

HEALTHWISE SMOOTHIE RECIPE BOOK



TRY OUR SMOOTHIE RECIPES!

Sneaking leafy greens and other vitamins & nutrients into meals is nothing new. In fact, it's a pretty awesome way to get extra nutrients in your diet.

Smoothie recipes have improved by leaps and bounds since stepping into the health limelight. And while you can buy a slurp-worthy spinach smoothie, making your own is so much better (and cheaper). You can experiment with flavors, make adjustments to the taste and control the amount of sugar, protein, and anything else you'd like to monitor more closely.

To get started, try one of these smoothie recipes. Healthy, full of flavor, and ranging from simple to oh-so adventurous, they'll have you sneaking superfoods into every meal—and loving the way it tastes and makes you feel.

ENJOY!



Blueberry Muffin Breakfast Smoothie

[StyleAtHome](#)

INGREDIENTS

- 1 cup unsweetened almond milk (or dairy milk)
- 1/2 cup frozen blueberries
- 1 small frozen ripe banana, cut into chunks
- 1/4 cup quick-cooking oats
- 1 scoop vanilla protein powder*
- 1 tbsp chia or hemp seeds
- Dash cinnamon

Place all the ingredients in a high-powered blender and purée until smooth; serve immediately.

*If you don't like protein powder, use 3/4 cup vanilla-flavoured Greek yogurt instead. You may need to add a bit more milk if the smoothie is too thick.



Purple Nourish Smoothie

Michelle Docherty - Canada

INGREDIENTS

- 2 tbsp hemp hearts
- 1 tbsp chia seeds
- 1/3 cup frozen blueberries
- 1 handful spinach, fresh or frozen
- 1/2 banana
- 1/4 cup coconut yogurt (or coconut kefir, or other plain plant-based yogurt of choice)
- 1 cup water

Add all your ingredients to a blender, and blend on high until smooth and creamy.

Insanely Purple Smoothie

[lilVienna](#)

INGREDIENTS

- 1 sliced banana, frozen
- 3/4 cup (100 g) frozen pineapple chunks
- 1/3 cup (45 g) fresh or frozen blueberries
- 1/2 cup (120 ml) sweetened soy milk, or any other milk
- 1/2 cup (120 ml) cold water

Blend all ingredients in a high speed blender until smooth. Divide between two glasses and enjoy!

Stress-Busting Sleep Tonic

[MindBodyGreen](#)

INGREDIENTS

- 1 cup freshly brewed warm chamomile tea
- 1/2 to 3/4 cup tart or sweet cherries (if frozen, thaw)
- 1/8 cup almonds or 1 tablespoon almond butter
- 3 Brazil nuts
- 1 tablespoon coconut oil or ghee
- 1 scoop collagen powder
- 1/4 teaspoon cinnamon

Combine all ingredients, and blend until smooth.



HEALTHWISE
FAVORITE

Purple Power Superfood Smoothie

[FitMittenKitchen](#)

INGREDIENTS

- 1/3 cup liquid of choice (coconut water, unsweetened non-dairy milk, water)
- 1/3 cup frozen cherries
- 1/3 cup whole frozen strawberries
- 1/4 cup frozen blueberries
- 1 tsp acai powder

Optional add-ins:

protein powder
nut butter
spinach
milled flaxseed
maca powder

Add all ingredients into your blender. If using a small blender such as a NutriBullet, add your add-ins last. Blend ingredients together until smooth. Adjust liquid as necessary to desired consistency.

Blue Banana Smoothie Bowl

[Cooking Light](#)

INGREDIENTS

- 1 medium frozen banana (about 7 oz.)
- 1/2 small Fuji apple, cored and peeled (about 1 1/4 oz.)
- 1 cup ice cubes
- 1/4 cup unsweetened vanilla hemp milk
- 1 teaspoon blue spirulina powder (such as Blue Majik)
- 1/4 cup plain whole-milk yogurt, divided
- 1 white-fleshed dragon fruit, halved (about 4 1/2 oz. flesh)

Combine banana, apple, ice, hemp milk, spirulina powder, and 3 tablespoons of yogurt in a blender. Process on high until smooth, about 1 minute. Pour into a serving bowl. Using a small melon baller, scoop dragon fruit flesh into balls. Garnish smoothie with dragon fruit balls and remaining 1 tablespoon yogurt.



Bright Blue Smoothie

[Today](#)

INGREDIENTS

- 1/4 fresh or frozen banana, peeled
- 1/3 cup fresh or frozen mango chunks
- 1/4 cup frozen cauliflower florets
- 1 serving blue algae powder, such as Blue Majik
- 1 tablespoon almond butter
- 1 teaspoon fresh lemon juice
- 3/4 cup milk of choice

Optional super boosts: bee pollen, chia seeds, hemp seeds, vanilla or plain protein powder collagen peptides, reishi, ashwagandha, probiotic powder, pink Himalayan salt and/or Brazil nuts. Combine all the ingredients in a blender and blend until smooth.

