

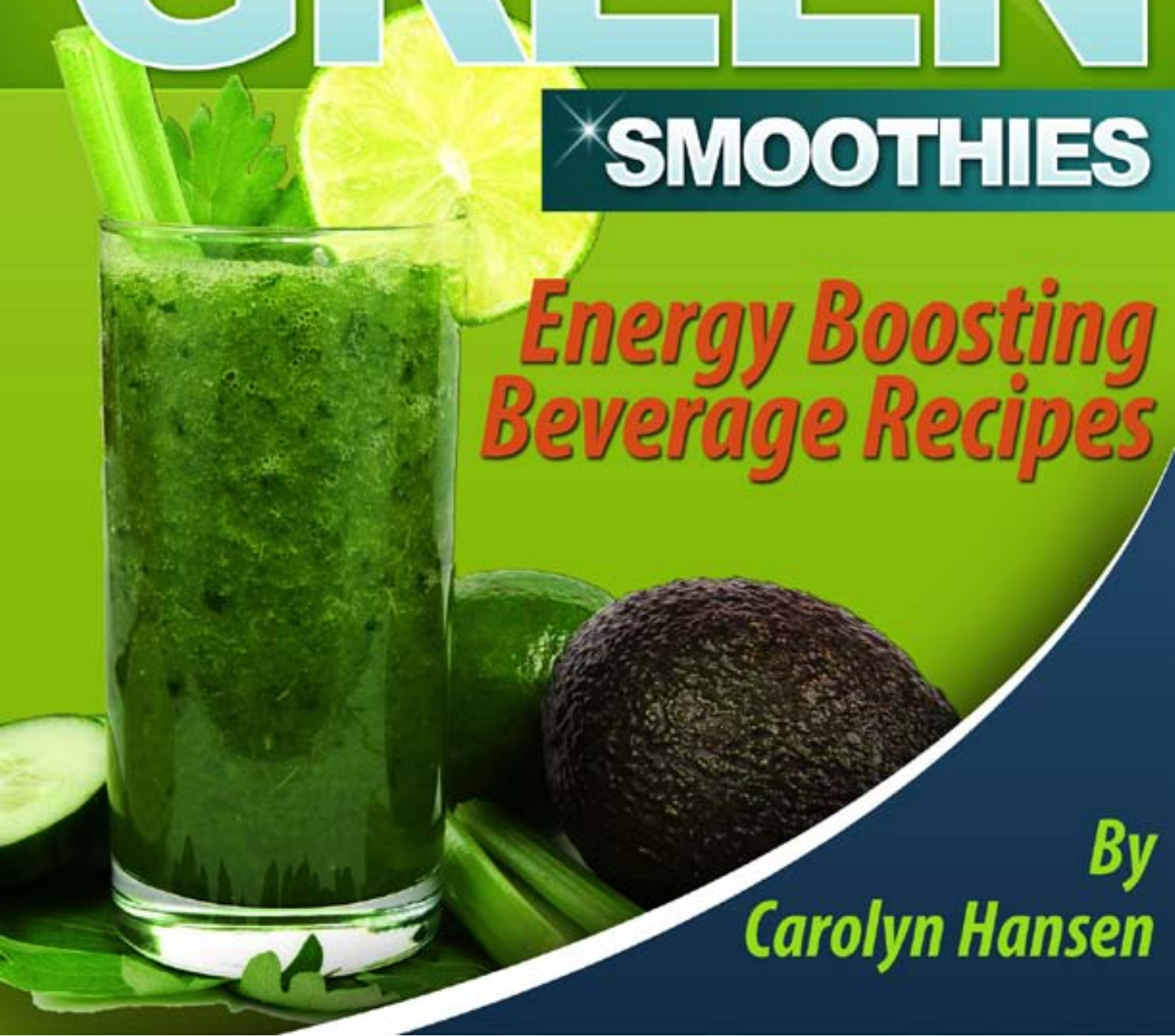
FROM THE **BLENDED VITALITY** SERIES

24 SUPER GREEN

SMOOTHIES

*Energy Boosting
Beverage Recipes*

*By
Carolyn Hansen*



About Carolyn Hansen

Carolyn Hansen is a noted Holistic Health and Wellness Coach who hails from Whangarei, New Zealand where she owns an Anytime Fitness Gym. She has gained a reputation online as an authority on health, exercise and weight loss matters and is the author of several thousand health and fitness articles along with eBooks and programs that can be found [here](#).

She has devoted more than three decades to the fitness industry, both offline and online, teaching people the simple secrets to getting into better shape, losing weight, and improving health.

Her main goal is to change the paradigm of health care from sickness care to wellness care and will be showing people how to live longer, healthier lives while avoiding the many mistaken beliefs and practices that diminish health and longevity.

She will encourage you to become stronger and stay that way through each decade of your life, maintain your health, wellness and vitality and to ensure your “health span” matches your “life span”.



