

Smoothie Information & Recipes

Pumpkin Pie Smoothie

- 2 cups spinach, packed
- 2 cups rice milk or almond milk
- 1 cup fresh pumpkin (or one 15 oz. can of pumpkin)
- ½ tbsp. cinnamon
- 1 tsp. nutmeg
- ½ tbsp. vanilla extract
- Dash of all spice
- Blend

Green Pineapple Smoothie

- 1 cup pineapple, chopped (or one 10 oz. pkg frozen)
- ½ cup fresh or frozen mango
- 2 cups spinach
- 1 cup coconut water
- ½ tbsp. ginger
- Blend

Green Peaches and Cream Smoothie

- 2 Cups spinach, packed
- 1 ½ Cups fresh or frozen peaches
- 2-3 medjool dates, stoned and soaked for 5-10 minutes
- 2 Cups coconut milk beverage (from the carton, not the can)
- ½ Tbsp vanilla extract
- Blend

Green Apple Smoothie

- 1 green apple, cored and chopped
- 2 cups spinach, packed
- 1 tsp. ginger, minced
- 1 cup coconut water
- 1 tsp. cinnamon
- Water (adjust to desired consistency)
- Blend

Lemon-Kale Love Your Liver *(Tart and spicy!)*

- 1 banana
- 1/2 lemon (peeled and seeded)
- 1/2 lime (peeled and seeded)
- 1 orange (peeled and seeded)
- 2 large handfuls spinach
- 2 large handfuls kale
- 1 cup water
- 1 inch fresh ginger, peeled (or 1/4 tsp. dried ginger)
- Blend

Tropical Twist *(Refreshing and nutritious)*

- 6 romaine lettuce leaves
- 1 handful kale or spinach
- 1 handful parsley
- 3/4 cup pineapple (fresh or frozen)
- 3/4 cup mango (fresh or frozen)
- 1 inch fresh ginger, peeled
- 2 cups of water
- Blend

Ain't Your Grandma's Apple Pie

(A new twist on an old favorite)

- 2 apples, cores removed
- 2 handfuls kale, spinach or other greens
- 1/4 Cup raisins
- 1/8 cup almonds (about 6 to 8 almonds)
- 1 tsp hemp seeds or chia seeds
- 1 tsp cinnamon
- 1 tsp apple pie spice or sprinkle of cloves
- 1 cup water
- Blend

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Grapefruit Detox Surprise

(The surprise is how creamy this is without banana!)

- 1 pink or red grapefruit, with white fuzz (peeled and seeded)
- 1 orange, with white fuzz (peeled and seeded)
- 2 large handfuls spinach
- 1/2 to 1 cup pineapple chunks (fresh or frozen), or 1 apple with skin
- 1/2 cup water
- 1/4 tsp. ginger powder, or 1 inch slice of fresh ginger, peeled

Chocolate Decadence:

(Quells your worst chocolate cravings!)

- 3 large handfuls spinach, romaine or leaf lettuce
- 1 apple, core removed
- 1 cup almond milk
- 2 tbsp. cacao powder (raw, if you can get it), or carob powder (if you prefer)
- 2 tbsp. raw hemp seeds or raw cashews, or 1/2 avocado
- 2 to 4 dried dates (pits removed; soaked in water for at least 1 hour)

Optional Additions to Chocolate Decadence:

- Add 2 Tbsp. natural almond or peanut butter for a "Reese's Cup" version.
- Add 2 to 4 drops peppermint extract for a "peppermint patty" version.
- Add 1/2 cup cherries for a "chocolate covered cherries" version.
- Add 1 banana for a "chocolate covered banana" version.)

Parsley Tea #1

- 1 large handful of parsley
- 2 large stalks of celery
- 2 carrots (green tops removed)
- 1 cucumber
- 1/2 a lemon (no peel)

Instructions:

- Wash and cut your above ingredients to fit into your juicer
- Run through juicer
- Serve over ice (or simply straight into a glass) and enjoy immediately!
- Store any remaining juice in an air-tight container to maintain shelf-life

Parsley Tea #2

- 1 tsp. parsley dried or 2 tsp fresh parsley
- 8 oz. of boiled water

Instructions:

- Steep the parsley tea for up to 10 minutes. Your tea will take on a vibrant green color and is ready to drink. You can also use the parsley herbal tea to flavor dishes such as rice and potato dishes.

Additional Resources:

- <https://www.meghantelpner.com>
- <http://greensmoothiegirl.com>
- <https://www.incrediblesmoothies.com>
- <https://simplegreensmoothies.com>

Article: The Goodness of Green Smoothies

- <https://healthy-tidbits.com/2011/01/22/the-goodness-of-green-smoothies/>