Basic Blue Smoothie

[CookieAndKate](#)

INGREDIENTS

- 1 cups to 2 cups unsweetened vanilla almond milk or water
 - 1 cup frozen blueberries
 - 1 cup frozen bananas (I freeze my bananas in slices)
 - 1/4 cup almond butter
- Optional nutrition boosters:
- 1/4 cup old-fashioned oats and/or 2 tablespoons flax seed
 - 1 to 2 teaspoons maple syrup, if necessary

In a blender, combine all of the ingredients.

Blend on low until the blender gains traction, then ramp up to the highest speed as soon as possible (or if your blender has a smoothie function, that will work great). Stop to scrape down the sides or add more milk if necessary. Once the smoothie is completely smooth and creamy, taste it and blend in maple syrup if you'd like a sweeter smoothie. Divide the smoothie into 2 glasses. Serve immediately!





Spicy Green Smoothie

[MindBodyGreen](#)

INGREDIENTS

- 1/4 cup water
- 1/2 celery stalk, chopped
- 1/2 cucumber, sliced
- 1/4 avocado, pitted and peeled
- kale leaves, stems and ribs removed and discarded
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lemon juice
- 1/4 jalapeño, with seeds

In a blender, combine water, celery, cucumber, avocado, kale, cilantro, lemon juice, and jalapeño and blend until the mixture is smooth. Serve in a tall glass. Serves 1.

Classic Green Smoothie

[ForkInTheRoad](#)

INGREDIENTS

- 1 cup (250 mL) almond milk or other non-dairy milk
- 1 cup destemmed kale leaves or baby spinach
- 1 large ripe frozen banana, chopped into chunks
- 1 tablespoon (15 mL) almond butter or peanut butter
- 1 tablespoon chia seeds or ground flaxseed
- Pinch of ground cinnamon
- 1 scoop of your favourite protein powder (optional)
- 2 to 3 ice cubes

Add all ingredients into a high-speed blender and blend until smooth.

Green Smoothie

[FitFoodieFinds](#)

INGREDIENTS

- 1 medium frozen avocado
- 1 cup packed spinach
- 1 cup sliced frozen banana
- 1 tablespoon ground flax
- 1/4 cup frozen cauliflower florets
- 3 pitted Medjool dates
- 1.25 cups unsweetened almond milk (or more, to taste)

Place all ingredients for your green smoothie into a blender or Vitamix and blend until smooth.

Pear Ginger Citrus Smoothie

[MindBodyGreen](#)

INGREDIENTS

- 1 small avocado (or 1/2 large avocado)
- 2 oranges, peeled and segmented, with seeds removed
- 1 Anjou, Bosc, or Asian pear, cut into wedges, with core and stem removed
- 2 kale leaves, roughly chopped
- 2 romaine lettuce leaves, roughly chopped

- 1/2 cup Creamy Vanilla Cashew Milk, or any vanilla-flavored nondairy milk
- 1/4 cup raw cashews, preferably soaked for 2 to 4 hours, drained, and rinsed
- 1-inch piece ginger, peeled (minced if not using a high-speed blender)
- 1 tablespoon fresh lemon juice 1 teaspoon apple cider vinegar
- 1/2 cup filtered water, plus more as needed
- 1 cup ice cubes

Scoop the avocado flesh into a blender and add the oranges, pear, kale, lettuce, milk, cashews, ginger, lemon juice, vinegar, and water.

Blend until smooth, about 1 minute in a high-speed blender or 2 minutes in a regular blender.

Add the ice cubes to the smoothie and blend briefly again. If the smoothie is too thick, add a bit more water and blend for a few seconds more, until it's your desired consistency. Pour into glasses and serve.

Serves 2-3.

Pineapple and Grapefruit Anti-Inflammatory Green Smoothie

[MindBodyGreen](#)

INGREDIENTS

- Half a grapefruit (frozen)
- Small handful of pineapple (frozen with no sugar added)
- Large handful of fresh spinach
- Small piece of peeled fresh ginger root (about the size of a thumbnail)
- Small piece of peeled fresh turmeric root (about the size of a thumbnail)
- A pinch of cilantro
- 1 stalk of celery
- 1 scoop of vanilla protein powder
- Water or cold-brewed green tea

Blend until smooth and enjoy! Serves 1.



Mellow Yellow Superfood Smoothie

[ForkInTheRoad](#)

INGREDIENTS

- 1 banana
- 1/2 medium mango, cubed
- 1/2 cup pineapple, cubed
- 1 teaspoon turmeric
- 1/2 cup plant-based milk
- 1-2 ice cubes, depending on desired consistency
- 1 teaspoon bee pollen
- Optional: juice of 1/2 grapefruit, if you like sour citrus

Combine ingredients in blender: Combine the banana, mango, pineapple, turmeric, and ice cubes. Add plant-based milk of choice to about half of where the fruit fills the blender. You can always add more milk later if the smoothie is too thick, so we suggest starting small and adding more as you go.

Blend, pour, and add toppings: When the smoothie ingredients and milk are added to the blender, blend on high until they are completely blended and smooth (about 30 seconds, depending on your blender). Pour the smoothie into a glass and top with bee pollen or other toppings, and enjoy!



