smoothie

Do you have an especially delicious or unique smoothie combination?

Share it with us!

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½ cup plain or unsweetened vanilla almond milk

2 cups organic baby spinach

1 frozen banana

½ cup frozen blueberries

1 T raw cacao powder

1 T mesquite powder

½ tsp vanilla extract

1 scoop vegan protein powder

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Green Smoothie Recipes

Jack's Green Smoothie

- Water (8oz. to 16 oz.)
- 1 cup ice
- 1 scoop protein powder or 2 Tablespoons hemp seeds/hearts
- 1/2 cup frozen berries (blueberries, strawberries, raspberries)
- Two handfuls of spinach or kale, washed
- 1 handful of other greens (romaine lettuce, Swiss Chard, kale), washed
- 2 celery stalks, chopped (include leaves!)
- 1 apple, cored, chopped

Directions: Blend until smooth. Options: 1/2 cucumber, 1/2 zucchini, ginger root, 1 carrot, broccoli, almond milk, pineapple, mango, cashews, almonds, coconut water, coconut flesh, flax oil, hemp seeds...

Green Smoothie Girl Green Smoothie (GSG)

- 2 cups water
- 3 to 4 large handfuls of Greens (spinach, kale, collard, beet)
- 1 Tablespoon Flax oil
- 1 Tablespoon Stevia (optional)
- 2 Apples
- 2 Bananas
- 1 to 2 cups frozen mixed berries

Directions: Place in blender: water and two handfuls of greens (fill container without packing). Blend. Add handful of greens, flax oil, and stevia. Blend. Add fruit. Blend until smooth. Makes several adult servings or 1 adult serving (1 quart) and four 1 pint child servings. <http://greensmoothiegirl.com/get-healthy/programs/green-smoothies/>

Green Smoothie Recipes

Classic Green Smoothie (GSG)

- 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 protein powder, 1 packet stevia, 2 Tbsp. sprouted flax seed (for essential fatty acids)

Directions: 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 (GSG)

- 1 ½ cup coconut liquid
- 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 Tablespoons sprouted flax seed or protein powder

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

Joel Fuhrman Green Smoothie (Serves: 2)

- 3 ounces baby spinach or kale
- 2 ounces romaine lettuce
- 1 banana
- 1 cup frozen or fresh blueberries
- 1/2 cup unsweetened non-dairy milk
- 1/2 cup pomegranate juice or other unsweetened fruit juice
- 1 tablespoon ground flaxseeds

Directions: Blend all ingredients in a high-powered blender until smooth and creamy.

Green Smoothie Recipes

Tropical Raw Vegan Smoothie

- 4 cups organic spinach
- 1/2 cup organic fresh or frozen mango
- 1/2 cup organic fresh or frozen pineapple
- 1 medium organic banana
- 1-2 cups organic coconut milk
- 1 tablespoon ground flax seeds
- 1 tablespoon coconut flakes (optional)

Directions: Place all ingredients in the canister of a high-speed blender, and blend until smooth and creamy.

Serve immediately. Per serving: 154 calories, 12 g carbohydrate, 2 g protein, 12 g fat, 3 g fiber, 20 mg vitamin C.

Recipe from Dr. Adam Meade - Abundant Health Family Chiropractic.

Green Ginger Apple Smoothie (Dr. Adam Meade)

- 1 cucumber
- 1 cup spinach
- 1 green apple
- 1 handful parsley
- 1 piece of ginger
- 1 to 2 cups coconut water

Directions: Blend all ingredients until smooth.

Spicy Mango Lime Smoothie (Dr. Adam Meade)

- 1/2 freshly squeezed lime
- 1/2 banana
- 1/2 cup diced frozen mango
- 1/4 jalapeno chopped, seeded
- 1 cup almond milk
- 1 Tablespoon flax seed
- 2 Tablespoons hemp seeds

Directions: Blend all ingredients until smooth.

Green Smoothie Recipes

Creamy Pineapple Fennel Smoothie (Dr. Adam Meade)

- 1 cup frozen or fresh pineapple
- 1/2 small avocado
- 1 lime, peeled
- 1 Tablespoon Hemp seeds
- 2 cups water or almond milk

Directions: Blend all ingredients.

Mixed Berry-Cashew Smoothie (Dr. Adam Meade)

- 1/4 cup raw cashews
- 1/2 cup almond milk
- 1 cup frozen mixed berries

Directions: Blend all ingredients.