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TABLE OF CONTENTS

	Page
About Carolyn Hansen.....	2
Introduction.....	4
Chapter 1. What is a Green Smoothie?.....	5
Chapter 2. What kind of greens will I use?.....	7
Chapter 3. Green Smoothies provide easily accessible nutrients.....	11
Chapter 4. Step by step - how to make your smoothie.....	14
Chapter 5. Optional smoothie additives.....	18
Chapter 6. Green Smoothie recipes.....	21



Introduction

Sometimes, we just need to remind ourselves *why*. Why we need to exercise, why we need to work on our diet, why in general we need to take care of ourselves. We are starting to have a better understanding how adding something as simple as a few more raw uncooked foods and eating less processed ‘empty’ foods is a great way to take better care of our health. Looking and feeling better can be as simple as eating better and is not about eating less.

Making delicious green smoothies is an easy way to get these raw foods into ourselves and our family. When we do this it leaves less room for processed refined “non-nutrient” foods, sweets and over-indulgences. Eating less junk and more clean, whole foods will help your body feel lighter, more energized and all-around healthy, help re-build healthy digestion, energy production, metabolism and weight management.

We need to reduce or eliminate the known culprits in our food that have been linked to the skyrocketing level of degenerative disease and weight gain that is plaguing our modern world. Bad ‘carbs’ such as white flour and white sugar and ‘bad fats; such as saturated and trans fats along with a raft of unhealthy chemicals and preservatives in our food are making us the unhealthiest we have ever been in the history of mankind.

When we eat more raw foods we can inject health-promoting vitamins, enzymes, fiber, healthy ‘carbs’ and fats, anti-oxidants and Phytonutrients. Phytonutrients are of particular interest. They are the compounds and chemicals that help plants defend against environmental challenges, such as damage from pests or ultraviolet light, appear to provide humans with protection as well.

Mounting research shows their effectiveness in **preventing and treating** a range of conditions including everything from cancer and heart disease to diabetes and high blood pressure. It is now believed that you can reduce your cancer risk by as much as 40 percent by eating more vegetables, fruits, and other plant based foods like coconut, nuts and seeds. Cooking dramatically reduces food’s phytochemical content and reduces or destroys the ability of antioxidants in food to do their job.

So, enter green smoothies. What better way to get these health promoting goodies into our body than to throw them into a blender and puree them into a delicious drink? They provide us with better nutrition and will not only help prevent disease and weight gain, but it will also slow the aging process and increase our vitality and energy, the very things we need to live our best life.

Chapter 1

What is Green Smoothie?

Just what makes a smoothie a green smoothie? Well, it is where a healthy mix of green leafy vegetables are blended with a fruit smoothie. It is a combination of tender green leaves blended with fruit and water. Pretty much any greens and any fruit you like. Why? Greens are extremely nutritious, but they are also hard to fit into your daily meals or diet.



So, many of you who are brand spanking new to this whole raw thing might be wondering what the big deal is with green smoothies. What's so great about them? How many greens do I use? What kind of equipment do I need? How much do I need to make? How long will it keep for? Why can't I just eat a salad? Or even just where to get started.

So this is a short guide that will hopefully answer many of those questions. Just a few things I have learned over the past couple of years. The good news is that it's easy, it's delicious and no, it won't just taste like spinach.

Why should I drink green smoothies?

Green smoothies are very alkalising on the body, and an alkaline body is a healthy body. Disease loves an acidic environment, so the more alkalising food you can eat the better. They are full of vitamins and minerals and good types of carbohydrates. Greens are full of chlorophyll straight from the sun boosting your nutrition for optimum health and wellbeing.

There are so many other health benefits of consuming green smoothie daily. Some of them are:-

- Provides our body with nutrient dense nutrition
- Aids in weight loss
- Boosts energy
- Strengthens the immune system
- Improves overall health and wellness
- Faster healing time
- Lessen cravings for junk type foods

Many people have cured themselves of all sorts of health problems by incorporating green smoothies into their diet. Your body is an amazing machine, if you give it the right fuel it knows how to heal itself.

What's the ratio of fruit to greens to water?

This is up to you really. You might want to start off with around 25% greens until you get used to it and then slowly build that up to as much as you like. Ideally if you are doing a 1 litre smoothie you should be looking at about the equivalent of 1 head of lettuce or more. The amount of water is also up to you.

Some people like a thick soupy smoothie that you might even choose to eat like a pudding while other people like it thin and watery. Keep in mind though if you are going to make it a thin consistency you will probably want to make more overall so you can still get a good amount of fruits and greens in.





Chapter 2

What kind of greens should I use?

You want to use any type of green leafy vegetable that is soft enough to wrap around your finger. Things like cabbage or broccoli are too starchy and do not mix well with fruit. Spinach is a great one to start with as it has a mild flavour and blends easily.

Among the many other greens to try are silverbeet, chard, many types of lettuce, romaine or cos lettuce is a great one, parsley, celery leaves, mint, coriander, beetroot tops, kale, cavolo nero (a cross between kale and cabbage), asian greens like bok choy, or wild greens like dandelions, cleavers or sorrel. You might even like to try a mixture.