Tropical Yellow Smoothie

[HealthyMealPlans](#)

INGREDIENTS

- 1/2 cup pineapple juice
- 1/2 cup greek yogurt
- 1/2 cup frozen pineapple, diced
- 1/2 cup frozen mango, diced
- 1 ripe banana
- 1/2 tsp grated fresh ginger

Add all of the ingredients into a blender and blend until smooth. Enjoy immediately.

Serves 2.

Pineapple Smoothie

[GimmeSomeOven](#)

INGREDIENTS

- 2 cups fresh pineapple, cut into large pieces
- 1 banana
- 1/2 cup coconut milk
(I used "light" coconut milk)
- 1/2 cup ice

Combine all ingredients in a blender and mix until smooth and well-combined.



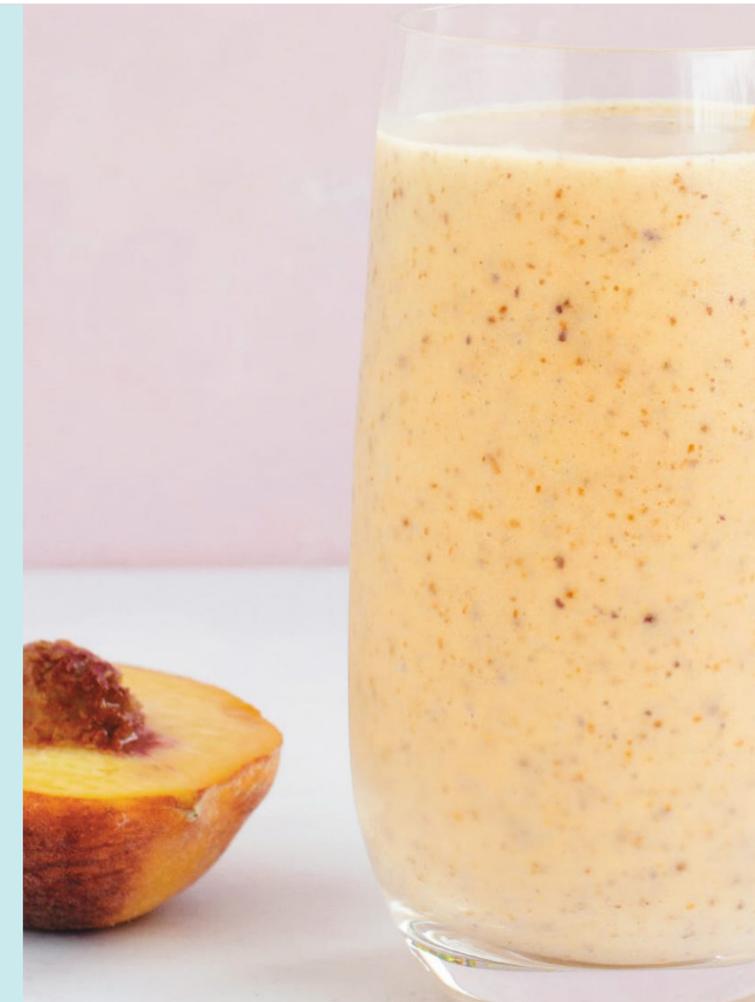
Ginger Peach Smoothie

[MindBodyGreen](#)

INGREDIENTS

- 1 1/2 cups frozen sliced peaches
- 2 pitted dates, chopped
- 1 cup unsweetened almond milk
- 1/2 cup plain yogurt
- 1 teaspoon flaxseeds
- 1/2 ripe banana, sliced
- 1/2 teaspoon finely chopped fresh ginger
- 1 tablespoon honey
- Pinch of kosher salt

Combine the peaches, dates, almond milk, yogurt, flaxseeds, banana, ginger, honey, and salt in a blender, and process until smooth.





Immunity Boosting Orange Smoothie

Belly Feel-Good Smoothie

[MindBodyGreen](#)

INGREDIENTS

- 2 cups diced fresh pineapple
- 2 cups peeled and diced fresh papaya
- 1 medium ripe banana
- 1 1/2 cups coconut water
- 1 tablespoon fresh lime juice
- 1/2 teaspoon peeled and minced fresh ginger
- 1 teaspoon aloe juice
- Pinch of sea salt

Combine all the ingredients in a blender. Starting on low speed, slowly increase the speed to high and blend the ingredients together until smooth, around 45 seconds. Serve

5-Ingredient Fresh Orange Smoothie

[GimmeSomeOven](#)

INGREDIENTS

- 4 fresh oranges, peeled
- 2 cups ice
- 1/3 cup milk (your preference – regular, soy, coconut, etc.)
- 1-2 tablespoons honey (or agave or your desired sweetener), if needed
- 1 teaspoon vanilla extract

Combine all ingredients in a blender, and blend until smooth. Add more ice if you would like.

HEALTHWISE

Immunity Boosting Orange Smoothie

[KristinesKitchenBlog](#)

INGREDIENTS

- 1 large orange (peeled)
- 1/2 medium banana
- 1 cup frozen mango pieces
- 1/2 cup almond milk
- 1/4 teaspoon vanilla extractn

Place all ingredients in a blender and blend until smooth. Serve immediately.

