

# **SMOOTHIE RECIPES**

## **50 DELICIOUS ALL-TIME FAVORITE SMOOTHIE RECIPES**

RHONDA LITTLE

Copyright © 2014 by Rhonda Little

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any electronic or mechanical means, including photocopy, recording, or any information storage and retrieval system now known or to be invented, without written permission from the author, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper, website, or broadcast.

Disclaimer: Neither the author nor the publisher shall be held liable or responsible to any person or entity with respect to any loss or incidental or consequential damages caused, directly or indirectly, by the information or programs contained herein. You must seek the services of a competent professional before beginning any health or weight-loss advice. References are provided for informational purposes only. They do not constitute endorsement of any websites or other sources.

Smashwords Edition

## CONTENTS

[Chocolate Orange Green Smoothie](#)

[Green Tea Berry Smoothie](#)

[Super Blue Green Smoothie](#)

[Green Smoothie](#)

[Green Machine Smoothies \(Mango and Avocado\)](#)

[Ugly Green Slime Detox Smoothie](#)

[Green Fairy Smoothie](#)

[Matcha Green Tea Smoothie or Iced Latte](#)

[Green Tea Citrus Smoothie](#)

[Good Morning Green Smoothie](#)

[Green Fruit Smoothie](#)

[Orananna Goodness Smoothie \(Raw Food\)](#)

[Banana Berry Blast Green Smoothie](#)

[Mixed Fruit and Spinach Smoothie](#)

[Green Mango Smoothie \(Raw Vegan\)](#)

[Cherry Avocado Smoothie](#)

[Bodacious Berry Smoothie](#)

[Zero Calorie Green Tea Freeze](#)

[Slime Smoothie](#)

[Grape Volcano Smoothie](#)

[Grasshopper Drink](#)

[Green Smoothie 1](#)

[Mango Madness Smoothie](#)

[Strawberry Iced Tea Smoothie](#)

[Breakfast Meal Replacement Green Smoothie](#)

[Green Tea Fruit Smoothie](#)

[Sweet Spinach Smoothie](#)

[Slammin' Sunrise "Green" Smoothie](#)

[Green and Gold Smoothie](#)

[Emerald Pineapple Smoothie](#)

[Black and Blue Cranberry Smoothie](#)

[Avocado Green Tea Smoothie](#)

[Spinach Peach Smoothie](#)

[Banana Blackberry Pie \(Smoothie\)](#)

[Delicious Organic Green Smoothie](#)

[Coconut Lime Smoothie](#)

[Spinach Mango Smoothie](#)

[Tropical Tea Smoothie](#)

[Nutri-Bomb Green Smoothie](#)

[Green Pumpkin Pie Smoothie](#)

[Pineapple Green Tea Smoothie](#)

[Minty Green Smoothie](#)

[Monster Green Smoothie](#)

[Creamy Mango Parsley Green Smoothie](#)

[Black Forest Smoothie](#)

[Kale Berry Ginger Smoothie](#)

[Chai Fruit Smoothie](#)

[Apple berry Smoothie](#)

[Cherry Smoothie](#)

[Green Smoothie - for Beginner - No Pulp \(Blended\)](#)

## ***Chocolate Orange Green Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1



### ***Ingredients***

*1 banana*

*1 ounce dates*

*1 cup orange juice*

*2 -4 cups spinach*

*1 cup ice*

*1 tablespoon cocoa powder*

*2 tablespoons protein powder*

### ***Directions***

- 1. Using a vitamix; incorporate all the ingredients and blend for at least 1 minute. If using other kinds of blender, process for 1 minute then scrape down any spinach on the sides and then process further for 2 minutes or until frothy.*
- 2. Transfer into serving glasses. Enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (898 g)		Total Fat 1.9g	3%
Servings Per Recipe: 1		Saturated Fat 0.6g	3%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 322.7		Sugars 53.5 g	
Calories from Fat 17	49%	Sodium 57.5mg	2%
		Total Carbohydrate 79.1g	26%
		Dietary Fiber 8.9g	35%
		Sugars 53.5 g	214%
		Protein 6.4g	12%

#### Variations:

- *Use frozen banana, 2 medjool dates, 1 big handful of fresh spinach leaves, and use soy protein. Also add an additional tablespoon of cocoa powder*
- *use two bananas, omit the dates and double the cocoa.*

## ***Green Tea Berry Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1-2



### ***Ingredients***

*1/4 cup hot water, plus more as needed*

*1 green tea bag*

*2 tablespoons ground flax seeds*

*2 tablespoons oat bran*

*1 1/2 cups frozen mixed berries*

*6 ounces low-fat vanilla yogurt*

*1/4 cup cranberry juice*

*Honey, to taste*

### ***Directions***

- 1. Prepare the tea; pour water in a cup and then place tea the bag, soak for at least 3 minutes.*
- 2. For the meantime, using a food processor or blender, incorporate the oat bran,*

*ground flax seed, yogurt, berries, and juice. Pulse at high speed until smooth.*

*3. Congest the tea bag and then discard. Add prepared tea over the berry blend and process further until smoothie is smooth and frothy.*

*4. Add up water if necessary and then sweeten up with honey.*

*5. Pour into glasses and serve. Enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (143 g)		Total Fat 7.7g	11%
Servings Per Recipe: 1		Saturated Fat 1.2g	6%
Amount Per Serving	% Daily Value	Cholesterol 3.7mg	1%
Calories 201.5		Sugars 18.2 g	
Calories from Fat 69	34%	Sodium 56.6mg	2%
		Total Carbohydrate 30.7g	10%
		Dietary Fiber 5.6g	22%
		Sugars 18.2 g	73%
		Protein 8.2g	16%

#### Variations:

- Use both the wheat germ and flaxseed, and use mixed berries (strawberries, blueberries, blackberries), and for the juice use pomegranate.*
- Use about 4 ounces of silken tofu for the yogurt; add in more green tea (3/4 cup total) to thin it out. Also use apple juice and about 1 cup of fresh blackberries, and sweeten it all with about a tablespoon of raw honey*



## ***Super Blue Green Smoothie***

Prep Time: 3 mins

Total Time: 6 mins

Serves: 1, Yield: 1 large smoothie



### ***Ingredients***

*1/3 cup blueberries, frozen*

*1/3 cup orange juice*

*1/2-2/3 cup broccoli floret*

*1/3 cup soy yogurt*

*1 large banana, very ripe*

*1/4-1/2 teaspoon cinnamon*

*1 tablespoon honey*

### ***Directions***

- 1. Place ¼ cup water in a saucepan and heat at medium-high heat, place broccoli and boil until tender.*
- 2. Using an immersion blender; combine all the ingredients together and the boiled broccoli and pulse until smooth.*
- 3. Add in honey.*
- 4. Pour into serving glasses and serve. Enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (326 g)		Total Fat 0.9g	1%
Servings Per Recipe: 1		Saturated Fat 0.2g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 197.1		Sugars 28.3 g	
Calories from Fat 8	19%	Sodium 12.4mg	0%
		Total Carbohydrate 48.9g	16%
		Dietary Fiber 5.1g	20%
		Sugars 28.3 g	113%
		Protein 3.5g	7%

#### Variations:

- *Steam the broccoli in the microwave and then mix everything in the blender, use Greek yogurt and honey*
- *Use French vanilla yogurt and no added sweetener.*