Mean Green Juice (Fat, Sick, and Nearly Dead)

- 4 stalks of celery
- 1 cucumber
- 1 ginger root - (thumb size)
- 1/2 lemon
- 2 green apples
- 6 kale leaves

Directions: Blend or juice until smooth. Nutrition: Calories: 180 Protein: 12 g Fiber: 1 g

Green Detox Smoothie(1)

- 1/2 large grapefruit, peeled
- 1 lemon, peeled
- 1 lime peeled
- 1 small cucumber, peeled
- 1 large bunch of cilantro (stem and all)
- 1 bunch of spinach
- 1/2 avocado
- 1/2 teaspoon vanilla

Directions: Blend or juice until smooth.

Green Smoothie Recipes

Green Detox Smoothie (2)

The lime, apples, and spinach work together to boost the body's natural ability to flush out toxins and reduce inflammation, while the antioxidants in kiwi and celery fight free radicals. Makes 1 serving.

- 1 apple, diced
- 2 kiwi, peeled and diced
- Juice from 1 lime
- 1 handful spinach
- 1 stalk celery
- 1 tsp honey
- Ice

Directions: Blend until smooth. Nutrition: 250 cal, 3 g pro, 63 g carb, 11 g fiber, 42 g sugars, 1.5 g fat, 0 g sat fat, 50 mg sodium—Elysian Spa at the Waldorf Astoria Chicago

Green Goddess

- 10 spinach leaves
- 1 stalk celery
- ½ cucumber
- ½ cup parsley

Directions: Blend until smooth. Chill with ice if desired. Makes 1 serving. Nutrition: 25 cal, 2 g pro, 7 g carb, 0 g fiber, 2 g sugars, 0.5 g fat, 0 g sat fat, 41 mg sodium—The BodyHoliday spa resort in St. Lucia

Tropical Greens Delight

Combining vitamin C-rich pineapple and lime with spinach helps enhance absorption of the iron found in the leafy greens. The cayenne pepper provides a kick thanks to the metabolism-revving compound capsaicin.

- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks
- 1-½ cup unsweetened coconut water
- 1 cup leafy greens (baby spinach, kale, or collard greens)
- ¼ cup lime juice
- ¼ tsp cayenne pepper (optional)

Directions: Blend until smooth. Makes 2 servings (divide between two glasses). Nutrition (per serving): 140 cal, 3 g pro, 33 g carb, 5 g fiber, 24 g sugars, 1 g fat, 0 g sat fat, 200 mg sodium —Julieanna Hever , MS, RD

Green Smoothie Recipes

Superfood Blast Green Smoothie Recipe

- 2 small bananas, peeled
- 1 tablespoon cacao powder
- 1 tablespoon mesquite powder
- 1/2 teaspoon cinnamon
- 1 tablespoon chia seeds, soaked for about 5 minutes
- 3 cups baby bok choy
- 8 ounces unsweetened homemade almond milk

Directions

Add the liquid to blender jar followed by the soft fruit. Add the greens to your blender last. Blend until the smoothie is creamy. Nutrition: Calories: 303 Fat: 3g Protein: 9g Carbohydrates: 64g Fiber: 13.7g Calcium: 24% RDA Iron: 3.5mg Folate: 179.9mcg Vitamin A: 403% RDA Vitamin C: 150% RDA This smoothie is also a rich source of vitamins B1 – B6, vitamin K, copper, magnesium, manganese, phosphorus, potassium and zinc.

Glowing Green Smoothie — Kimberly Snyder

- 1 head romaine lettuce
- 1 bunch spinach
- 4 stalks celery
- 1 apple, cored
- 1 pear, cored
- Parsley or cilantro (optional)
- 1 banana
- Juice of one lemon

Directions

1. Blend 1 head chopped romaine with 1 bunch spinach and 2 cups of water
2. Add 4 stalks of chopped celery, 1 cored apple, 1 cored pear and parsley or cilantro if you like. Blend again.
3. Add a banana, the juice of a lemon.... blend until smooth....

Green Smoothie Recipes

Blender Green Juice

- 1 cucumber
- 6 celery sticks
- 1 bunch cilantro
- 6 kale leaves
- 2 lemons, peeled
- 4 inch piece fresh ginger root
- 2 inch piece fresh turmeric root
- 1 cup filtered water

Directions: Place all ingredients in blender and blend thoroughly. Place a nut-milk bag over a large bowl and pour contents into the blender bag. Strain the juice. Discard, or use the pulp for crackers.

