

Green Smoothies

You've mustered up the courage to make your first green smoothie, but how do you make one and will it taste good? If you're hesitant about trying one, you might change your mind after reading this.



Follow the **60/40 formula**: 60% fruits to 40% leafy greens

1. Blend leafy greens and liquid base first.
2. Add fruits and blend again.

2 cups leafy greens



Spinach
Kale
Romaine
Bok choy
Swiss chard
Collards
Dandelion



2 cups liquid base



Water
Coconut water
Almond milk
Soy milk
1% or skim milk



3 cups ripe fruit



Banana
Mango
Berries
Orange
Avocado
Peach

Apple
Pineapple
Grapes

**Use at least 1 frozen fruit to chill smoothie*

Tips and Benefits of Green Smoothies

- Leafy vegetables are high in fiber, vitamins, and minerals that help protect you from heart disease, diabetes and maybe cancer.
- Vegetables are high in potassium which can help reduce blood pressure.
- People at risk of diabetes may need to monitor their carbohydrate intake since fruits and some dairies (almond or soy milk) contain sugars.
- Consider adding protein boosters such as 0% Greek yogurt, ¼ cup silken tofu, protein powder, flax, chia or hemp seeds.
- Smoothies can be made in advance and stored in a tightly sealed mason jar so you have a great snack or breakfast on the go!



Source: <http://www.webmd.com>, <http://www.100daysofrealfood.com/>

Peanut Butter Banana Green Smoothie



Ingredients

- 1 cup nut milk or 1% or skim milk
- 1 cup torn kale
- 1.5 large frozen banana
- 2 tablespoons peanut butter
- ¼ teaspoon ground cinnamon

Optional protein boost:

- ½ cup 0% plain Greek yogurt

Instructions

1. Blend kale and milk until smooth.
2. Add frozen banana (break in half first), peanut butter and cinnamon and blend again.

Nutritional Info (per serving)	
Calories: 180	
Fat: 10g	Saturated Fat: 1.5g
Protein: 8g	Carbohydrates: 20g
Fiber: 21g	Sodium: 105mg

Perry, D. (2014). Green peanut butter smoothie. Retrieved from www.bonappetit.com

Tropical Green Smoothie



Ingredients

- 1 cup fresh spinach
- ½ cup orange juice
- ½ cup water or coconut water
- ½ cup frozen pineapple chunks
- 1 cup frozen mango chunks

Optional protein boost:

- 1 tsp flax seed, ground

Instructions

1. Blend spinach, orange juice, and water until smooth.
2. Add frozen pineapple and mango and blend again.

Nutritional Info (per serving)	
Calories: 197	
Fat: 0.6g	Saturated Fat: 0.1g
Protein: 2g	Carbohydrates: 25.3g
Fiber: 4.2g	Sodium: 16mg

Mango pineapple green smoothie. Retrieved from www.allrecipes.com

Dr. Oz's Green Drink



Ingredients

- 1 cup spinach
- ¼ cup cucumber
- ¼ cup celery
- ¼ cup parsley
- 1 bunch mint
- 1.5 carrots, sliced
- 1 apples, sliced
- ¼ orange juice
- ¼ lime juice
- ¼ lemon juice
- ¼ pineapple water

Optional protein boost: ¼ cup silken tofu

Instructions

1. Blend all ingredients until smooth (you may have to blend the “tougher” veggies first”.
2. Keep adding water desired consistency is reached.

Nutritional Info (per serving)	
Calories: 110.3	
Fat: 1.2g	Saturated Fat: 0.2g
Protein: 4.6g	Carbohydrates: 25g
Fiber: 7.5g	Sodium: 164.8mg

Dr. Oz's green drink. (2010). Retrieved from www.doctoroz.com

Calories in Dr. Oz green drink. Retrieved from www.recipes.sparkpeople.com