

HEALTHY SMOOTHIE RECIPES

FOR YOU!



Basic Steps on How to Make a Delicious Green Smoothie

Smoothies made from fruits and green vegetables are very quick and easy to make. With creativity and artistic strategy, you can even make thick, creamy smoothies with your blender, a sharp knife and a chopping board. When you start off with the right basic steps, you can eventually make your own creations and smoothie recipes.



Add a liquid – necessary to aid your blender in mixing up your ingredients. The right amount of water you add will greatly affect the outcome of your smoothie: the less water you use, the thicker your smoothie will become. You can use 4-6 ounces of filtered water, depending on the type of blender you use. Aside from filtered water, you can also make use of coconut water (gives your smoothie a tropical taste), fruit juices (from freshly squeezed fruits), and almond milk as your liquid base.

Add your base fruit – makes your smoothie creamy with smooth texture. You may use creamy fruits like banana, mango, peach, pear or apple, papaya, and durian. Watery fruits like water melon are avoided as base fruits, but may be added in small quantities to flavor smoothies.

Adding flavors – fruits which add flavor like berries, citrus fruits, pineapple, or ones that have a strong flavor. You may also combine flavor fruits with your base fruits such as banana and strawberry, mango and pineapple and so on. Vanilla bean, clove, cinnamon and even cayenne pepper may also be added to complement fruit flavors.

Add Greens – provides overall nutrition and optimum health. Greens taste bitter when eaten alone but when added to base fruits and flavor fruits, fruits mask out the taste of the greens. If you are in a hurry and do not

have time to shop, wash and cut organic green vegetables, [this is an excellent affordable organic substitute.](#)

Blend fruits and greens – for 30-60 seconds or until all fruits and greens are mixed up well and your smoothie turns bright or dark green. Caution not to over-blend your smoothie as this will lessen the nutrient content and increase oxidation.

Additives – protein powders, [green powders](#), superfoods, omega-3s, and sweeteners are some extras which you may add to your smoothie. These will add more nutrients with extra protein, vitamins and superfoods. When you want to sweeten your smoothie, you can use sweet fruits or stevia rather than using table sugar or dangerous artificial sweeteners such as nutrasweet or splenda.

Whenever possible, use fresh ORGANIC ingredients in all smoothies!

GREEN ZEST

To make a simple yet healthy green smoothie, you will need the following:

3/4 cups of filtered water

3/4 cups of large de-stemmed kale

1 cup fresh spinach

1 medium to large-sized avocado

1 small peeled fresh ginger

Lemon and zest juice

Stevia drops to desired sweetness

1 tablespoon sunflower lecithin

1 tablespoon omega oil blend

How to make a Green Zest smoothie:

1. Pour water into blender then add the de-stemmed kale, fresh spinach and the seedless avocado.
2. Start blending the ingredients until well-mixed.
3. Add the ginger, lemon and zest juice, drops of stevia, sunflower lecithin and omega oil blend.
4. Blend the ingredients until well-mixed and smooth.

BABY STEP

Green smoothies that have basic balance of nutrition are good for beginners, or those starting a green smoothie diet.

To make a green smoothie for starters, you need the following ingredients:

1 medium-sized mango

1 handful of kale

3/4 cup filtered water

3 ice cubes

How to make a Bay Step Smoothie:

1. Mix up all the ingredients and blend well until smooth and creamy.
2. You can choose to add natural sweeteners such as drops of stevia or sweet fruits.

FALL SALAD SMOOTHIE

Green smoothies are so nutritious that when you go on diet with pure fresh greens and fruits, your skin will glow and look young.

To make a glowing green smoothie, you will need to have:

- 2 cups of filtered water
- ½ head fresh organic spinach
- 1 head fresh organic romaine
- 3-4 sticks of fresh celery
- 1 medium-sized apple
- 1 medium-sized pear
- Juice of squeezed ½ fresh lemon
- 1 medium-sized ripe banana

Follow these steps:

1. Pour two cups of filtered water to blender.
2. Add to water the greens: spinach and romaine and blend until greens are smooth and crushed.
3. Add the flavor fruits: celery, apple and pear. You can also add other herbs, as you like, then blend until well-mixed. Remember not to over-blend the greens and the fruits so they don't lose nutrients.
4. For the final touch, add the lemon juice and banana and do the final blend until mixture is smooth and creamy.