“Stress Buster” Orange Smoothie

[SimplyHealthyKitchen](#)

INGREDIENTS

- 2 ripe bananas peeled and cut into 1 inch pieces (frozen for at least 2 hours)
- 1 cup orange juice
- 1 orange peeled and cut up into chunks
- 3/4 cup almond milk or low-fat milk
- 1 tsp vanilla extract
- 1 carrot peeled and cut up into 1 inch pieces
- Ice if you are not using frozen bananas you will want to add a few cubes of ice

Combine all ingredients in a blender and blend to combine. (If your blender has a smoothie/frozen drinks setting use that)

HEALTHWISE
FAVORITE

Dreamy Orange Smoothie

[WholeFully](#)

INGREDIENTS

- 1 frozen banana
- 1 orange, peeled or 2 clementines, peeled
- 1/2 cup plain Greek yogurt
- 1/2 teaspoon vanilla extract
- 1 cup unsweetened milk (nut, soy, animal)
- Honey or maple syrup, to taste

Combine all ingredients except the maple syrup/ honey in a blender and blend until smooth. Sweeten to taste.



Fruity Red Smoothie

[TasteOfHome](#)

INGREDIENTS

- 1/2 to 3/4 cup cranberry juice
- 1 cup strawberry yogurt
- 1-1/2 cups frozen unsweetened strawberries
- 1 cup frozen unsweetened raspberries
- 1 to 1-1/2 teaspoons sugar or sweetener of choice

In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses; serve immediately.

Red Vitality Superfood Smoothie

[CotterCrunch](#)

INGREDIENTS

- 1/2 c to 1 cup chopped purple cabbage
- 1 small mango (peeled, core removed)
- 1 small banana
- 2/3 cup cooked beets (about 1 medium beet or 2 small). Raw beets work too but not as smooth in recipe.
- 10-14 ounces Unsweetened Almond coconut milk (use less for thicker shakes)
- 2 tbsp Chia seed
- 2-3 tsp fresh ginger or 1/4 tsp ground
- 3 tbsp Maple syrup

Chop cabbage and place in blender.

Next peel your mango and slice. Peel and cook your beets or use precooked. Place cooked beets, banana, and mango in blender with cabbage.

Add 8 ounces of your almond coconut milk. Blend until mixed. If you are using raw beets, the texture won't be as smooth so you might have to blend longer. Add the rest of your ingredients and remaining milk and blend until smooth.

If smoothies are too thick, add more milk. If you want thicker smoothies, only use 10 ounces milk. Pour into cups, serve and enjoy!