It is important to rotate your greens though. Don't just stick to one kind. Greens have a very small amount of alkaloids in them so your body won't like it if you overdose on one type of greens for an extended period of time. So try curly kale one day, spinach the next, then parsley and so on.

What kind of fruit should I use?

Whatever tastes good to you - you could stick to one type or use a few. I do suggest using what is fresh, local and in season if you can although it is nice to have a few frozen berries now and then. Bananas make an excellent base for a creamy smoothie and blend well with most other types of fruit.

Then you have a whole variety of things to choose from, berries, citrus fruits, apples, pears, and peaches, tropical fruits like pineapples and mangoes, you might even like to throw in a few goji berries or a few raisins for extra sweetness.

Remember that green smoothies don't have to be green. When you include other colorful fruits (like berries) into the smoothie the color isn't always pretty but the goodness is there.

Use frozen fruit. Frozen bananas and mango add a nice sweetness, great texture and cover up the taste of the greens really well. Just make sure your bananas are ripe and that you peel them before freezing. I like to slice them into pieces and put them in freezer bags or Tupperware containers before placing in the freezer.



Why blend? Why not just chew the greens?

Of course it's great to get in some extra greens with a salad or two, but green smoothies are just a quick easy way to eat your greens. It's also a great way to hide them if you are trying to get your kids to eat them, or if you aren't really into the taste of greens on their own. They are also handy if you are busy working and don't have a lot of time to make a fancy meal.

How much should I drink each day?

A glass or two a day is perfect for adding important nutrients to your daily diet. You can either drink the whole thing as an entire meal or split it into a couple of smaller smoothies to drink during the day. Like everything moderation is the key. A green smoothie is a meal replacement or added extra to your daily diet. You still need to eat other 'real' foods as well.

Will they help me lose weight?

If you are overweight and carrying a little (or a lot) or excess body fat, change your mind-set from "I need to lose weight to get healthier" to "I need to get healthier to be able to lose weight".

If you have become overweight it means your fat storing hormones are out of balance with your fat burning ones. When you improve overall health combined with proper (strengthening) exercise to boost your metabolism (the rate your body burns fuel) your body will slowly but surely burn off that excess fat without a diet plan in site.

This new way of losing excess fat weight is all about increasing the amount of calories you BURN rather than reducing them with old fashioned dieting methods that SLOW your metabolism rather than boosting it.

Green smoothies are an excellent way to increase your intake of nutrient dense foods which is what is needed for fat loss. So, slowly ditch the processed, low nutrient 'dead' foods laden with unhealthy chemicals and replace with a green smoothie or two and you will be amazed at how the fat will start coming off.

If excess body fat is a problem for you check out my popular fat loss plan [Healthy Eating Plan](#)

It ties in perfectly with the green smoothie philosophy as it is all about 'clean' eating for the fastest fat loss.

Watch the fruit intake Just make sure not to overdo it on the fruit as it is now recommended for health that it is wise to limit fruit fructose to **25 grams or less per day**. However for someone that is overweight or has health issues it would actually be wise to limit your fruit fructose to **15 grams or less**.

This is not much – it represents two bananas, one third cup raisins or just two Medjool dates. You will get more as it virtually guaranteed you will consume 'hidden' sources of fructose from most beverages or just about any processed food.

Here is a fructose chart so you can see the grams of sugar in the most common fruits.

Fruit	Serving Size	Grams of Fructose	Fruit	Serving Size	Grams of Fructose
Limes	1 medium	0	Boysenberries	1 cup	4.6
Lemons	1 medium	0.6	Tangerine/mandarin orange	1 medium	4.8
Cranberries	1 cup	0.7	Nectarine	1 medium	5.4
Passion fruit	1 medium	0.9	Peach	1 medium	5.9
Prune	1 medium	1.2	Orange (navel)	1 medium	6.1
Apricot	1 medium	1.3	Papaya	1/2 medium	6.3
Guava	2 medium	2.2	Honeydew	1/8 of med. melon	6.7
Date (Deglet Noor style)	1 medium	2.6	Banana	1 medium	7.1
Cantaloupe	1/8 of med. melon	2.8	Blueberries	1 cup	7.4
Raspberries	1 cup	3.0	Date (Medjool)	1 medium	7.7
Clementine	1 medium	3.4	Apple (composite)	1 medium	9.5
Kiwifruit	1 medium	3.4	Persimmon	1 medium	10.6
Blackberries	1 cup	3.5	Watermelon	1/16 med. melon	11.3
Star fruit	1 medium	3.6	Pear	1 medium	11.8
Cherries, sweet	10	3.8	Raisins	1/4 cup	12.3
Strawberries	1 cup	3.8	Grapes, seedless (green or red)	1 cup	12.4
Cherries, sour	1 cup	4.0	Mango	1/2 medium	16.2
Pineapple	1 slice (3.5" x .75")	4.0	Apricots, dried	1 cup	16.4
Grapefruit, pink or red	1/2 medium	4.3	Figs, dried	1 cup	23.0

What kind of blender do I need?

If you already have a blender, great, use that. