

# GREEN SMOOTHIE RECIPES

EAT GREEN!

## Why Eat Green?



### Have you eaten any green foods today?

Green foods are rich in antioxidants that help protect our cells against cellular damage. They are also rich in vitamins like vitamin B, C, E, and K and in minerals like calcium, magnesium and potassium. Green foods have many properties that can help boost your immune system and they help to fight off viruses and bacteria.

## 1. Green Power Mojito Smoothie (4 servings)

### Ingredients:

- 3 cups ice cubes
- 2 cups baby spinach leaves
- 1 can crushed pineapple
- ½ cup water
- 1 banana, broken into chunks
- 1 orange, peeled, and segmented
- 10 fresh mint leaves
- 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.

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## 2. Mango Pineapple Green Smoothie (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.

## 3. Grapefruit Smoothie (2 servings)

### Ingredients:

- 3 grapefruit, peeled, and sectioned
- 1 cup cold water
- 3 ounces fresh spinach
- 6 ice cubes
- 1 (1/2) inch piece peeled fresh ginger
- 1 teaspoon of flax seeds



### Directions:

Blend grapefruit, water, spinach, ice cubes, ginger, and flax seeds in a blender until smooth.

**Source:** [www.allrecipes.com](http://www.allrecipes.com)