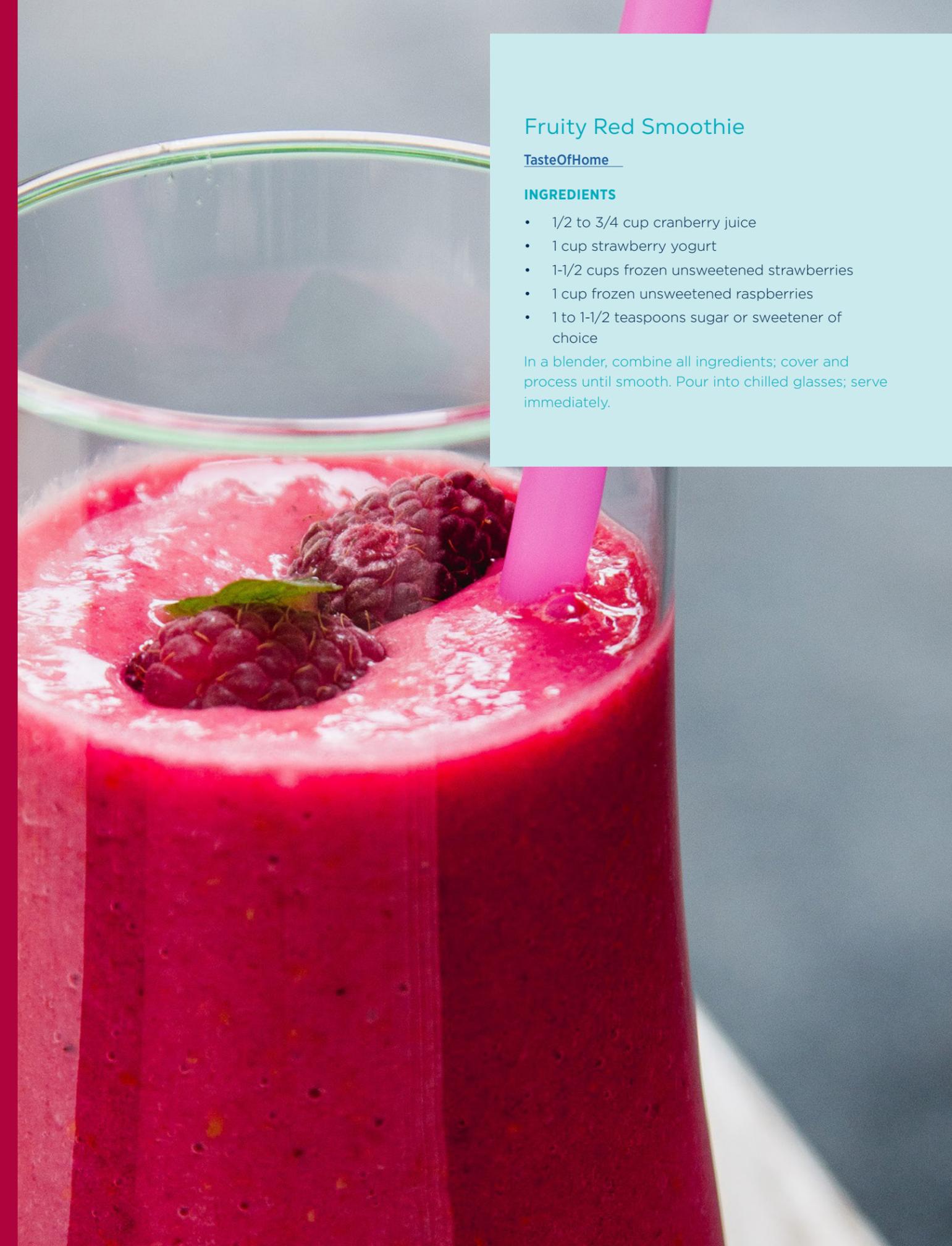
Red Berry Smoothie

[EatingWell](#)

INGREDIENTS

- 1 (6 ounce) container fat-free strawberry yogurt
- 1 cup fat-free milk
- 1 1/2 cups fresh sliced strawberries
- 1/2 cup fresh red raspberries
- 1 cup small ice cubes or crushed ice

In a blender, combine yogurt, milk, and fruit. Cover and blend until smooth. Add ice; cover and blend until almost smooth.





BEGINNER'S LUCK GREEN SMOOTHIE

INGREDIENTS

- + 1 cup spinach (fresh)
- + 1 cup water
- + 1/2 cup pineapple*
- + 1/2 cup mango*
- + 1 banana (peeled)

DIRECTIONS

1. Tightly pack spinach in a measuring cup.
2. Add spinach to blender with water. Blend together until all chunks are gone. (Should resemble green water when blended well).
3. Add pineapple, mango and banana to blender. I like to use frozen pineapple and mangos to chill the smoothie down and save time cutting and prepping. It's a win-win!
4. Blend all together until smooth and creamy. Depending on your blender, this could take as little as 30 seconds or as long as 2 minutes.
5. Pour into a glass and serve immediately.
6. You can also store the smoothie in the fridge with a lid until ready to drink.

<https://simplegreensmoothies.com/beginners-luck-green-smoothie>



The Beginner's Luck Green Smoothie is a great beginner friendly green smoothie recipe. It's full of iron, potassium and vitamins galore— AND tastes like a tropical treat from all the island fruit. Not a fan of bananas? Swap it for 1/4 avocado or add another 1/2 cup mango to the recipe.



STRAWBERRY POMEGRANATE GREEN SMOOTHIE

INGREDIENTS

Pink layer:

- + 1 frozen banana
- + 1 cup frozen strawberries (or fresh!)
- + 1/2 cup coconut water (from a can of coconut milk, cream skimmed)

Green layer:

- + 1 cup fresh spinach
- + 1/2 frozen banana
- + 1/4 cup pomegranate arils
- + 1/4 cup coconut water (from a can of coconut milk, cream skimmed)

DIRECTIONS

1. Blend each layer separately
2. Layer in your favourite glass

<http://www.3boysunprocessed.com/strawberry-pomegranate-green-smoothie/>



GREEN SMOOTHIE BOWL WITH MANGO + HEMP SEEDS

INGREDIENTS

- + 1 banana
- + 1/2 cup mango, diced
- + 2 cups baby spinach
- + 2 tablespoons hemp seeds
- + 1/2 cup unsweetened almond milk
- + 1/8 teaspoon pink Himalayan salt

Topping options:

- | | |
|---------------------------|--------------------|
| + fresh fruit | + shredded coconut |
| + hemp seeds | + bee pollen |
| + chia seeds | + buckwheat groats |
| + honey | + goji berries |
| + sprouts or micro-greens | |

DIRECTIONS

1. Combine all of the ingredients in a blender and process until totally smooth.
2. Pour the smoothie into a bowl and layer on whatever toppings you desire.
3. Here I used sliced mango, a drizzle of honey, hemp seeds and kale sprouts.

<http://withfoodandlove.com/banana-mango-green-smoothie-bowls-with-hemp-seeds-sprouts-vegan/>



HEALING CRANBERRY CLEANSER

INGREDIENTS

- + 2 cups fresh kale
- + 1 cup water
- + 1 cup cranberries
- + 2 oranges (peeled)
- + 2 bananas

DIRECTIONS

1. Blend kale and water until smooth.
2. Next add the remaining fruits and blend again.

NOTES

* Use at least one frozen fruit to make the green smoothie cold.