## *Green Smoothie*

Prep Time: 3 mins

Total Time: 3 mins

Serves: 2, Yield: 2



### *Ingredients*

*1 banana*

*4 ice cubes*

*1/4 cup yogurt*

*1 small handful whole almond*

*1 cup water*

*2 1/2 tablespoons organic unrefined coconut oil*

*2 3/4 cups baby spinach leaves*

*1 tablespoon raw honey*

*1 teaspoon alcohol free vanilla*

### *Directions*

- 1. Combine all the ingredients in the blender and pulse until smooth.*
- 2. Pour into glasses and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (321 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 265.1

Calories from Fat 165

62%

Amount Per Serving

% Daily Value

Total Fat 18.3g

28%

Saturated Fat 15.4g

77%

Cholesterol 3.9mg

1%

Sugars 17.7 g

Sodium 52.7mg

2%

Total Carbohydrate 25.3g

8%

Dietary Fiber 2.4g

9%

Sugars 17.7 g

70%

Protein 2.9g

5%

### Variations:

- Use fresh picked spinach and Swiss chard, and use almond milk instead of water

## ***Green Machine Smoothies (Mango and Avocado)***

Prep Time: 5 mins

Total Time: 5 mins

Serves: 4, Yield: 1 smoothie



### ***Ingredients***

*2 teaspoons fresh lime juice*

*1 ripe avocado, halved, pitted and peeled*

*1 (12 ounce) can of chilled mango nectar*

*2 tablespoons chopped fresh mint leaves*

### ***Directions***

- 1. Combine the smoothie ingredients in the blender and pulse until smooth.*
- 2. Pour into serving glasses and décor with minty leaves or lime segments.*
- 3. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (53 g)		Total Fat 7.3g	11%
Servings Per Recipe: 4		Saturated Fat 1.0g	5%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 81.6		Sugars 0.3 g	
Calories from Fat 66	81%	Sodium 3.8mg	0%
		Total Carbohydrate 4.6g	1%
		Dietary Fiber 3.4g	13%
		Sugars 0.3 g	1%
		Protein 1.0g	2%

#### Variations:

- Use frozen mango chunks and then add up some water
- Use fresh mango and peppermint and add up some spinach, kale, romaine or a combination of the greens to the blend with the avocado and fruit to thicken. Add honey to sweeten.

## ***Ugly Green Slime Detox Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1-2



### ***Ingredients***

*5 ounces frozen chopped spinach*

*1 cup frozen strawberries*

*3/4 cup nonfat milk*

*1 tablespoon honey*

*1 banana*

*1/8 teaspoon cayenne pepper*

### ***Directions***

- 1. Partially thaw the spinach in a microwave or at room temperature. Do not squeeze.*
- 2. Once ready, combine with the rest of ingredients in the blender and pulse at high speed until smooth and frothy.*
- 3. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (343 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
Calories 350.5	
Calories from Fat 14	18%

Amount Per Serving

% Daily Value

Total Fat 1.6g

2%

Saturated Fat 0.3g

1%

Cholesterol 3.6mg

1%

Sugars 52.0 g

Sodium 188.7mg

7%

Total Carbohydrate 79.6g

26%

Dietary Fiber 11.9g

47%

Sugars 52.0 g

208%

Protein 13.6g

27%

### Variations:

- Use a little less spinach, left out the honey, and add a tablespoon of flax seed.
- Use cashew milk, frozen fruits and fresh spinach. Add in honey to sweeten it up and skip the cayenne.



## ***Green Fairy Smoothie***

Prep Time: 2 mins

Total Time: 2 mins

Servings: 2



### ***Ingredients***

*2 cups 2% low-fat milk*

*1/4 cup peanut butter*

*1/2 avocado, ripe, peeled, pitted*

*1 tablespoon nutritional yeast*

### ***Directions***

- 1. Place all the ingredients in the blender and pulse until frothy and smooth.*
- 2. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (332 g)		Total Fat 28.9g	44%
Servings Per Recipe: 2		Saturated Fat 7.5g	37%
Amount Per Serving	% Daily Value	Cholesterol 19.5mg	6%
Calories 411.5		Sugars 15.6 g	
Calories from Fat 260	63%	Sodium 269.2mg	11%
		Total Carbohydrate 24.7g	8%
		Dietary Fiber 6.9g	27%
		Sugars 15.6 g	62%
		Protein 19.5g	39%

#### Variations:

- *Add up a little sugar or maple syrup to sweeten.*
- *Add up some flax seed to the mix, and add a small amount of agave to sweeten it*

## Matcha Green Tea Smoothie or Iced Latte

Prep Time: 5 mins

Total Time: 6 mins

Servings: 1

### Ingredients

*1/2 teaspoon matcha green tea powder*

*2 ounces hot water*

*3 teaspoons sugar*

*4 ounces milk*

*8 ice cubes*

*1 teaspoon vanilla-flavored syrup*

### Directions

- 1. Dissolve matcha powder over hot water in a cup. Stir until completely liquefied. Add in sugar and milk. Stir to blend.*
- 2. Pour mixture in a blender and add in vanilla and ice cubes.*
- 3. Process until frothy and smooth.*
- 4. Pour into glasses and serve. Enjoy!*

### NUTRITION FACTS

Serving Size: 1 (365 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 126.8

Calories from Fat 40 31%

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 4.4g	6%
----------------	----

Saturated Fat 2.7g	13%
--------------------	-----

Cholesterol 17.0mg	5%
--------------------	----

Sugars 12.5 g	
---------------	--

Sodium 64.3mg	2%
---------------	----

Total Carbohydrate 18.2g	6%
--------------------------	----

Dietary Fiber 0.0g	0%
--------------------	----

Sugars 12.5 g	50%
---------------	-----

Protein 4.0g	8%
--------------	----

*Variations:*

- *Use lots of ice, 2 tsp. sugar, and one pump melon syrup.*
- *Use Shizuoka Matcha, with splenda for the sweetener, and skim milk.*

## ***Green Tea Citrus Smoothie***

Prep Time: 8 mins

Total Time: 8 mins

Servings: 2



### ***Ingredients***

*4 green tea bags*

*1 cup boiling water*

*3 tablespoons granulated sugar*

*3 tablespoons lemon juice*

*1 cup lemon sorbet, frozen*

*4 ice cubes*

*1 cup club soda, well chilled*

### ***Directions***

- 1. Pour hot water in a mug and soak the tea bag for about 5 minutes.*
- 2. Once ready, dispose tea bag and chill the tea until completely cooled.*
- 3. Once chilled, incorporate the tea with the sugar, ice cubes, lemon sorbet, and lemon juice. Pulse at high speed until smooth and frothy.*

4. *Transfer mixture into a pitcher and pour in the club soda and stir to blend.*
5. *Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (321 g)		Total Fat 0.0g	0%
Servings Per Recipe: 2		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 78.1		Sugars 19.4 g	
Calories from Fat 0	75%	Sodium 45.5mg	1%
		Total Carbohydrate 20.4g	6%
		Dietary Fiber 0.0g	0%
		Sugars 19.4 g	77%
		Protein 0.0g	0%

**Variations:**

- *Use lime for the lemon, double the sorbet, the club soda and the sugar.*

## ***Good Morning Green Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2



### ***Ingredients***

*2 cups Baby Spinach*

*1 cup nonfat plain yogurt*

*3/4 cup chunk pineapple, drained*

*1 -2 bananas*

*1 cup filtered water*

### ***Directions***

- 1. Place the ingredients in the blender following the layering; pineapple, followed by a handful of spinach, next is yogurt, another layer of spinach and then the bananas, topped with spinach layer.*
- 2. Pulse until mixture is smooth and serve.*
- 3. Enjoy!*

## NUTRITION FACTS

Serving Size: 1 (422 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 207.0

Calories from Fat 5

69%

Amount Per Serving

% Daily Value

Total Fat 0.6g

0%

Saturated Fat 0.2g

1%

Cholesterol 2.4mg

0%

Sugars 36.1 g

Sodium 124.0mg

5%

Total Carbohydrate 44.3g

14%

Dietary Fiber 3.2g

12%

Sugars 36.1 g

144%

Protein 8.8g

17%

### Variations:

- Use coconut water in place of plain water.
- Use flavored yogurt.