Berry Smoothie

- 1 cup Almond Milk
- 1 Banana
- 1 ½ cup mixed berries
- Handful of spinach
- ½ tsp Maca powder
- 1 date
- 1 tbsp Hemp Seed

Directions: Blend all ingredients until smooth.

Riley's Kale + Pineapple Smoothie

Makes 2 large smoothies

- 2 packed cups chopped kale leaves
- 1 cup fresh or frozen pineapple
- 1 banana
- 1/2 cup fresh or frozen mango (you can also use peaches, or omit this ingredient all together)
- 1/2 cup pineapple juice
- 1 cup unsweetened almond milk

Directions: Combine the ingredients in a blender and blend until smooth.

Green Smoothie Recipes

Peanut Butter Banana Smoothie

- 1 frozen banana
- 2 to 4 TBSP all-natural peanut butter
- ½ cup almond (rice or coconut) milk
- Optional: 1/2 tsp raw honey

Directions

Mix in a high-speed blender until banana is completely pureed and peanut butter is dissolved. Add milk as needed for desired viscosity. May be poured into popsicle molds and frozen.

Optional: Add ½ tsp (or to taste) high-quality powdered chocolate to make a “Reese’s” Smoothie.

<http://racheljoyolsen.com/recipes/smoothies/peanut-butter-banana/>

Citrus Delight

- 1 lemon (peeled)
- 1 lime (peeled)
- 1 orange (peeled)
- 1 cucumber (peeled)
- 2 handfuls frozen spinach
- 1 tbsp hemp seeds

Directions: Place all ingredients in a high speed blender and blend until smooth.

<http://racheljoyolsen.com/recipes/smoothies/citrus-delight-smoothie/>

Morning Refresher

- ¼ large watermelon
- ½ grapefruit
- 2 cups spinach or romaine

Directions: Cut the watermelon and grapefruit into small bite sized pieces. Piece by piece place the ingredients in the juicer. The spinach juices best when added with the watermelon and grapefruit.

<http://racheljoyolsen.com/recipes/juices/morning-refresher/>

Green Smoothie Recipes

Green Smoothie 1

- 3 cups baby spinach
- 1 cup water
- 1 Golden Delicious apple
- 2 mangos
- 10 strawberries
- Ice
- 1 serving Garden of Life® RAW Protein

Directions: Blend well. The Smoothie Guy's Awesome Smoothie of the Day

Green Smoothie 2

- 3 cups baby spinach
- 1 cup water
- 2 bananas
- 2 cups mango
- 3 cups pineapple
- Ice
- Raw Protein

Directions: Blend well.

Chronic Wellness Revitalizing Green Juice - Laurie Erdman, CHHC, AADP

- 3 leaves of kale and/or collards
- 1 cucumber
- 1 small head of fennel
- small piece of ginger, approximately ½-inch cube

Directions: Prep and wash all produce. Juice and serve.

Green Smoothie Recipes

Kris Carr's Green Smoothie (2 servings)

- 1 avocado
- 1 – 2 pieces of low-glycemic fruit: green apple, pear, berries and cantaloupe
- 1 cucumber
- a fistful of kale or romaine or spinach
- coconut water (or purified water)
- stevia, to taste, and/or a sprinkle of cinnamon or some cacao (optional)

Directions: Blend ingredients in a high-powered blender.

Creamy Green Smoothie – Kris Carr and Green Lemonade

- 8 ounces filtered water
- handful of baby spinach
- 1/2 ripe avocado
- 1/2 banana
- 1/2 lime
- handful of ice

Directions: Combine the ingredients listed above into a blender. Add water and ice to thin or thicken as desired. Make sure the ice is fully blended. Top with a squeeze of lime if desired.

Kris Carr's Green Juice Recipe (2 servings)

- 2 large cucumbers (peeled if not organic)
- big fistful of kale
- big fistful of sweet pea sprouts
- 4 – 5 stalks celery
- 1 – 2 big broccoli stems
- 1 pear or green apple (optional)
- 1-inch piece of ginger (or less)
- Optional greens we love: romaine, parsley, spinach and dandelion.

Directions: Wash and prep all ingredients. Juice all ingredients.