TIP: Keep as much of the orange pith (the white part) on to add nutritional benefits. Because of the cranberries, your smoothie may turn out more "purple-ish."

<https://simplegreensmoothies.com/recipes/green-smoothies/healing-cranberry-cleanser>



Cranberries are an antioxidant powerhouse, so get them fresh during the fall and winter. By drinking this green smoothie, your body will experience the immediate effects of natural energy. Get your healthy dose of vitamin C and fiber in this healing green smoothie!



TROPICAL GREEN SMOOTHIE (VEGAN, GLUTEN-FREE)

INGREDIENTS

- + 1 to 2 cups frozen spinach
- + 1 cup frozen pineapple chunks
- + 1 cup frozen mango chunks
- + 1 medium ripe banana, peeled (previously frozen in chunks is ideal)
- + 1 cup strawberries, blueberries, raspberries, or a favorite berry, optional
- + 1 cup milk (cow's, almond, soy, coconut, kefir, horchata)
- + 1 teaspoon+ vanilla extract
- + sweetener, to taste (sugar, agave, stevia, honey, maple syrup, Medjool dates)

DIRECTIONS

1. All ingredients and amounts are to taste. Use seasonal fruits or vary the quantities of fruits, to taste. I use frozen fruit and prefer it to fresh because it keeps the smoothie cold, without adding ice which waters it down. Frozen is cheaper and I can buy in bulk and keep in the freezer and use when needed.
2. Place all ingredients in the canister of a Vita-Mix or blender and blend until smooth and creamy. Serve immediately. Pour extra portions into freezer-safe cups and freeze for up to 1 month, thawing before serving (or microwaving for about 30 secs)
3. Optionally, consider adding a scoop of protein powder, dollop of yogurt for extra protein; add fat for staying power such as coconut oil, coconut butter, peanut butter, almond/cashew/sunflower seed/Cookie Butter. Blend with juice to increase the amount of Vitamin C. Add coconut flakes, nuts, seeds, dried fruits, or your favorite smoothie add-ins to either the blender canister before blending or garnish smoothie with them after blending.

<https://www.averiecooks.com/tropical-green-smoothie/>



SNICKERDOODLE GREEN SMOOTHIE

INGREDIENTS

- + 1 handful spinach
- + 1 frozen banana
- + 1/2 small avocado
- + 1/4 cup unsweetened almond milk
- + 1/2 tsp vanilla
- + 1/4 tsp cinnamon

DIRECTIONS

1. Blend blend blend until creamy and smooth!

Note: If you don't have a high powered blender, you can use 1/2 cup of almond milk!

<https://rabbitfoodformybunnyteeth.com/snickerdoodle-green-smoothie/>



GREEN WARRIOR PROTEIN SMOOTHIE

INGREDIENTS

- + 1/2 cup (125 mL) fresh red grapefruit juice*
- + 1 cup (25 g) destemmed lacinato kale or baby spinach**
- + 1 large sweet apple (200 g), cored and roughly chopped
- + 1 cup (130 g) chopped cucumber
- + 1 medium/large stalk celery (85 g), chopped (about 3/4 cup)
- + 3 tablespoons (30 g) hemp hearts, or to taste
- + 1/3 cup (55 g) frozen mango
- + 2 tablespoons (4 g) packed fresh mint leaves
- + 1 1/2 teaspoons virgin coconut oil (optional)
- + 4 ice cubes, or as needed

DIRECTIONS

1. Juice a red grapefruit and add 1/2 cup grapefruit juice to the blender.
2. Now add the kale (or spinach), apple, cucumber, celery, hemp, mango, mint, coconut oil (if using), and ice. Blend on high until super smooth. (If using a Vitamix, use the tamper stick to push it down until it blends). You can add a bit of water if necessary to get it blending.
3. Pour into a glass and enjoy immediately! This makes enough for a large glass with some leftover so you can also divide it into two servings and save one for later.

VEGAN, GLUTEN-FREE, GRAIN-FREE,
NO BAKE/RAW, NUT-FREE, REFINED
SUGAR-FREE, SOY-FREE.

Talk about a super charged meal in a glass! I use hemp hearts as the major protein source for this drink. In addition to being a complete protein source, hemp hearts also contain the ideal balance of omega 3-6-9 fatty acids and are high in fibre. They work wonderfully to make this smoothie super creamy, all without needing any banana. This smoothie also highlights one of my biggest cravings - the juicy red grapefruit - which is balanced with a sweet apple and buttery mango. If you prefer a sweeter smoothie, feel free to swap the grapefruit juice for coconut water or orange juice, or add a touch of liquid sweetener.