## ***Green Fruit Smoothie***

Prep Time: 3 mins

Total Time: 3 mins

Servings: 1-2



### ***Ingredients***

*2 kiwi fruits, peeled*

*25 green grapes, frozen*

*1 green apple, sliced*

*4 -5 ice cubes*

*Orange juice or apple juice, to smooth it out*

### ***Directions***

- 1. Combine the ingredients in the blender and pulse until mixture is frothy.*
- 2. Pour into glasses and serve. Enjoy!*

## NUTRITION FACTS

Serving Size: 1 (1777 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 2352.3

Calories from Fat 54	32%
----------------------	-----

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 6.0g	9%
----------------	----

Saturated Fat 1.7g	8%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 518.9 g	
----------------	--

Sodium 71.5mg	2%
---------------	----

Total Carbohydrate 615.5g	205%
---------------------------	------

Dietary Fiber 36.8g	147%
---------------------	------

Sugars 518.9 g	2075%
----------------	-------

Protein 24.7g	49%
---------------	-----

### Variations:

- *Use orange juice and omit the ice.*
- *Threw in some pear slices to the mixture before blending.*

## ***Orananna Goodness Smoothie (Raw Food)***

Prep Time: 5 mins

Total Time: 5 mins

Serves: 2, Yield: 4 cups



### ***Ingredients***

*2 bananas, frozen*

*1 orange, large, peeled*

*1 cup orange juice, fresh*

*2 cups baby spinach leaves*

### ***Directions***

- 1. Place all the ingredients in a blender and pulse at high setting until smooth and frothy.*
- 2. Transfer into serving glasses and serve. Enjoy!*

## NUTRITION FACTS

Serving Size: 1 (337 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 198.5

Calories from Fat 7

76%

Amount Per Serving

% Daily Value

Total Fat 0.8g

1%

Saturated Fat 0.1g

0%

Cholesterol 0.0mg

0%

Sugars 31.1 g

Sodium 26.1mg

1%

Total Carbohydrate 48.6g

16%

Dietary Fiber 5.5g

22%

Sugars 31.1 g

124%

Protein 3.6g

7%

### Variations:

- Add up some orange juice and some blueberries.
- Add in some pineapple and omit the Aloe Vera.

## ***Banana Berry Blast Green Smoothie***

Prep Time: 10 mins

Total Time: 10 mins

Serves: 2, Yield: 4-5 cups



### ***Ingredients***

*2 cups spinach, fresh*

*2 cups almond milk, unsweetened*

*1 cup blueberries*

*1 cup raspberries*

*2 bananas*

### ***Directions***

- 1. Place the greens into the blender and then the liquids and pulse for few seconds.*
- 2. Add in the berries and pulse until smooth and creamy.*
- 3. Pour into glasses and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (283 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 188.0

Calories from Fat 10

56%

Amount Per Serving

% Daily Value

Total Fat 1.1g

1%

Saturated Fat 0.1g

0%

Cholesterol 0.0mg

0%

Sugars 24.6 g

Sodium 26.2mg

1%

Total Carbohydrate 46.1g

15%

Dietary Fiber 9.5g

38%

Sugars 24.6 g

98%

Protein 3.4g

6%

### Variations:

- Use 2% organic milk for almond milk. Use fresh blueberries, strawberries and bananas.
- Use frozen blueberries, frozen raspberries, and fresh bananas.

## ***Mixed Fruit and Spinach Smoothie***

Prep Time: 5 mins

Total Time: 6 mins

Servings: 1



### ***Ingredients***

*1/2 banana*

*1/3-1/2 cup frozen blueberries*

*1/3-1/2 cup frozen blackberries*

*1/4-1/2 cup frozen spinach, large pieces broken up*

*1/2 cup pineapple chunks in juice*

### ***Directions***

- 1. Incorporate all the ingredients in the blender and pulse until frothy and smooth.*
- 2. Add up also additional pineapple juice and a little amount of water.*
- 3. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (349 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 233.5

Calories from Fat 8

46%

Amount Per Serving

% Daily Value

Total Fat 0.9g

1%

Saturated Fat 0.2g

1%

Cholesterol 0.0mg

0%

Sugars 46.0 g

Sodium 31.9mg

1%

Total Carbohydrate 59.4g

19%

Dietary Fiber 7.9g

31%

Sugars 46.0 g

184%

Protein 3.6g

7%

### Variations:

- Add up 1/2 cup %-fat Greek yogurt and some almond milk to the fruit and spinach.
- Change the banana to frozen peach slices, use fresh raspberries instead of blackberries, fresh blueberries and fresh pineapple.



## ***Green Mango Smoothie (Raw Vegan)***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1



### ***Ingredients***

*2 ripe mangoes, peeled and diced*

*2 cups spinach*

*1 -2 cup water*

### ***Directions***

- 1. Combine the ingredients in the blender and beat until frothy and smooth. Add in the water and blend.*
- 2. Pour into serving glasses and serve.*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (969 g)		Total Fat 2.7g	4%
Servings Per Recipe: 1		Saturated Fat 0.6g	3%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 417.0		Sugars 92.0 g	
Calories from Fat 25	21%	Sodium 61.2mg	2%
		Total Carbohydrate 102.8g	34%
		Dietary Fiber 12.0g	48%
		Sugars 92.0 g	368%
		Protein 7.2g	14%

**Variations:**

- Triple the spinach and use baby spinach, use coconut water instead of plain.

## ***Cherry Avocado Smoothie***

Prep Time: 0 mins

Total Time: 5 mins

Servings: 1



### ***Ingredients***

*1 avocado, without skin and seeds*

*1 3/4 cups dark sweet cherries, pitted*

*1 1/2 cups Baby Spinach*

*1/2 cup trader Joe's orange-peach-mango juice*

### ***Directions***

- 1. Combine the ingredients together in a blender and beat until smooth.*
- 2. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (680 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 531.5

Calories from Fat 271

51%

Amount Per Serving

% Daily Value

Total Fat 30.2g

46%

Saturated Fat 4.4g

22%

Cholesterol 0.0mg

0%

Sugars 46.0 g

Sodium 53.9mg

2%

Total Carbohydrate 69.8g

23%

Dietary Fiber 20.9g

83%

Sugars 46.0 g

184%

Protein 8.6g

17%

### Variations:

- Use ¼ cup of orange and ¼ cup of mango juice.
- Use mango nectar and freshly squeezed orange juice.