Green Smoothie Recipes

Kris Carr's Crazy Sexy Goddess Smoothie (2 servings)

- 1 avocado (may substitute with coconut meat, raw almond butter, or nut milk)
- 1 banana
- 1 c blueberries
- 1 cucumber
- 1 fistful of kale, romaine, or spinach
- Coconut water (or purified water)
- Stevia, to taste
- Cinnamon (optional)
- Cacao (optional)

Directions: Blend until smooth. Nutrition: 299 calories, 8 g protein, 47 g carbs, 13 g fiber, 22 g sugar, 12 g fat, 2 g sat fat, 286 mg sodium

Kris Carr's Alkaline Green Juice (2 servings)

- 2 to 3 stalks celery
- 1 lg cucumber
- 1 fistful kale
- 1 fistful romaine
- 1 lg broccoli stem
- 1 green apple, quartered
- ½ lemon, peeled and quartered

Directions: PUT all ingredients in juicer and process. Nutrition (per serving) 220 calories, 13 g protein, 47 g carbs, 18 g sugar, 2 g fat, 0.5 g sat fat, 191 mg sodium

Green Smoothie Recipes

Glowing Green Smoothie - Vitamix

- 1 1/2 to 2 cups (360-480 ml) water
- 3/4 pound (340 g) 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)

Directions

1. Place water, romaine, spinach, celery, and optional ingredients, if using, into the container in the order listed and secure lid. Turn machine on and slowly increase speed. Blend for 30 seconds or until smooth. Stop machine and remove lid.
2. Add apple, pear, banana and lemon to the container in the order listed and secure lid. Turn machine on and slowly increase speed to High. Blend for 30 seconds or until desired consistency is reached.

Everything Smoothie - Vitamix

- 1/2 cup (120 ml) soy milk
- 1/2 cup (80 g) red or green grapes
- 1 medium orange, peeled, halved, seeded
- 1/2 cup (93 g) frozen peach slices, thawed
- 1/2 cup (75 g) fresh pineapple chunks, core included
- 1/2 (48 g) medium carrot
- 1/2 cup (45 g) fresh broccoli, chopped
- 1/2 cup (15 g) fresh spinach, washed
- 1 cup (150 g) strawberries, fresh or frozen
- 1/4 banana, peeled, frozen
- 1 cup (240 ml) ice cubes

Directions: Place all ingredients into the container in the order listed and secure lid. Turn machine on and slowly increase speed to High. Blend for 1 minute, using tamper to press the ingredients into the blades, or until desired consistency is reached.

Green Smoothie Recipes

All Green Smoothie - Vitamix

- 1/4 cup (60 ml) water
- 1/2 cup (120 ml) pineapple juice
- 1 3/4 cups (262 g) green grapes
- 1/4 (53 g) Bartlett pear, ripe, seeded and halved
- 1/2 (51 g) avocado, pitted, peeled
- 1/4 cup (23 g) coarsely chopped broccoli
- 1/2 cup (20 g) spinach, washed
- 1/4 cup (60 ml) ice cubes

Directions: Place all ingredients into the container in the order listed and secure lid. Turn machine on and slowly increase speed to High. Blend for 35-40 seconds or until mixture is smooth.

Get Your Greens On Smoothie

- 1 cup Unsweetened almond milk
- 1 cup fresh green kale
- 1/2 cucumber (peeled)
- 1/2 frozen banana
- 1 scoop vanilla protein powder
- 1 cup ice

Directions: Combine all ingredients in a blender and process until smooth.

Spinach and Apple Smoothie

Makes two 12-ounce or three 8-ounce servings

- 2 big handfuls baby spinach
- 1 medium apple, cored and cut into large chunks
- 3- to 4-inch piece cucumber (preferably peeled), cut into chunks
- 1 cup unsweetened vanilla nondairy milk or water, or half of each
- 1 to 2 tablespoons hemp seeds or chia seeds, optional
- 2 teaspoons agave nectar or other liquid sweetener, optional
- 1 to 2 tablespoons lemon juice, to taste
- A few ice cubes, optional

Directions: Combine all the ingredients in a blender. Process until completely smooth.

Green Smoothie Recipes

Mint Chip Smoothie

Makes: Two 18 -ounce servings

- 2 cups frozen spinach
- 2 cups frozen bananas
- 1/4 cup raw cashews
- 3 tablespoons cacao nibs
- 2 tablespoons (packed) fresh mint leaves, minced
- 1 teaspoon vanilla extract
- 2 cups rice milk (original variety)
- 1/2 cup coconut water
- Sweetener, to taste (optional)

Directions: Blend all the ingredients together until smooth. Taste, and sweeten as desired.