- Angela Liddon, Oh She Glows



VEGAN MANGO-COCONUT GREEN SMOOTHIE

INGREDIENTS

- + 1 cup fresh washed spinach leaves, packed (I generally use packaged, pre-washed baby spinach)
- + 1 cup fresh or frozen mango cubes
- + 1/2 medium banana
- + 3/4 cup light canned coconut milk (can substitute almond milk, but the end result might not be as creamy and won't taste coconutty)
- + 1/2 cup orange juice
- + 1/2 cup ice cubes

Optional Additions:

- + 1 tablespoon coconut butter (this adds a bit more coconut flavor plus fiber and a little protein)
- + 1 tablespoon ground flaxseeds (these add some more fiber plus omega-3 fatty acids and a little protein)
- + Chopped mango or coconut for topping

DIRECTIONS

1. Place all ingredients in a blender and puree until smooth. Pour into glasses, add toppings if desired, and serve with a straw.

<https://www.kitchentreaty.com/vegan-mango-coconut-green-smoothie/>



LEPRECHAUN PROTEIN SMOOTHIE

INGREDIENTS

- + 1/2 average avocado (100 g / 3.5 oz)
- + 1/4 cup coconut milk, organic (or full-fat cream)
- + 1/4 cup fresh baby spinach
- + fresh mint or mint extract to taste
- + 1/4 cup vanilla or plain whey protein or egg white protein powder
- + 2 tbsp pistachio nuts (unsalted) (20 g / 0.7 oz)
- + 1 vanilla bean (or 1/2 - 1 tsp vanilla extract)
- + 3-6 drops liquid Stevia extract or other healthy sweetener (maple syrup, honey)
- + 1/2 water
- + ice cubes (if needed)

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

DIRECTIONS

1. Add all ingredients to blender. Mix until smooth.

<https://ketodietapp.com/Blog/lchf/Amazing-Recipes-for-St-Patricks-Day-Part-2>



With its light coconut milk base – no dairy here – this vegan green smoothie is utterly creamy and coconutty. Mango gives it a tropical vibe that makes it taste like a day at the beach.



BLUEBERRY & PEANUT BUTTER GREEN SMOOTHIE

INGREDIENTS

- + 1 ripe banana
- + 1 1/2 cups fresh spinach
- + 1 cup frozen blueberries
- + 1/4 cup yogurt
(I used vanilla, plain or blueberry would work too)
- + splash of milk
- + 1/2 tablespoon creamy peanut butter
- + 1 tablespoon chia seeds

DIRECTIONS

1. Blend all ingredients in blender until smooth. Add more blueberries if you want your smoothie a little thicker. Once smooth, add chia seeds and pulse several times. Enjoy!

<http://amandakbythebay.blogspot.com/2013/06/blueberry-peanut-butter-green-smoothie.html>



MY FAVOURITE GREEN SMOOTHIE

INGREDIENTS

- + 1 medium banana, previously peeled, frozen and quartered
- + 1/2 cup mixed frozen berries
- + 1 Tbsp flaxseed meal
- + 1 heaping Tbsp natural, salted peanut butter
- + 1/2 - 3/4 cup unsweetened vanilla almond milk
- + 2 cups fresh spinach

DIRECTIONS

1. Place all ingredients in a blender and blend until creamy, adding more almond milk or frozen berries (or bananas) to thin/thicken, respectively. Serve immediately or freeze to enjoy later. Although it is best when fresh.

<https://minimalistbaker.com/my-favorite-green-smoothie/>



A creamy, sweet vegan green smoothie with banana, peanut butter, spinach, flaxseed, berries, and almond milk. The perfect healthy breakfast or afternoon snack.



SPINACH SMOOTHIE WITH AVOCADO AND APPLE

INGREDIENTS

- + 1 1/2 cups apple juice
- + 2 cups stemmed and chopped spinach or kale
- + 1 apple—unpeeled, cored, and chopped
- + 1/2 avocado, chopped

DIRECTIONS

1. Combine the apple juice, spinach, apple, and avocado in a blender and puree until smooth, about 1 minute, adding water to reach the desired consistency

<https://www.realsimple.com/food-recipes/browse-all-recipes/spinach-smoothie-recipe>



KALE SMOOTHIE WITH PINEAPPLE AND BANANA

INGREDIENTS

- + 1/2 cup coconut milk
- + 2 cups stemmed and chopped kale or spinach
- + 1 1/2 cups chopped pineapple (about 1/4 medium pineapple)
- + 1 ripe banana, chopped

DIRECTIONS

1. Combine the coconut milk, 1/2 cup water, the kale, pineapple, and banana in a blender and puree until smooth, about 1 minute, adding more water to reach the desired consistency

<https://www.realsimple.com/food-recipes/browse-all-recipes/kale-smoothie-recipe>



SPINACH, GRAPE, AND COCONUT SMOOTHIE

INGREDIENTS

- + 1 cup seedless green grapes
- + 1 cup packed baby spinach
- + 1/2 cup ice
- + 1/4 cup coconut milk

DIRECTIONS

1. Add all ingredients to blender. Mix until smooth.

<https://www.realsimple.com/food-recipes/browse-all-recipes/spinach-grape-and-coconut-smoothie>



MATCHA PEAR GREEN PROTEIN SMOOTHIE RECIPE

INGREDIENTS

- + 1 scoop Vanilla protein powder
- + 1 cup unsweetened almond milk
- + 1 cup spinach
- + 1 pear, cored
- + 1/2 teaspoon of matcha tea powder

DIRECTIONS

1. Add all ingredients to blender. Mix until smooth.

<http://dailyburn.com/life/recipes/matcha-pear-green-protein-smoothie-recipe/>



SPINACH ORANGE GREEN SMOOTHIE

INGREDIENTS

- + 1 navel orange, peeled
- + 1/2 banana, peeled
- + 1 cup tightly packed organic spinach
- + 1/4 cup coconut water, adjusted as desired
- + 1 tablespoon hemp seeds, optional
- + Ice

DIRECTIONS

1. Add all ingredients to a blender with a few ice cubes and blend on high to combine.
2. Add more coconut water as desired to reach desired consistency for smoothie.
3. Pour into a glass and enjoy!