## ***Bodacious Berry Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Serves: 2, Yield: 2 Cups



### ***Ingredients***

*1 cup frozen mixed berries*

*3/4 cup five alive juice*

*1 small banana*

*3/4 cup vanilla yogurt*

*1 tablespoon Greens Plus, vitamin powder*

### ***Directions***

- 1. Pour juice into the blender, add up the berries and beat until well blended.*
- 2. Add up banana and the yogurt and then beat further for few seconds.*
- 3. Lastly, add in the green's plus and pulse until smooth.*
- 4. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (142 g)

Servings Per Recipe: 2

Amount Per Serving	% Daily Value
Calories 100.9	
Calories from Fat 28	28%

Amount Per Serving

% Daily Value

Total Fat 3.1g

4%

Saturated Fat 1.9g

9%

Cholesterol 11.9mg

3%

Sugars 10.4 g

Sodium 42.7mg

1%

Total Carbohydrate 15.8g

5%

Dietary Fiber 1.3g

5%

Sugars 10.4 g

41%

Protein 3.7g

7%

### Variations:

- Use tropical mix of pineapple, orange & mango.
- Use V8Splash Tropical Blend. And use only blueberries

## ***Zero Calorie Green Tea Freeze***

Prep Time: 7 mins

Total Time: 7 mins

Servings: 1-2



### ***Ingredients***

*2 cups strong green tea*

*2 teaspoons Splenda sugar substitute*

*4 strawberries*

*5 ice cubes*

*Lemon wedge*

### ***Directions***

- 1. Incorporate the ingredients together in a blender aside from the lemon. And beat until well blended.*
- 2. Pour into serving glasses and serve.*
- 3. Décor with the lemon wedges.*

## NUTRITION FACTS

Serving Size: 1 (78 g)  
Servings Per Recipe: 1

Amount Per Serving	% Daily Value
Calories 0.0	
Calories from Fat 0	%

Amount Per Serving	% Daily Value
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sugars 0.0 g	
Sodium 2.1mg	0%
Total Carbohydrate 0.0g	0%
Dietary Fiber 0.0g	0%
Sugars 0.0 g	0%
Protein 0.0g	0%

### Variations:

- Use frozen strawberries and add up frozen blueberries too. Use real sugar instead of substitute.
- Use other fruits such as pineapples and mangoes instead of berries.



## ***Slime Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2



### ***Ingredients***

*1 large ripe banana cut in chunks*

*2 kiwi, peeled*

*1/2 cup crushed ice*

*3 tablespoons apple cider*

*Green food coloring*

### ***Directions***

- 1. Combine the fruits, cider, and ice in the blender and pulse until smooth.*
- 2. Add up food coloring.*
- 3. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (219 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 106.8

Calories from Fat 5

22%

Amount Per Serving

% Daily Value

Total Fat 0.6g

0%

Saturated Fat 0.1g

0%

Cholesterol 0.0mg

0%

Sugars 15.1 g

Sodium 4.1mg

0%

Total Carbohydrate 26.6g

8%

Dietary Fiber 4.0g

16%

Sugars 15.1 g

60%

Protein 1.6g

3%

### Variations:

- Use kiwis and green grapes and use baby spinach to color it up instead of food coloring.
- Skip food coloring; use more fruits to color it up.

## ***Grape Volcano Smoothie***

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1



### ***Ingredients***

*1/2 cup green seedless grape*

*1/2 cup skim milk*

*1/2 cup low-fat plain yogurt*

*1 tablespoon brown sugar*

*1/8 teaspoon vanilla*

*2 ice cubes*

### ***Directions***

- 1. Combine the ingredients together in the blender and pulse at high setting for about 15 seconds.*
- 2. Pour into serving glasses and serve.*

## NUTRITION FACTS

Serving Size: 1 (379 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 284.1

Calories from Fat 15

57%

Amount Per Serving

% Daily Value

Total Fat 1.7g

2%

Saturated Fat 1.1g

5%

Cholesterol 7.3mg

2%

Sugars 49.0 g

Sodium 151.4mg

6%

Total Carbohydrate 58.1g

19%

Dietary Fiber 0.7g

2%

Sugars 49.0 g

196%

Protein 10.8g

21%

### Variations:

- Add in protein powder to qualify as breakfast, use flavored yogurt

## ***Grasshopper Drink***

Prep Time: 10 mins

Total Time: 10 mins

Servings: 2



### ***Ingredients***

*2 cups vanilla ice cream*

*2 ounces green crème de menthe*

*2 ounces white Crème de Cacao*

### ***Directions***

- 1. Incorporate all the ingredients together in a blender and beta until frothy and smooth.*
- 2. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (160 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 394.6

Calories from Fat 143

36%

Amount Per Serving

% Daily Value

Total Fat 15.9g

24%

Saturated Fat 9.7g

48%

Cholesterol 63.3mg

21%

Sugars 42.3 g

Sodium 116.6mg

4%

Total Carbohydrate 45.7g

15%

Dietary Fiber 1.0g

4%

Sugars 42.3 g

169%

Protein 5.0g

10%

### Variations:

- Reduce the amount of crème de menthe to half
- Add a little more ice cream and less green crème de menthe.

## ***Green Smoothie 1***

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1-2



### ***Ingredients***

*1 cup frozen blueberries*

*1 banana*

*1 apples, cored*

*1 -2 cup Baby Spinach*

*1/2 teaspoon fresh ginger (optional)*

*1/2 teaspoon cinnamon (optional)*

*2 tablespoons nut butter (optional)*

### ***Directions***

- 1. Place the ingredients in the blender and pulse at high setting, add up water if necessary.*
- 2. Adjust taste and amount of ingredients to desired taste.*
- 3. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (281 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 369.9

Calories from Fat 9

52%

Amount Per Serving

% Daily Value

Total Fat 1.0g

1%

Saturated Fat 0.2g

1%

Cholesterol 0.0mg

0%

Sugars 74.2 g

Sodium 28.5mg

1%

Total Carbohydrate 97.5g

32%

Dietary Fiber 12.1g

48%

Sugars 74.2 g

297%

Protein 3.4g

6%

### Variations:

- Use frozen banana, blue berries, black berries, an orange, baby spinach, cinnamon and a 1/4 cup of cranberry juice, also add a teaspoon of sugar



## ***Mango Madness Smoothie***

Prep Time: 10 mins

Total Time: 10 mins

Yield: 2 large servings



### ***Ingredients***

*1/2 cup orange juice*

*1 mango, peeled, pitted and chopped*

*1 banana, peeled, chopped and frozen*

*1 cup green grape, seedless and cut in half*

*1/4 inch ginger, peeled and chopped*

*Pineapple chunks*

### ***Directions***

- 1. Incorporate the mango, with pineapple, banana, orange juice, gingerroot and grapes and pulse until frothy.*
- 2. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (729 g)		Total Fat 1.0g	1%
Servings Per Recipe: 1		Saturated Fat 0.2g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 233.3		Sugars 47.0 g	
Calories from Fat 9	16%	Sodium 4.4mg	0%
		Total Carbohydrate 58.7g	19%
		Dietary Fiber 5.0g	20%
		Sugars 47.0 g	188%
		Protein 3.0g	6%

**Variations:**

- Juice 2 oranges and gingerroot, froze into ice cubes overnight before blending with the other ingredients.

