

GET HEALTHY – GO GREEN

GREEN SMOOTHIE RECIPES

WHY EAT GREEN?

Have you eaten any green foods today? Green foods are rich in antioxidants that help to protect our cells against cellular damage. They are also rich in vitamins including vitamin B, C, E, and K and minerals like calcium, magnesium, and potassium. Green foods have many properties that can help boost your immune system and fight off viruses and bacteria. Sound good? Wondering how to get started? Start with a smoothie!



Rule of (Green) Thumb:

60/40: 60% fruit to 40% leafy greens

Recipe Guideline:

2 cups of leafy greens + 2 cups of liquid + 3 cups of ripe fruit

Directions:

1. Blend leafy greens and liquid. Add fruit and blend again.
2. Use frozen fruit and even vegetables for an extra cold smoothie.
3. If your drink is too bitter, add a bit more fruit or some honey or other natural sweetener.



GO CLEAN!
GO GREEN!

HOW TO MAKE A PERFECT GREEN SMOOTHIE

Leafy Greens	Liquid	Ripe Fruits
Spinach	Water	Banana
Kale	Coconut milk	Mango
Romaine	Coconut water	Berries
Bok choy	Almond milk	Orange
Swiss chard		Avocado
Collards		Peach
Dandelion		Apple
		Pineapple
		Grapes

Benefits of Green Smoothies

- Offer an enjoyable way to consume fruits and vegetables.
- They aid in weight loss.
- Concentrated in vitamins, minerals, and antioxidants, which decrease the risk of disease.
- Dark greens are an excellent source of calcium.
- They aid in digestion.
- They improve alertness and reduce anxiety and nervousness.
- Help with clearer skin.
- Improve your immunity.
- Provide fibre, which keeps you full.
- They are easy to digest.
- Easy to make and quick clean-up.
- Perfect for an on-the-go snack.
- They can last up to two days in the fridge.

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Reap the benefits! Give green smoothies a try and you'll be amazed at how one green drink can change your lifestyle.

START WITH A SMOOTHIE – THE TASTY WAY TO GET YOUR GREENS!

Green Power Mojito

4 servings

Ingredients

- 3 cups ice cubes
- 2 cups baby spinach leaves
- 1 can crushed pineapple or 2 spears of fresh
- ½ cup water
- 1 banana, broken into chunks
- 1 orange, peeled, and segmented
- 5-10 fresh mint leaves (according to taste)
- 1 lemon, juiced
- 1 lime, juiced

Directions

Blend ice, spinach, pineapple, water, banana, orange, mint, lemon juice, and lime juice in a blender until smooth.

Nutrition Info Per Serving: Cal 75 | Fat 0.3g | Carb 19g | Pro 1.5g | Fibre 2.6g | Sod 16mg | Sugar 13g



Mango Pineapple

2 servings

Ingredients

- 2/3 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1 ripe banana, sliced
- 2/3 cup fresh spinach
- 1/3 cup orange juice
- 1 cup ice

Directions

Place pineapple, mango, banana, spinach, orange juice, and ice in a blender and blend until smooth.

Nutrition Info Per Serving: Cal 193 | Fat 0.7g | Carb 48g | Pro 2.2g | Fibre 4.1g | Sod 11mg | Sugar 39g



Green Grapefruit

2 servings

Ingredients

- 3 grapefruit, peeled and sectioned
- 1 cup cold water
- 3 ounces fresh spinach
- 6 ice cubes
- ½-inch piece fresh ginger, peeled
- 1 teaspoon of ground flaxseed

Directions

Blend grapefruit, water, spinach, ice cubes, ginger, and ground flaxseed in a blender until smooth.

Nutrition Info Per Serving: Cal 92 | Fat 1.9g | Carb 18g | Pro 3.5g | Fibre 4.1g | Sod 38mg | Sugar 13g



Helpful Hint

Add a source of good fat like coconut oil or hemp seed and a protein like nut butter or protein powder to make your smoothie a more balanced meal.

Source: www.allrecipes.com