<http://www.vegkitchen.com/recipes/mint-chip-smoothie>

Berry Smoothie – Burgundy Berry Bliss Smoothie

Makes two 12-ounce servings

- 1/2 cup blueberries (fresh or frozen)
- 1/2 cup raspberries or strawberries (fresh or frozen)
- 1 small banana, or 1/2 large banana (pre-frozen if desired)
- 1 large collard green leaf (highly recommended!), or two kale leaves
- 1 cup berry juice, such as pomegranate
- 1 cup vanilla non-dairy milk
- Mint leaves for garnish, optional

Directions: Combine all the ingredients in a high-speed blender. Process until completely smooth. Serve at once.

If you serve over ice, you can stretch this to three 8-ounce servings.

Fruity Green Smoothie

Makes 2 servings

- 1 grapefruit, peeled, sliced in quarters
- 1 apple, unpeeled, cut in quarters, with the core, seeds, and stem removed
- 1 banana, peeled, quartered
- 1 to 2 cups of fresh baby kale or spinach
- 4 to 8 ice cubes (optional)

Directions: Place all ingredients in a high powered blender (such as a Vitamix). Process first on low, and gradually work up to high speed until mixture is completely smooth. <http://www.vegkitchen.com/recipes/fruity-green-smoothie>

Green Smoothie Recipes

Green Delight – Spinach and Sprouts Pineapple Smoothie

Makes about two 12-ounce servings

- 1 heaping cup pineapple chunks (preferably fresh)
- 1 or 2 handfuls clean baby spinach
- Handful of green sprouts (such as sweet pea shoots)
- 12 ounces coconut water
- 2 tablespoons hemp seeds, optional (but highly recommended!)

Directions: Combine all the ingredients in a high-speed blender and process until completely smooth. Serve at once. www.vegkitchen.com/recipes/spinach-and-sprouts-pineapple-smoothie

Green Velvet Smoothie

Makes two 12-ounce servings

- 2 medium kale leaves, torn
- 1 medium banana
- 1/2 medium ripe avocado
- 2 cups vanilla nondairy milk (try almond or hemp milk)
- 2 tablespoons hemp seeds, optional (but highly recommended)
- Lemon juice, to taste
- Agave nectar, maple syrup, or honey to taste

Directions: Combine the kale, banana, nondairy milk, and optional hemp seeds in a blender. Blend on high speed until completely smooth. Divide between two 12-ounce tumblers and add a little lemon juice and agave nectar to taste. Drink at once at room temperature or add a cube or two of ice. www.vegkitchen.com/recipes/green-velvet-smoothie

Spinach Piña Colada Smoothie

Makes about two 12-ounce servings

- One 10 – to 12-ounce can young coconut water
- 1 cup diced fresh or canned pineapple
- 1 to 2 generous handfuls baby spinach leaves, rinsed
- 6-ounce container vanilla coconut yogurt
- 2 tablespoons hemp seeds, optional

Directions: Combine all the ingredients in a blender and process until quite smooth. Divide amount two tumblers and serve at once. www.vegkitchen.com/recipes/spinach-colada-smoothie

Green Smoothie Recipes

The Honest Life Green Drink (Ellen TV)

- 1 handful of kale
- 1 cucumber, peeled and chopped
- 2 celery sticks, chopped
- 1 tsp ginger, diced
- 2 apples, chopped
- Stevia (for extra sweetener, if needed)

Directions: Add ingredients and blend! Makes about 2 servings.

Green Smoothies for Beginners - Victoria Boutenko

- 1 mango
- 1 cup kale
- 1 cup water

Directions: Blend well.

Rocket Fuel Smoothie - Victoria Boutenko

- 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

Directions: Blend well.

Morning Zing Smoothie - Victoria Boutenko

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

Directions: Blend well.

Green Smoothie Recipes

Parsley Passion Smoothie - Sergei Boutenko

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

Directions: Blend well.

Savory Green Smoothie Soup - Mediterranean Soup - Victoria Boutenko

- 3 cups spinach
- 3 stalks celery
- 1 sprig oregano
- 1 sprig thyme
- 1 red bell pepper
- 1 large avocado
- 1 cucumber
- 1 jalapeño pepper
- 1 lime, juiced
- 2 cups water

Directions: Blend well.

The Pear-fect Smoothie - Katya

- 2 d’Anjou pears
- 7 leaves purple kale, stems removed
- 1 leaf aloe vera
- 1 banana

Directions: Blend well.

Green Smoothie Recipes

Applesauce - Valya Boutenko

- 4 apples
- 1 banana
- 1 head romaine lettuce
- ½ teaspoon cinnamon
- 2 cups water

Directions: Blend well.