## ***Strawberry Iced Tea Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Yield: 4 cups



### ***Ingredients***

*2 cups green tea, chilled*

*1 1/2 cups Europe's best country strawberries, frozen (whole or slices)*

*1/2 cup 2% low-fat milk*

*Honey*

### ***Directions***

- 1. Combine all the ingredients in the blender and beat until frothy and smooth.*
- 2. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (401 g)		Total Fat 0.7g	1%
Servings Per Recipe: 1		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 2.4mg	0%
Calories 32.5		Sugars 4.0 g	
Calories from Fat 6	21%	Sodium 13.0mg	0%
		Total Carbohydrate 5.5g	1%
		Dietary Fiber 1.0g	4%
		Sugars 4.0 g	16%
		Protein 1.3g	2%

**Variations:**

- *Use other types of berries such as raspberries, blueberries, or a combination of the berries, and use whole milk.*

## ***Breakfast Meal Replacement Green Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Serves: 2, Yield: 2 Smoothies



### ***Ingredients***

*1/2 orange*

*1/2 cup pineapple*

*1/2 banana*

*1/2 cup mango*

*1/2 cup papaya*

*1 cup spinach*

*1 cup kale*

*3 celery ribs*

*1/2 lime juice*

*1/2 lemon juice*

*2 cups water*

*Stevia*

## Directions

1. Blend the kale with the spinach in the blender and add up 1 cup water. Beat until well blended
2. Add in the rest of ingredients and beat further until frothy and smooth. Sweeten it up with stevia.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (549 g)		Total Fat 0.8g	1%
Servings Per Recipe: 2		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 137.8		Sugars 20.8 g	
Calories from Fat 7	68%	Sodium 85.7mg	3%
		Total Carbohydrate 33.5g	11%
		Dietary Fiber 5.4g	21%
		Sugars 20.8 g	83%
		Protein 3.4g	6%

## Variations:

- Halve the ingredients (1/2 C water was the perfect amount for half of recipe) for one smoothie and include 1/2 packet of stevia.

## ***Green Tea Fruit Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 4



### ***Ingredients***

*1 cup boiling water*

*3 green tea bags*

*1 cup fresh straw berries*

*1/4 cup pineapple juice*

*1/2 cup vanilla yogurt*

*1/2 cup ice cube*

### ***Directions***

- 1. Prepare the tea beforehand and chill.*
- 2. Once ready, incorporate the tea with the rest of ingredients in the blender and process until frothy and smooth.*
- 3. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (134 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 26.9

Calories from Fat 9	33%
---------------------	-----

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 1.0g	1%
----------------	----

Saturated Fat 0.6g	3%
--------------------	----

Cholesterol 3.9mg	1%
-------------------	----

Sugars 2.9 g	
--------------	--

Sodium 15.9mg	0%
---------------	----

Total Carbohydrate 3.4g	1%
-------------------------	----

Dietary Fiber 0.0g	0%
--------------------	----

Sugars 2.9 g	11%
--------------	-----

Protein 1.1g	2%
--------------	----

### Variations:

- Use other types of berries and use strawberry flavored yogurt.



## ***Sweet Spinach Smoothie***

Prep Time: 3 mins

Total Time: 3 mins

Servings: 1



### ***Ingredients***

*6 ounces light vanilla yogurt*

*1 cup spinach leaves, packed*

*1/2 avocado*

*10 red grapes*

*1/2 lime, juice of*

*1/4 cup water*

### ***Directions***

- 1. Combine all the ingredients in a blender and [pulse at high setting until frothy and smooth.*
- 2. Add up water if necessary.*
- 3. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1471 g)		Total Fat 16.8g	25%
Servings Per Recipe: 1		Saturated Fat 2.8g	14%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 1042.6		Sugars 196.2 g	
Calories from Fat 151	14%	Sodium 58.1mg	2%
		Total Carbohydrate 239.5g	79%
		Dietary Fiber 18.8g	75%
		Sugars 196.2 g	784%
		Protein 12.0g	24%

#### Variations:

- Use lemon instead of lime; use green grapes instead of red.
- Use milk instead of plain water.

## ***Slammin' Sunrise "Green" Smoothie***

Prep Time: 6 mins

Total Time: 6 mins

Servings: 2



### ***Ingredients***

*2 cups spinach*

*1 cup unsweetened vanilla almond milk*

*1 -2 cup frozen strawberries*

*1 cup frozen blueberries*

*1/2 banana*

*2 tablespoons flax seeds*

### ***Directions***

- 1. Place all the ingredients in a blender and pulse until smooth.*
- 2. Décor with fruit slices or mint leaves and serve. Enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (295 g)		Total Fat 4.8g	7%
Servings Per Recipe: 2		Saturated Fat 0.4g	2%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 219.9		Sugars 31.6 g	
Calories from Fat 43	19%	Sodium 30.4mg	1%
		Total Carbohydrate 46.1g	15%
		Dietary Fiber 9.0g	36%
		Sugars 31.6 g	126%
		Protein 4.0g	8%

#### Variations:

- *Add up two spoonful's of plain Greek yogurt to smooth out the consistency and a squirt of honey.*

## ***Green and Gold Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1



### ***Ingredients***

*1/4 pineapple, peeled, cored, and cubed*

*1 banana, frozen*

*1 stalk kale stems removed*

*1 teaspoon lemon juice*

### ***Directions***

*1. Combine the ingredients in the blender and pulse until soft and frothy.*

*2. Pour into glasses and serve, enjoy!*

## NUTRITION FACTS

Serving Size: 1 (349 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 162.9

Calories from Fat 4	92%
---------------------	-----

Amount Per Serving

% Daily Value

Total Fat 0.5g	0%
----------------	----

Saturated Fat 0.1g	0%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 25.4 g	
---------------	--

Sodium 2.4mg	0%
--------------	----

Total Carbohydrate 42.2g	14%
--------------------------	-----

Dietary Fiber 4.7g	18%
--------------------	-----

Sugars 25.4 g	101%
---------------	------

Protein 1.9g	3%
--------------	----

### Variations:

- *Add up almond milk, and omit lemon juice.*

## ***Emerald Pineapple Smoothie***

Prep Time: 3 mins

Total Time: 3 mins

Servings: 2



### ***Ingredients***

*2 bananas, ripe*

*1 cup pineapple, fresh*

*1 cup orange juice*

*1 cup spinach, fresh*

### ***Directions***

- 1. Place all the ingredients together in the blender and pulse at high speed until frothy and smooth.*
- 2. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (339 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 201.4

Calories from Fat 7

52%

Amount Per Serving

% Daily Value

Total Fat 0.7g

1%

Saturated Fat 0.1g

0%

Cholesterol 0.0mg

0%

Sugars 32.0 g

Sodium 15.0mg

0%

Total Carbohydrate 50.1g

16%

Dietary Fiber 4.7g

18%

Sugars 32.0 g

128%

Protein 3.0g

6%

### Variations:

- Use frozen bananas to give it a frosty chill
- Replace orange juice with 1 cup vanilla soy milk and add in ½ cup water.