<https://savvysassymoms.com/spinach-orange-smoothie/>



DETOX SMOOTHIE

INGREDIENTS

- + 1 cup green tea, chilled
- + 1 cup loosely packed cilantro
- + 1 cup loosely packed organic baby kale (or another baby green)
- + 1 cup cucumber
- + 1 cup pineapple
- + juice of 1 lemon
- + 1 tablespoon fresh ginger, grated
- + 1/2 avocado

DIRECTIONS

1. Add all ingredients to blender. Mix until smooth.

<https://helloglow.co/spring-detox-green-smoothie/>



A healthy smoothie full of naturally detoxifying veggies and fruit to help you feel great.



A GREEN START

INGREDIENTS

- + 1/2 banana
- + 3/4 cup milk
- + 2 big handfuls spinach
- + 1/4 cup raw rolled oats
- + 1/2 scoop chocolate protein powder
- + 1 tbsp flax
- + Healthy Granola topping

DIRECTIONS

1. Add all ingredients to blender. Mix until smooth.

<https://www.katheats.com/a-green-start>



SWEET HONEYDEW MINT SMOOTHIE

INGREDIENTS

- + 1/2 honeydew melon, cut into chunks (about 4 cups, or 1 1/2 lbs)
- + 1/2 cup light coconut milk
- + 1-2 leaves fresh mint (plus more for garnish)
- + 1/2-1 tsp. fresh lime juice (or to taste)
- + 1 cup ice
- + Drizzle of honey or coconut nectar, to taste (optional, depending on how sweet your melon is)

DIRECTIONS

1. Cut your melon in half, remove the seeds, and slice away the outer rind. Cut the melon into chunks, and add to your blender along with the coconut milk, mint, lime, and ice. Blend until smooth. Taste, and adjust sweetness with honey or coconut nectar. Serve with a garnish of mint, or fresh melon slices.
2. Recipe notes: this smoothie is best made with cold ingredients. I suggest chilling your melon and coconut milk in the fridge before blending.

<http://www.willcookforfriends.com/2013/07/sweet-honeydew-mint-smoothie-the-other-green-drink.html>



PEACHY GREEN PROTEIN SMOOTHIE

INGREDIENTS

- + 2 scoops vanilla protein powder
- + 1 cup unsweetened almond milk
- + 1 cup frozen peaches
- + 1/2 cup frozen pineapple
- + 1/2 banana
- + 2 cups kale
- + 1 tablespoon ground flaxseed

DIRECTIONS

1. Add all ingredients to blender. Mix until smooth.

<http://dailyburn.com/life/recipes/peachy-green-protein-smoothie/>



HAPPY GREEN MONSTER SMOOTHIE

Yield: serves 2

INGREDIENTS

- + 1 cup coconut water
- + 1/3 cup coconut milk
- + 1 Tablespoon agave syrup
- + juice of half a lime
- + 1 pear, peeled and cored
- + 2 handfuls spinach
- + 2 handfuls kale

DIRECTIONS

1. Pour coconut water, coconut milk, and agave syrup into blender jar. Squeeze in juice of half a lime. Add pear, spinach and kale. Cover blender with lid and hit auto smoothie button.
2. Remove blender jar from machine and open spout. Pour into 2 glasses. Serve immediately. Otherwise, place in refrigerator for up to 24 hours.

<https://www.thelittlepicurean.com/2013/11/blender-giveaway-and-two-amazing-smoothies.html>



APPLE-KALE GREEN SMOOTHIE

INGREDIENTS

- + 1 packet (2 scoops) Vanilla protein powder
- + 1 cup unsweetened almond milk
- + 1 cup raw chopped kale
- + 1 mini cucumber, chopped
- + 1 small green apple, cored and chopped
- + 1 teaspoon lemon juice

DIRECTIONS

1. Combine all ingredients in a blender and mix until smooth.

<http://dailyburn.com/life/recipes/apple-kale-green-smoothie-recipe/>



SMOOTHIES ARE A GREAT WAY TO PACK NUTRIENTS INTO ONE DELICIOUS DRINK.

but they're also usually full of fruit that can add a lot of sugar into your daily diet. This green smoothie recipe uses only one small Granny Smith, which contains less sugar than other varieties. Detoxifying cucumber, fibrous kale and a plant-based protein powder round it out into a fully nutritious and refreshing drink that can stand in for any meal.

HEALTH --- WISE