Victoria's Favorite Dark Green - Victoria Boutenko

- 1 bunch dandelion greens
- 4 Roma tomatoes
- 3 cups water

Directions: Blend well

Heavy Metals Be Gone - Valya Boutenko

- 1 bunch cilantro
- 2 cups stinging nettles
- 1 bunch fresh parsley
- 3 stalks celery
- 1 lemon, juiced
- 2 mangoes

Directions: Blend well.

Green Smoothie Monster - Victoria Boutenko

- 4 leaves kale, stems removed + 4 leaves chard, stems removed
- ½ bunch fresh parsley
- 1 leaf aloe vera
- ½ bunch dandelion greens
- 3 pears
- 1 banana
- 3 cups water

Directions: Blend well.

Green Smoothie Recipes

Dark Green Love - Victoria Boutenko

- 1 bunch dandelion greens
- 1 medium cucumber
- 3 cups water

Directions: Blend well.

Revitalizing Energizer Smoothie - Victoria Boutenko

- 6 young grape leaves (they contain resveratrol, which triggers longevity genes)
- 3 leaves dinosaur kale, stems removed
- 2 mangoes
- 1 pint strawberries
- 2 cups orange juice

Directions: Blend well.

Summer Splendor Smoothie - Sergei Boutenko

- 4 leaves chard, stems removed
- 3 stalks celery
- 1 head fresh parsley
- 6 apricots
- 3 peaches
- ½ vanilla bean

Directions: Blend well.

“Bitter Delight” Cocktail - Victoria Boutenko

- 1 large leaf aloe vera, with skin
- 4 leaves chard, stems removed
- 3 cups chickweed
- 1 banana
- 1 peach
- 1 pear

Directions: Blend well.

Green Smoothie Recipes

15 Green Smoothies in 3 Minutes (Raw Family)

1. 1 Banana, 1 Papaya, 2 leaves Swiss Chard, 2 cups water
2. 1 bunch Dandelions, 1 Banana, 1 Pear, 1 Mango, 2 cups water
3. 3 leaves of Romaine Lettuce, ½ an Avocado, ½ Fuji Apple, 1 Banana, 2 cups water
4. 5 leaves Purple Kale, ½ Orange, ½ Fuji Apple, small piece of Ginger, ½ an Avocado, Orange slices to decorate.
5. 1 cup frozen Strawberries, 1 Banana, 1 Mango, 2 cups water, 2 leaves Rainbow Chard
6. 1 large handful of Spinach, 1 Banana, 1 cup frozen Strawberries, 1 Orange, small piece of Ginger, 2 cups water
7. 1 young Coconut, ½ of a small Pineapple, ½ Pear, 5 Leaves of Romaine Lettuce
8. 1 cup frozen Raspberries, 5 leaves Red Leaf Lettuce, 1 Red Apple, 1 Green Apple, ½ of a small Pineapple, 2 cups water
9. 1 large handful of Spinach, ¾ of Orange Bell Pepper, ½ an Avocado, 3 cloves Garlic, 2 Tomatoes, 2 cups of water (Savory Smoothie)
10. ½ an Avocado, 2 Tomatoes, pinch of Cayenne Pepper, pinch of Salt, ½ of a Red Onion, 1 bunch Parsley, 1 Orange Bell Pepper, 2 cups water (Savory Smoothie)
11. 2 Bananas, 3 pieces of Celery, 1 head of Red Leaf Lettuce, 2 cups water
12. 2 leaves Purple Kale, 2 leaves Collard Greens, 2 Bananas, ½ an Asian Pear, 2 cups water, 1 cup frozen Raspberries
13. 1 cup frozen Blueberries, ¼ pound Spinach, 1 Orange, 1 cup water
14. 4 Tomatoes, 1 Red Bell Pepper, 1 bunch Basil, ½ an Avocado
15. 4 leaves Collard Greens, 4 leaves, Purple Kale, 2 Leaves Rainbow Chard, ½ an Asian Pear, ½ Pear, small piece of Ginger, 1 Banana, 1 cup frozen Blueberries, 2 cups water.

Green Smoothie Recipes

Powerful Juice Recipes for 14 Common Ailments by Galina Kotlyar

Fresh squeezed vegetable juice can work miracles in the treatment of any disease. The raw power of juice builds new healthy tissue, purifies the blood, removes waste from the large intestine, and rejuvenates the endocrine system. People with chronic, debilitating disease should undertake first time juice therapy under the care of a qualified medical professional.

Acne

Recipe: Juice 1 lemon, add to 1 cup of hot water. Drink first thing in the morning on an empty stomach.