## ***Black and Blue Cranberry Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1



### ***Ingredients***

*1/2 cup frozen blackberries*

*1/2 cup frozen blueberries*

*1/4 cup frozen cranberries*

*1 cup nonfat plain yogurt*

*1/2 cup brewed green tea, cooled*

*2 tablespoons Splenda granular*

*1 tablespoon ground flax seeds*

### ***Directions***

- 1. Incorporate the ingredients in a food processor or blender and pulse at high speed until soft and frothy.*
- 2. Pour into serving glasses and serve.*
- 3. Enjoy!*

## NUTRITION FACTS

Serving Size: 1 (586 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 327.1

Calories from Fat 35	10%
----------------------	-----

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 3.9g	6%
----------------	----

Saturated Fat 0.5g	2%
--------------------	----

Cholesterol 4.9mg	1%
-------------------	----

Sugars 50.6 g	
---------------	--

Sodium 193.5mg	8%
----------------	----

Total Carbohydrate 60.8g	20%
--------------------------	-----

Dietary Fiber 9.3g	37%
--------------------	-----

Sugars 50.6 g	202%
---------------	------

Protein 16.7g	33%
---------------	-----

### Variations:

- Use about 1/4 cup each berry and use peach green tea, and vanilla yoghurt, no sugar.

## ***Avocado Green Tea Smoothie***

Prep Time: 5 mins

Total Time: 8 mins

Servings: 2



### ***Ingredients***

*1 avocado*

*3 tablespoons matcha green tea powder*

*1 teaspoon vanilla*

*2 tablespoons sugar*

*1 1/2 cups soymilk*

*2 cups ice*

### ***Directions***

- 1. Place all the ingredients in a blender and pulse until smooth.*
- 2. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (534 g)		Total Fat 18.2g	28%
Servings Per Recipe: 2		Saturated Fat 2.5g	12%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 311.1		Sugars 14.4 g	
Calories from Fat 164	52%	Sodium 113.0mg	4%
		Total Carbohydrate 30.4g	10%
		Dietary Fiber 9.1g	36%
		Sugars 14.4 g	57%
		Protein 10.2g	20%

#### Variations:

- Add in some baby spinach and use yogurt instead of soymilk.
- Try making the recipe using more soy milk to and also honey to cut the bitterness.

## ***Spinach Peach Smoothie***

Prep Time: 0 mins

Total Time: 10 mins

Servings: 2-3



### ***Ingredients***

*2 cups spinach*

*2 peaches, frozen, pits removed*

*1 cup orange juice*

*1/2 cup water (optional)*

### ***Directions***

- 1. Combine all ingredients together in the blender and pulse until smooth.*
- 2. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (242 g)

Servings Per Recipe: 2

Amount Per Serving	% Daily Value
Calories 100.9	
Calories from Fat 5	43%

Amount Per Serving	% Daily Value
Total Fat 0.6g	0%
Saturated Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sugars 18.7 g	
Sodium 24.9mg	1%
Total Carbohydrate 23.3g	7%
Dietary Fiber 2.3g	9%
Sugars 18.7 g	75%
Protein 2.6g	5%

### Variations:

- Threw in a banana to warm/sweeten/smooth it up.
- Use almond milk for the orange juice and add in some flax seed meal.

## ***Banana Blackberry Pie (Smoothie)***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1-2



### ***Ingredients***

*2 bananas*

*1 apple, skin-on cored and cut into chunks*

*12 blackberries*

*1/3 cup apple juice*

*1/3 cup green tea*

### ***Directions***

- 1. Combine all ingredients in the blender and pulse until smooth and frothy.*
- 2. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (250 g)		Total Fat 1.1g	1%
Servings Per Recipe: 1		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 320.6		Sugars 52.2 g	
Calories from Fat 9	87%	Sodium 6.2mg	0%
		Total Carbohydrate 82.6g	27%
		Dietary Fiber 9.5g	38%
		Sugars 52.2 g	208%
		Protein 2.9g	5%

**Variations:**

- *use frozen bananas for their chill factor & very cold ingredients a*
- *add in some raspberries*



## ***Delicious Organic Green Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Yield: 3 cups



### ***Ingredients***

*3 leave Swiss chard*

*1 banana*

*1 kiwi*

*1 large apple*

*3/4 cup orange juice*

### ***Directions***

- 1. Remove the leaves form the stem and save, throw away the stems.*
- 2. Chop the ingredients roughly and place them in the blender, add up the juice and then pulse until smooth and frothy.*
- 3. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (740 g)		Total Fat 0.6g	0%
Servings Per Recipe: 1		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 124.2		Sugars 20.1 g	
Calories from Fat 5	34%	Sodium 104.7mg	4%
		Total Carbohydrate 30.7g	10%
		Dietary Fiber 4.3g	17%
		Sugars 20.1 g	80%
		Protein 2.2g	4%

#### Variations:

- Use 1 kiwi peeled, ½ cup frozen strawberries, ¼ cup fresh pineapple, ½ lemon peeled und seeded, 2 cups spinach and 1 ½ cups of coconut water.

## ***Coconut Lime Smoothie***

Prep Time: 0 mins

Total Time: 10 mins

Servings: 2



### ***Ingredients***

*2 -3 cups fresh spinach leaves*

*3 tablespoons unsweetened dried shredded coconut*

*1 young fresh coconut, still in white husk*

*2 limes, peeled*

*3 tablespoons cream*

*1 teaspoon raw honey*

### ***Directions***

- 1. Prepare the coconut by cutting it open, drain coconut water into the blender and spoon the young coconut jelly. Place it also into the blender together with the coconut water.*
- 2. Add up spinach leaves and the remaining ingredients. Beat at high speed until well blended.*
- 3. Pour into serving glasses and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (324 g)

Servings Per Recipe: 2

Amount Per Serving

Calories 747.2

Calories from Fat 615

% Daily Value

82%

Amount Per Serving

Total Fat 68.4g

Saturated Fat 60.5g

Cholesterol 0.0mg

Sugars 13.8 g

Sodium 65.7mg

Total Carbohydrate 39.0g

Dietary Fiber 20.8g

Sugars 13.8 g

Protein 8.1g

% Daily Value

105%

302%

0%

2%

13%

83%

55%

16%

### Variations:

- Use kale for the spinach, a combination of lime and orange peeled and quartered, 1 tsp. honey or agave, ½ cup coconut milk, and add in plain nonfat yogurt.

## ***Spinach Mango Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2



### ***Ingredients***

*1 cup fresh baby spinach leaves, washed*

*1 ripe mango, peeled and sliced*

*1/4-1/2 cup orange juice*

### ***Directions***

- 1. Combine all the ingredients in a vita mix or blender and beat at high speed for about 1 minute or until fully blended.*
- 2. Pour into glasses and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (214 g)

Servings Per Recipe: 2

Amount Per Serving

Calories 84.6

Calories from Fat 3

% Daily Value

25%

Amount Per Serving

% Daily Value

Total Fat 0.4g

0%

Saturated Fat 0.0g

0%

Cholesterol 0.0mg

0%

Sugars 17.9 g

Sodium 14.2mg

0%

Total Carbohydrate 21.3g

7%

Dietary Fiber 2.2g

9%

Sugars 17.9 g

71%

Protein 1.1g

2%

### Variations:

- Add up roughly chopped almonds, almond milk and a splash of orange juice.
- Use Ceylon spinach, 1 cup frozen mango chunks,  $\frac{3}{4}$  cup tropical orange juice and 1 packet splenda. Also add up crushed ice

