

Green Smoothies!

Are **green** smoothies worth the hype? Definitely! They are loaded with fruits and vegetables that gives you vitamins, minerals, antioxidants, and fiber; we also can't forget about the increased amount of energy, mental clarity, and cravings for healthy foods, not junk foods. Give **green** smoothies a try, and you'll be amazed on how one **green** drink could change your lifestyle.

More Benefits of **Green** Smoothies

- ✓ Enjoyable way to consume fruits and vegetables
- ✓ Aids with weight loss
- ✓ Concentrated in vitamins, minerals, and antioxidants which decreases the risk of disease
- ✓ Dark and leafy greens are an excellence source of calcium
- ✓ Aids digestion
- ✓ Greater alertness, reduced anxiety, and reduced nervousness
- ✓ Clearer skin
- ✓ Improves your immunity
- ✓ Has fiber which keeps you full
- ✓ Easy to digest
- ✓ Easy to make and quick to clean
- ✓ Personalized (you know what is in your smoothie)
- ✓ Perfect for on-the-go
- ✓ Can last up to two days in the fridge



How to Make a Perfect **Green** Smoothie

- 60/40 Rule: 60% fruits to 40% leafy **greens**
- 2 cups of leafy **greens** + 2 cups of liquid + 3 cups of ripe fruit

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

- First blend leafy greens + liquid, and then add fruits and blend again for your smoothie to be smooth
- Use frozen fruits (and even vegetables) for your smoothie to be extra cold
- If your drink is too bitter, use natural sweeteners such as fruit



Green Smoothie Recipes

Peanut Butter Banana Green Smoothie

Ingredients:

- 1 large frozen banana
- 1 cup of kale
- 1 cup of almond milk
- ½ cup of plain greek yogurt
- 1 tbsp of peanut butter
- 1 tsp of maple syrup



Directions:

1. Combine ingredients in a blender; add water for desired consistency

Dr. Oz's Favourite Green Drink (3-4 Servings)

Ingredients:

- 2 cups of spinach
- ½ cucumber
- ¼ head of celery
- ½ bunch parsley
- 1 bunch of mint
- 3 carrots
- 2 apples
- ¼ orange
- ¼ lime
- ¼ lemon
- ¼ pineapple



Directions:

1. Combine ingredients in a blender; add water for desired consistency



Tropical Green Smoothie

Ingredients:

- 2 cups of tropical mixed fruit (pineapple, mango, strawberries)
- 2 cups of spinach
- 2 cups of water
- 1 frozen banana

Directions:

1. Combine ingredients in a blender; add water for desired consistency



Hansard, J., & Sellner, J. (2013). How to make a perfect green smoothie. Retrieved from www.100daysofrealfood.com/2013/12/26/green-smoothie-recipe/

Russel, T. (n.d.). Green Smoothie Health Benefits. Retrieved from www.incrediblesmoothies.com/green-smoothies/green-smoothie-health-benefits/