Explanation: Fresh lemon juice purifies the blood by removing metabolic waste and by changing blood pH from acid to alkaline.

Allergies

Recipe: Carrot 6 oz + Celery 2 oz + Pineapple 2 oz + Beets 1 oz.

Explanation: Pineapple contains bromelain (enzyme), which is approved by the German government (Commission E) as a treatment for inflammation and swelling of the nose, ear, and sinuses.

Anemia

Recipe: Carrot 6oz + Beet 2 + Celery 2 oz + Lettuce 2oz + Apple 2 oz

Explanation: In Europe, beet juice has been used as a treatment for anemia. It contains iron, folic acid, Vitamin B1, B2, B6, and vitamins A & C.

Arthritis

Recipe: Carrot 6 + Celery 3 oz + Pineapple 3 oz + Lemon 1 oz

Explanation: Fresh pineapple contains bromelain (enzyme) which works as a natural anti-inflammatory substance for swollen and painful joints. German scientists conducted a study comparing arthritis treatments: Bromelain supplements vs. Diclofenac (Voltaren, a Non-Steroidal Anti-Inflammatory Medication). Bromelain was as effective in reducing pain and inflammation as the medication, but without harmful side effects.

Green Smoothie Recipes

Blood Pressure (Hypertension)

Recipe: Carrot 8 oz. + 4 cloves of garlic

Explanation: Researchers at The University of Alabama proved that eating garlic lowers blood pressure and cholesterol levels, thereby reducing the risk of cardiovascular disease. Allicin compound and hydrogen sulfide (H₂S) in garlic are responsible for relaxing blood vessels thereby improving blood flow in the arteries. Source: G. Benavides Proceedings of the National Academy of Science,

Cancer 1

Recipe: Pomegranate 6 oz + diluted with 2 oz of water and

Explanation: Pomegranate has more anti-oxidants than both green tea and red wine. Researchers at The UCLA Center for Human Nutrition demonstrated that pomegranate juice can suppress the growth of prostate cancer cells due to ellagitannins – shown to have super anti-inflammatory powers.

Cancer 2

Recipe: Carrot 4 oz + Cabbage 4 oz + Beets 2 oz

Explanation: A 2005 study from the American Association for Cancer Research suggests that cabbage decreases cell mutation and DNA damage due to cabbage's anti-carcinogenic compound – glucosinolates. The results of the study indicated that Polish-born women who ate 4 servings or more of cabbage a week were 72% less likely to develop breast cancer than Polish women who ate one serving a week or no cabbage at all.

Cancer 3

In addition to my juice recipes, you should start eating daily the following 3 top foods to fight cancer:

1. Broccoli/brussel sprouts (high in compound called indole-3- carbinol, which prevents colon cancer)
2. Fresh Garlic (high in allium, which block development of cancerous tumors). Garlic supplements do not have the same effects as fresh garlic.
3. Flaxseed (high in lignans and omega 3 fatty acids, which protects against breast and colorectal cancers).

Celiac Disease

Recipe: Carrot 4 oz + Kale 2 oz + Aloe (fresh) 1oz

Explanation: Jeffrey Bland, Ph.D., conducted a 10 patient study using aloe vera juice. He reports that aloe "promotes great gastrointestinal comfort and improves digestion/absorption".

Green Smoothie Recipes

Cold, Fever and Flu

Recipe: Carrot 4oz + Orange 4 oz, + Lemon 1oz + 4 cloves of garlic

Explanation: Carrots, orange and lemon are great sources of natural form of vitamin C. Garlic is well known as nature's antibiotic. A garlic supplement study using 146 people was conducted in United Kingdom. After 12 weeks, scientists concluded that garlic can prevent the common cold and aid in faster recovery.

Colitis, Crohn's Disease and IBS

Recipe: Carrot 6 oz + Cabbage 4 oz

Recipe: Carrot 6 oz + Wheat grass juice 2 oz

Explanation: Wheat grass juice removes toxins and harmful bacteria from colon. According to the late Dr. Ann Wigmore "wheat grass chlorophyll is a powerhouse of vitamins, minerals, amino acids and oxygen. It has been used to treat peptic ulcer and ulcerative colitis."

Scientists studied 23 patients with active ulcerative colitis. Patients were divided into 2 groups: one group consumed from 20 ml (2/3 of an ounce) to 100ml (3.5 ounces) of fresh wheat grass juice for 30 days, and the other consumed a placebo. 19 patients completed the study. Patients who drank wheat grass juice has less rectal bleeding/abdominal pain, and more vitality.