CHOCOLATE PB AND GREEN

Blend the following ingredients together until becoming creamy and smooth:

1 medium-sized ripe frozen banana

1-1/2 cups almond milk

2-3 cups fresh organic spinach

2 tablespoons powdered cocoa

2 tablespoons peanut butter

TROPICAL FOREST

To make a green smoothie, you need:

1 medium-sized apple or pear, cut into pieces

2 handfuls of fresh organic kale or spinach

1 lime or lemon

1 cup of fresh cilantro leaves

½ cup orange juice

2 teaspoons grated fresh ginger

1/3 cup chopped frozen banana

Mix all the ingredients and blend together until smooth and creamy.

Makes two small servings or one large glass.

GREEN FRUIT SLUSHY

This green smoothie recipe makes use of kale and pear as the two main green and fruit.

Prepare the following:

- ½ cup filtered water
- 1 cup ice cubes
- 1 cup fresh organic kale
- ½ seeded pear
- 1 fresh peeled ripe banana
- 1 cup fresh green grapes
- 1 medium-sized peeled orange

Pour water to blender and add all ingredients.

Secure lid and blend ingredients all together for 45 seconds or until well-mixed and turns into bright or dark green creamy smoothie.

G-THICK

Ingredients:

1 cup of oats

2 cups of filtered water

2 medium-sized mangoes, peeled and sliced

1 handful fresh organic spinach

Mix all the ingredients in a blender. Makes two servings.

POPEYE'S FRUIT SALAD

It is a great way to add more fruits and vegetables into your diet through green smoothies. Here's how to do it.

Ingredients:

1 cup ice cubes

1/3 cup plain rice yogurt

2 cups fresh organic spinach

1 large-sized peeled and segmented orange

6 large strawberries

½ sliced large banana

GREEN PUMPKIN PUREE

Ingredients:

$\frac{3}{4}$ cup cool coconut water

1 cup frozen ice cubes

2 handfuls of fresh red seedless grapes

1 medium-sized pear, peeled and chopped into pieces

2 tablespoons avocado

$\frac{1}{2}$ cup frozen pureed pumpkin

1 handful packed greens... spinach, lettuce or kale will do.

1. Place all ingredients into a blender and puree until smooth.
2. Make sure you blend them well, not over-blending, until desired concentration like creamy smooth mix.

CITRUS FUEL

Ingredients:

2 cups fresh organic spinach

1 bunch parsley

1 medium-sized fresh cucumber

2 medium-sized apples (cored but with skin)

3 sticks of chopped celery

1/2 teaspoon peeled ginger root

Juice of 1/2 fresh lemon

Juice of 1 fresh lime

This recipe makes 28 to 30 ounces — about three to four servings.

ESSENTIALLY GREEN

Ingredients:

- 2 cups chopped fresh organic kale
- 1 thickly sliced frozen banana
- 1 tablespoon flax seed meal
- 1/3 cup orange juice
- 1/4 cup almond milk
- 1 tablespoon coconut oil

Directions:

1. Place the banana, kale, flax seed meal, and coconut oil into a blender.
2. Pour in the almond milk and orange juice.
3. Cover, and puree until smooth then serve.

LOW FAT SMOOTH SNACK

Ingredients (for one serving):

- 1 cup filtered water
- 1 cup fresh organic kale
- 1 cup frozen mixed berries
- 1/2 frozen banana

Directions:

1. Tear kale leaves off of stems and tear into small shapes.
2. Put the berries, kale, banana, and water into a blender and blend until smooth.

TASTY GREEN TROPICS

The sweet-tart flavors of pineapple and mango brighten kale for a tasty, vitamin-rich green smoothie.

Ingredients:

1 cup filtered water

1/3 cup ice cubes

1 cup fresh organic young spinach

1 fresh kale leaf

2 round slices of pineapple (2-inch thick)

1/4 cup sliced mango

Blend until smooth.

RAW BLEND

Ingredients:

- 1 cup fresh organic spinach
- 1/2 cored apple
- 1/2 sliced banana
- 1/2 cup fresh seedless grapes
- 2 oz pineapple slices
- 1/4 cup vanilla rice yogurt
- 1 cup ice cubes

Directions:

1. Place all ingredients into blender of the Vita-Mix and blend for 45 seconds.

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