

# GREEN SMOOTHIE GUIDELINES

## BASIC RECIPE

1. **1/3 Liquid** Water or coconut water
2. **1/3 Leafy greens** Most mild: spinach, romaine, kale, spring mix  
( pick 1 or 2 ) Stronger: Swiss chard, arugula, collards, bok choy  
Strongest: dandelion greens, beet tops, mustard greens, turnip greens
3. **1/3 fruits** Least sugar: any berries--blueberries, raspberries, blackberries, strawberries  
( pick 2 or 3 ) green apples, papayas, nectarines, peaches, grapefruit  
Medium sugar: oranges, pears, pineapple, kiwi, red apples  
Most sugar: cherries, tangerines, grapes, mangoes, pomegranates, bananas

**To change flavor** ( more tangy, spicy, creamy ) : lemon, lime, ginger root, cilantro, parsley, avocado,  
(sweet): dates, prunes

**Vegetables** (for more nutrients): celery, cucumber, tomato, asparagus, red bell peppers

**Blend:** greens & water for 30-45 seconds **Add:** fruit & other ingredients; blend 30-45 seconds. **Enjoy!!!**

These **doTERRA Essential Oils** are a great addition to smoothies to boost your level of health:

* <b>Black pepper</b>	Digestion, inflammation, toxins	* <b>Lime</b>	Energy, mood, heart, infections, colds
* <b>Cassia</b>	Immunity: anti-viral, anti-bacterial	* <b>Lemon</b>	Anti-oxidant, detox, energy, fat-burning
* <b>Cinnamon</b>	Blood sugar, cholesterol, immunity, weight	* <b>On Guard</b>	Immune boost: anti-viral, anti-bacterial
* <b>Bergamot</b>	(citrus) Stress, infections, inflammation	* <b>Peppermint</b>	Tiredness, hot flashes, infections
* <b>Fennel</b>	Digestion, hormones, skin & wrinkles	* <b>Frankincense</b>	Immunity, anti-aging, cell regeneration
* <b>Ginger</b>	Digestion, gas, nausea, metabolism	* <b>Slim &amp; Sassy</b>	Appetite control, metabolism, food cravings
* <b>Grapefruit</b>	Appetite & weight control, fat-burning	* <b>Wild Orange</b>	Digestion, mood, anxiety, heart, insomnia

### GREEN "DETOX" SMOOTHIE

2 cups water ( 16 oz. )  
2 cups organic spinach, packed  
kale- 2-3 large leaves  
Blend.  
1 banana (*frozen is best--no ice needed*)  
1 huge handful berries (*fresh or frozen from Costco*)  
1/2 fresh lemon, with peel  
2 dates, pitted  
2 drops Lemon doTERRA Essential Oil  
2 drops Lime doTERRA Essential Oil  
Blend. Then taste.  
If needed, add more fresh lemon, dates, or stevia

### GREEN "ORANGE JULIUS" SMOOTHIE

2 cups water ( 16 oz. )  
2 cups spinach  
2 cups kale  
Blend.  
1 cup strawberries (*fresh or frozen*)  
1 cup mango or peaches (*fresh or frozen*)  
1 banana (*I prefer frozen*)  
2 drops doTERRA Wild Orange Essential Oil  
2 drops doTERRA Citrus Bliss Blend (unless vanilla  
is a problem)  
Blend.

### WILD WEIGHT LOSS SMOOTHIE

2 cups coconut water ( 16 oz. )  
2 cups organic spinach, packed  
Swiss chard, 2 leaves  
1/2 cucumber, with peel, if organic  
Blend.  
1/2 green apple  
1- 2 c. fresh pineapple  
1/2 fresh lime (*with most of the peel*)  
2 slices fresh ginger root  
Blend. Then taste.  
2 drops Grapefruit doTERRA Essential Oil  
2 drops doTERRA Slim & Sassy Blend

### CHOCA-LACA-MACA or "PEPPERMINT PATTY!"

2 c. almond milk (or coconut water) (16 oz.)  
1 small handful spinach Blend  
1 banana (*I prefer frozen*)  
1-2 scoops vegan pea protein powder ( V Shake from doTerra)  
1 T. Maca powder (for energy--*vitacost.com*)  
1 T. raw cacao powder (*raw chocolate powder from vitacost.com*)  
OR: 1 scoop "Chocolate Green Light" powder (*greensmoothiegirl.com*)  
2 drops doTERRA peppermint Essential Oil  
1 drop doTERRA Cinnamon Essential Oil  
(optional) Liquid Stevia Toffee (*Sweetleaf from vitacost.*)  
Blend.