## ***Tropical Tea Smoothie***

Prep Time: 10 mins

Total Time: 15 mins

Servings: 2-4



### ***Ingredients***

*4 bags green tea*

*1/2 cup water*

*5 ice cubes*

*3/4 cup mango, chunks*

*1 cup pineapple chunk*

*3/4 cup sliced banana*

*1 cup cold orange juice*

*1/2 cup milk or 1/2 cup soymilk*

*2 teaspoons lime juice*

*1 tablespoon honey*

### ***Directions***

- 1. Prepare the tea; Boil the water and pour 1/2 of the hot water into a cup, soak tea bags over the water for at least 4 minutes. When ready, discard tea bags and cool the*

*tea by adding up the half of the ice cubes.*

*2. Transfer the tea into the blender and add up the mangoes and all other ingredients.*

*3. Beat at high speed until frothy.*

*4. Pour into glasses and serve. Enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (277 g)		Total Fat 2.9g	4%
Servings Per Recipe: 2		Saturated Fat 1.5g	7%
Amount Per Serving	% Daily Value	Cholesterol 8.5mg	2%
Calories 293.0		Sugars 53.1 g	
Calories from Fat 26	30%	Sodium 36.9mg	1%
		Total Carbohydrate 67.7g	22%
		Dietary Fiber 3.8g	15%
		Sugars 53.1 g	212%
		Protein 4.3g	8%

**Variations:**

- *Use ½ cup pineapple chunks, ¼ tsp. ginger, 1 small apple, ¼ cup mango sorbet, 1 small banana, 1 container free yogurt, 1/2 cup brewed green tea, and honey to sweeten.*



## ***Nutri-Bomb Green Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 4



### ***Ingredients***

*3 ounces kale*

*2 ounces spinach*

*1 apple (cored)*

*2 bananas*

*1/2 ounce fresh gingerroot (grated)*

*2 tablespoons fresh basil (chopped)*

*2 garlic cloves*

*1/2 ounce fresh turmeric (grated)*

*2 tablespoons flax seeds (ground)*

*1 tablespoon hemp seeds*

*1 tablespoon chia seeds*

*2 tablespoons tomato paste*

32 ounces water

### Directions

1. Incorporate the ingredients in a blender and pulse until frothy and smooth.
2. Pour into serving glasses and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (386 g)		Total Fat 2.7g	4%
Servings Per Recipe: 4		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 129.6		Sugars 13.1 g	
Calories from Fat 24	18%	Sodium 94.0mg	3%
		Total Carbohydrate 26.5g	8%
		Dietary Fiber 5.2g	20%
		Sugars 13.1 g	52%
		Protein 3.3g	6%

### Variations:

- Use coconut milk instead of water, omit the apples and add in some mixed berries about ½ cup.

## ***Green Pumpkin Pie Smoothie***

Prep Time: 5 mins

Total Time: 6 mins

Serves: 2-3, Yield: 1.0 cup



### ***Ingredients***

*1/2 cup ice*

*1 cup packed fresh spinach*

*3/4 cup pumpkin puree*

*1/2 ripe avocado*

*1 teaspoon vanilla*

*1 teaspoon pumpkin pie spice*

*1/2 teaspoon liquid stevia, to taste*

*1 - 1 1/2 cup unsweetened dairy-free milk substitute of choice*

### ***Directions***

- 1. Incorporate the ingredients aside from the milk substitute in a vita mix or high powered blender.*
- 2. Beat at high speed until mixture is smooth.*

3. Add up the milk substitute and blend if necessary.

4. Transfer into serving glasses and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (142 g)		Total Fat 35.0g	53%
Servings Per Recipe: 2		Saturated Fat 25.5g	127%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 385.2		Sugars 4.4 g	
Calories from Fat 315	81%	Sodium 33.9mg	1%
		Total Carbohydrate 18.5g	6%
		Dietary Fiber 10.9g	43%
		Sugars 4.4 g	17%
		Protein 4.8g	9%

**Variations:**

- Add up bananas, use cinnamon instead of pumpkin pie spice, use honey to sweeten and add up plain yogurt,

## ***Pineapple Green Tea Smoothie***

Prep Time: 5 mins

Total Time: 20 mins

Serves: 1, Yield: 1 smoothie



### ***Ingredients***

*1 cup vanilla frozen yogurt*

*7 -8 ice cubes*

*1/4 cup frozen pineapple*

*2 -3 tablespoons matcha green tea powder*

*1 tablespoon vanilla extract*

*Skim milk*

### ***Directions***

- 1. Place half of the yogurt in the blender; add in ice cubes, and fruits.*
- 2. Add up green tea powder and vanilla extract. Pour in the milk and top with the rest of yogurt.*
- 3. Cover and beat at high speed until soft and frothy.*
- 4. Pour into serving glasses and serve. Enjoy!*

## NUTRITION FACTS

Serving Size: 1 (347 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 290.7

Calories from Fat 73

25%

Amount Per Serving

% Daily Value

Total Fat 8.1g

12%

Saturated Fat 4.9g

24%

Cholesterol 2.8mg

0%

Sugars 39.7 g

Sodium 129.7mg

5%

Total Carbohydrate 41.3g

13%

Dietary Fiber 0.5g

2%

Sugars 39.7 g

159%

Protein 5.9g

11%

### Variations:

- Add in some handfuls of baby spinach, and 1 pear. And use soy milk for the skim milk.

## ***Minty Green Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Serves: 2, Yield: 2 smoothies



### ***Ingredients***

*2 cups spinach, raw*

*1 cup water*

*1/2 cucumber, peeled*

*1/2 cup grapes, white*

*8 mint sprigs, fresh*

*3 -4 ice cubes*

### ***Directions***

- 1. Combine the spinach with water in a blender and process until pureed. Add up the rest of ingredients and process until soft and frothy.*
- 2. Serve and enjoy!*

## NUTRITION FACTS

Serving Size: 1 (293 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 45.7

Calories from Fat 2

11%

Amount Per Serving

% Daily Value

Total Fat 0.2g

0%

Saturated Fat 0.0g

0%

Cholesterol 0.0mg

0%

Sugars 7.5 g

Sodium 29.0mg

1%

Total Carbohydrate 11.0g

3%

Dietary Fiber 1.4g

5%

Sugars 7.5 g

30%

Protein 1.6g

3%

### Variations:

- Use baby spinach and replace water with milk.