Constipation

Recipe: Soak 1 cup of prunes in 3 cups of water overnight. In the morning, drink 8 oz of the prune water on empty stomach. (can use glass bottled, organic)

Explanation: Prune juice promotes regular bowel movements, prevents constipation, and contains iron, which is great for people who are anemic or do not have enough iron in their system. Prunes are also much safer than over the counter laxatives. One laxative drug, Oxyphenisatin, is known to cause liver damage. Why not use the alternative? More than 50 years ago, 3 researchers at the St. Louis Harrower Laboratory made an analysis of prunes. They found a substance similar to Oxyphenisatin. So, enjoy your prunes, prune water, and prune juice while having regular stools. It will keep your liver and colon happy. Source: Harvard Health Letter, June 1991 by Stephen E. Goldfinger. Prunes and constipation.

Cystic Fibrosis

Recipe: 5 Carrots + ½ cup of fresh cubed pineapple + 1 lemon + 5 cloves of garlic

Peel carrots, lemon and garlic. Juice all and drink right away.

Explanation: This juice effectively dissolves mucus, kills bacteria, improves body's resistance to lung and sinus infections. Also, fresh pineapple is high in enzyme bromelain, which can literally digest not only protein but also old, sickly cells. This juice can help CS patients to thin and expel thick, nasty mucus thereby reducing the frequency of lung and sinus infections and constant need for antibiotics.

Green Smoothie Recipes

Diabetes

Recipe: Bitter Melon 3oz + Celery 2 oz + Lettuce 3 oz

Explanation: Bitter melon is a vegetable widely used in Chinese cooking and medicine. I first tasted bitter melon stir-fried over white rice in a small Chinese restaurant in New York. It tasted very bitter and pungent. I would be lying if I said I like the taste! But, I enjoyed the rush of energy and the feeling of well-being after eating half of my bitter melon dish. Scientists from The Garvan Institute of Medical Research isolated 4 compounds from the juice of bitter melon which can lower blood sugar in diabetic patients. Those compounds activate an enzyme which is responsible for glucose transport into the muscle cells. In the future, scientists will try to develop a diabetes medication out of bitter melon juice. However, why wait for bitter melon medication? Take the matter into your own hands, and start drinking bitter melon juice now! Source: Garvan Institute of Medical Research (March 27, 2008). A Ton of Bitter Melon Produces Sweet Results for Diabetes. Science Daily. September 2013: Great News for People with Diabetes!

If you cannot find fresh bitter melon, now you have an option to substitute fresh bitter melon juice with herbal tea containing certified organic bitter melon. This medicinal tea is called Healthy Blood Sugar. In addition to bitter melon it has 5 other powerful organic herbs, which can help to lower blood sugar and maintain healthy insulin levels.

Brew 3 servings of tea all at once in a special glass insert vacuum insulated thermos. Drink 3 cups daily: 15 minutes before breakfast, 15 minutes before lunch, and at bedtime. Here is the link for the Healthy Blood Sugar Tea™ and a special brewing thermos

Healthy Blood Sugar Tea™ is an integral part of Diabetes Healing System™, designed to support blood sugar stability and reduce sugar cravings in people with Type 2 Diabetes, Pre-diabetes and Obesity. Here is the link to Diabetes Healing System™ Guide

Kidney Stones

Recipe: Cranberry Juice 4 oz + Water 4 oz (3 times daily) and

Explanation: Researchers from The University of Cape Town investigated the effect of cranberry juice on kidney stone formation. The first 10 participants drank 500 ml (1/2 liter) cranberry juice diluted with 1500 ml (1.5 liter) water for 2 weeks while the other 10 participants drank only 2 liters of water. At the end of the study scientists concluded that daily drinking of cranberry juice significantly decreases the formation of kidney stones (especially calcium oxalate). Source: Cheney G. Rapid healing of peptic ulcers in patients receiving fresh cabbage juice. Cal Med 70 (1949):10-14 1949

Green Smoothie Recipes

Prostate (enlarged or inflamed)

Recipe: Pomegranate 8oz

Explanation: Researchers from the Jonsson Cancer Center tested 50 men who had undergone treatment for prostate cancer, but whose cancer was still progressing. Drinking 8oz of pomegranate juice a day slowed the progression of cancer almost four-fold in 80% of the men. The researchers speculate that the results are a cause of the combination of antioxidants, polyphenols, and isoflavones found in pomegranate juice. Drinking the juice may also delay or counter the need for hormonal therapy, which can be very stressful to the body.