

## **Smoothies**

- 2 large handfuls of kale
- 1 cup of strawberries
- 1-½ cups of coconut water
- 2 tablespoons of chia seeds

Benefits: anti-inflammatory, antioxidants, vitamin (A, C, K), chlorophyll, omega-3s, potassium and alkalizing properties

- 2 large handfuls of broccoli
- 1 banana
- 1 apple
- 1-½ cups of alkaline water

Benefits: anti-inflammatory, antioxidants, vitamin (A, C), chlorophyll, potassium and alkalizing properties

- 1 orange
- 1 cup of pineapple
- 1 cup of spinach
- 1-½ cups of home brewed green tea

Benefits: anti-inflammatory, antioxidants, vitamin (A, C), calcium, folic acid, iron and alkalizing properties

- 1 cup of papaya
- 1 cup of strawberries
- 1 banana
- 1-½ cups of coconut milk
- 1 pinch of bee pollen

Benefits: anti-inflammatory, antioxidants, vitamin (B, C), folate, lauric acid, potassium and alkalizing properties

- 1 cup of blueberries
- ½ cup of almond yogurt
- 1 cup of almond milk
- 2 tablespoons of chia seeds

Benefits: anti-inflammatory, antioxidants, vitamin (B, C), omega-3s and alkalizing properties

## **Simply Strawberry-Banana Green Smoothie**

- 6-8 ounces water
- 1 large banana, peeled
- 4-5 large strawberries, fresh or frozen
- 2 cups (or small handfuls) of fresh baby spinach
- 1 or 2 ice cubes (optional)

Once all of your green smoothie ingredients are in your blender pitcher, put the lid on and blend on high for 30-60 seconds, or until your smoothie is creamy and there are no chunks.

## **Blueberry-Cinnamon Green Smoothie**

- 6-8 ounces unsweetened almond milk
- 1 banana, peeled
- 1/2 cup blueberries (fresh or frozen)
- 1/2 teaspoon cinnamon
- 2 cups (or small handfuls) of fresh baby spinach
- 1 or 2 ice cubes (optional)

You can modify the above recipe by replacing either the banana or blueberries with one pear (core removed).

Now lets go banana-free with this tropical-ginger blend:

### **Pineapple-Mango Green Smoothie**

- 6-8 ounces unsweetened almond milk (how to make your own)
- 1 cup pineapple, cubed
- 1/2 mango, peeled and pitted
- 1/4 teaspoon fresh ginger, grated (or use 1 thin slice)
- 2 cups (or small handfuls) of fresh baby spinach (Feeling adventurous? Try baby kale instead.)
- 1 or 2 ice cubes (optional)

There are hundreds more green smoothie recipes where these came from!

### **Coconut Apple Green Smoothie Recipe**

8 ounces coconut water (or use unsweetened coconut milk\* or almond milk)

1 large Fuji apple, cored

1 pear, cored

1 tablespoon shredded or shaved coconut (unsweetened)

1 scoop plant-based protein powder (I use NutriBiotic rice protein)

2 large handfuls of fresh baby spinach

\* Use boxed coconut milk beverage, not canned coconut milk.

Start by adding the liquid to your blender (see my blender recommendations), followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

Suggested Recipe Alterations:

Use 2 apples or 2 pears instead of one of each.

Use the meat and water from a young, Thai coconut instead of the coconut water or coconut milk.

Use 1 tablespoon of ground flaxseed or chia seeds (soaked in water for five minutes) in place of shredded coconut.

Try kale or dandelion greens to dramatically boost mineral content (more calcium and iron, especially).

Chocolify this blend with 1/2 tablespoon of raw cacao powder (add more to taste).

Add 1/4 cup goji berries, use almond milk, and toss in a banana or 1/4 avocado to boost calories if your metabolism requires more calories for a meal.

Nutrition Information (with recipe as written above)

Calories: 348 | Fat: 4 grams | Protein: 15 grams | Carbohydrates: 68 grams | Calcium:

10% daily value (DV) | Iron: 4.3mg | Vitamin A: 247% DV | Vitamin C: 182% DV

Serving Size: One.

### **Alternate Apple-Coconut Smoothie Recipe with Ginger & Chia Seeds**

**Apple Coconut Smoothie** This apple-coconut smoothie recipe with ginger and chia seeds has a wonderful, fall spiciness to it. It's delicious and reminded me a bit of a breakfast cereal I haven't had since I was a kid – Apple Jacks. It's great for weight loss as it has 50% of your recommended daily allowance of fiber and only 274 calories.

This smoothie is an especially good source of vitamin A (as beta-carotene). I blend my carrots rather than juice them because I want the healthy fiber. The fiber helps slow the absorption of sugar to help maintain even blood sugar during digestion. Dietary fiber also promotes colon health and may help reduce the risk of colon cancer.

Because of the fiber in the apples and carrots, this smoothie has a slight “apple sauce” texture. If you juice your carrots, the consistency will be thinner, but also sweeter, and much lower in fiber.

Ingredients:

8 ounces unsweetened coconut milk \*

1 large red delicious apple, cored

2 medium carrots

1/2 inch of fresh ginger root, peeled and grated

2 teaspoons chia seeds, soaked for 15 minutes

\* If you prefer, you can use a green or young Thai coconut instead of coconut milk.

Simply add the meat and 8 ounces of coconut water along with the other ingredients.

Nutrition Information: Calories: 274 | Fat: 8g | Protein: 3g | Carbohydrates: 48g | Fiber: 12.4g (50% RDA) | Calcium: 41% RDA (Recommended Daily Allowance) | Iron: 0.6mg | Vitamin A: 900% RDA | Vitamin C: 23% RDA

This smoothie is also a rich source of vitamin K, copper, manganese, phosphorus and potassium.

Serving Size: One.

(NOTE: Nutritional information is going to vary based on the type of coconut milk you use. The nutritional value is based on 1 cup of unsweetened, coconut milk (the kind sold as a beverage, not the canned stuff for cooking) – at 60 calories.)