## ***Monster Green Smoothie***

Prep Time: 2 mins

Total Time: 4 mins

Serves: 1, Yield: 1 Serving



### ***Ingredients***

*0.5 (122 ml) cans coconut milk*

*1/2 cup Greek yogurt*

*1 banana, frozen*

*2 cups raw spinach*

*1/2 cup ice*

### ***Directions***

- 1. Incorporate the ingredients in a blender and beat at high speed until frothy and smooth.*
- 2. Pour into serving glasses and serve. Enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (358 g)		Total Fat 13.8g	21%
Servings Per Recipe: 1		Saturated Fat 11.8g	59%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 240.7		Sugars 14.6 g	
Calories from Fat 124	51%	Sodium 60.1mg	2%
		Total Carbohydrate 30.8g	10%
		Dietary Fiber 4.3g	17%
		Sugars 14.6 g	58%
		Protein 4.2g	8%

#### Variations:

- *Use baby spinach and try adding some more fruits. Add up a little amount of honey to sweeten it up.*

## ***Creamy Mango Parsley Green Smoothie***

Prep Time: 3 mins

Total Time: 3 mins

Servings: 2



### ***Ingredients***

*2 cups water*

*1 hearty handful parsley*

*2 ripe mangoes*

*1 frozen banana*

### ***Directions***

- 1. Incorporate the ingredients together in the blender and beat at high speed until smooth and creamy.*
- 2. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (632 g)		Total Fat 1.4g	2%
Servings Per Recipe: 2		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 254.1		Sugars 53.1 g	
Calories from Fat 13	20%	Sodium 11.0mg	0%
		Total Carbohydrate 63.8g	21%
		Dietary Fiber 6.9g	27%
		Sugars 53.1 g	212%
		Protein 3.4g	6%

#### Variations:

- Use cold water, smooth leaf parsley, frozen mango which were not so ripe and a couple big sprinkles of mango nectar, in addition add a ready to eat refrigerated banana.
- Use milk or yogurt in place of water. Sweeten it up with honey or agave if desired.

## ***Black Forest Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Serves: 3, Yield: 2 cup servings



### ***Ingredients***

*3 cups cherry cider*

*2 tablespoons chocolate protein powder*

*2 cups ice*

*1 cup kale*

*1 apple*

### ***Directions***

- 1. Place ingredients together in a blender and beat at high speed until mixture is smooth and creamy.*
- 2. Adjust the taste and add up sweeteners if favored and then pour into serving glasses,*
- 3. Serve and enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (241 g)		Total Fat 0.2g	0%
Servings Per Recipe: 3		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 42.7		Sugars 6.3 g	
Calories from Fat 2	47%	Sodium 14.9mg	0%
		Total Carbohydrate 10.6g	3%
		Dietary Fiber 1.9g	7%
		Sugars 6.3 g	25%
		Protein 0.8g	1%

**Variations:**

- *Add some frozen cherries to the mixture, and sub spinach for the kale.*
- *Use spinach instead of kale, and use kiwi or pear for the apple. Or you can have both apple and pear.*

## ***Kale Berry Ginger Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Serves: 1, Yield: 3 cups



### ***Ingredients***

*1 cup kale, tightly packed*

*1 tablespoon lemon juice*

*6 frozen strawberries*

*2 cups water*

*1/2 inch ginger*

*1 banana*

*6 almonds*

### ***Directions***

- 1. Combine the kale with lemon juice, ginger, berries, and almonds in a vitamix. Pour in water and blend at high speed for few seconds.*
- 2. Add up bananas and reduce speed to medium, beat until fully blended and smooth.*
- 3. Pour into serving glasses and serve.*

#### 4. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (683 g)		Total Fat 5.3g	8%
Servings Per Recipe: 1		Saturated Fat 0.5g	2%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 192.5		Sugars 15.2 g	
Calories from Fat 47	24%	Sodium 73.2mg	3%
		Total Carbohydrate 36.5g	12%
		Dietary Fiber 5.3g	21%
		Sugars 15.2 g	60%
		Protein 5.3g	10%

#### Variations:

- Use almond milk or other milk instead of plain water, and use other types of berries such as raspberries, blackberries or blueberries, or you can also have mixed berries.
- Use frozen bananas and use berry flavored or plain yogurt instead of water for more flavors.



## ***Chai Fruit Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 4



### ***Ingredients***

*1 peach, cut up*

*1 apple, cut up*

*1 cup grapes, frozen*

*1 cup blueberries, frozen*

*1 1/2 cups strawberries, frozen*

*1 cup chai green tea, hot*

### ***Directions***

- 1. Pour in the hot tea in the immersion blender and add up the rest of ingredients. Beat until mixture is frothy and smooth.*
- 2. Transfer to serving glasses and serve.*
- 3. Enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (211 g)		Total Fat 0.4g	0%
Servings Per Recipe: 4		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 93.0		Sugars 17.9 g	
Calories from Fat 4	54%	Sodium 2.0mg	0%
		Total Carbohydrate 23.7g	7%
		Dietary Fiber 3.5g	14%
		Sugars 17.9 g	71%
		Protein 1.2g	2%

**Variations:**

- *Use other types of green tea such as matcha, replace strawberries with blackberries or use mixed berries instead.*

## ***Apple berry Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Serves: 1, Yield: 1 smoothie



### ***Ingredients***

*1/2 cup ice, crushed*

*1 scoop vanilla protein powder*

*1 large green apple, peeled and chopped*

*1 cup blueberries*

*6 ounces water*

### ***Directions***

- 1. Incorporate the ingredients together in the blender and pulse until mixture smooth and creamy.*
- 2. Transfer to serving glasses and serve. Enjoy!*

## NUTRITION FACTS

Serving Size: 1 (659 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 200.3

Calories from Fat 7

90%

Amount Per Serving

% Daily Value

Total Fat 0.8g

1%

Saturated Fat 0.1g

0%

Cholesterol 0.0mg

0%

Sugars 37.9 g

Sodium 8.8mg

0%

Total Carbohydrate 52.2g

17%

Dietary Fiber 8.9g

35%

Sugars 37.9 g

151%

Protein 1.6g

3%

### Variations:

- Use milk instead of plain water, and use red apples.
- Try to replace blueberries with strawberries and use plain nonfat yogurt instead of water.

## ***Cherry Smoothie***

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2



### ***Ingredients***

*1 cup organic cherries*

*2 ripe bananas*

*1 cup greens, of your choice*

*1/2 teaspoon turmeric powder*

*1/4 teaspoon cinnamon*

*1 teaspoon freshly grated ginger*

*1 tablespoon pre-soaked chia seeds*

*1 cup young Thai coconut water*

### ***Directions***

- 1. Combine all the ingredients in a blender and blend until smooth.*
- 2. Pour into serving glasses and serve. Enjoy!*

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (247 g)		Total Fat 0.6g	0%
Servings Per Recipe: 2		Saturated Fat 0.2g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 159.3		Sugars 24.3 g	
Calories from Fat 5	61%	Sodium 1.6mg	0%
		Total Carbohydrate 40.5g	13%
		Dietary Fiber 5.1g	20%
		Sugars 24.3 g	97%
		Protein 2.2g	4%

**Variations:**

- *Use flax seed meal instead of chia and use baby spinach for the greens.*

## ***Green Smoothie - for Beginner - No Pulp (Blended)***

Prep Time: 2 mins

Total Time: 4 mins

Servings: 2



### ***Ingredients***

*1 cup baby kale leaf*

*1 large peach*

*4 tablespoons plain fat-free yogurt*

*7 -8 whole almonds*

### ***Directions***

- 1. Incorporate all the ingredients in a blender and process until smooth and frothy.*
- 2. Pour into serving glasses and serve. Enjoy!*

# NUTRITION FACTS

Serving Size: 1 (156 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 92.8

Calories from Fat 23

25%

Amount Per Serving

% Daily Value

Total Fat 2.6g

4%

Saturated Fat 0.2g

1%

Cholesterol 0.6mg

0%

Sugars 9.8 g

Sodium 38.0mg

1%

Total Carbohydrate 14.9g

4%

Dietary Fiber 2.5g

10%

Sugars 9.8 g

39%

Protein 4.5g

9%

## Variations:

- Replace kale with spinach, use berry flavored yogurt for more flavors.