

GREEN SMOOTHIES

HEALTHY RECIPES

Are **green** smoothies worth the hype? Definitely! They are loaded with fruits and vegetables that give 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



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Peanut Butter Banana Green Smoothie



Ingredients (2 servings)

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:

Instructions

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

Nutritional Info (per serving)	
Calories: 180	
Fat: 10g	Saturated Fat: 1.5g
Protein: 8g	Carbohydrates: 20g
Fiber: 2.1g	Sodium: 105mg

Tropical Green Smoothie



Ingredients (2 servings)

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.
3. Add water for desired consistency.

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

Sources

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/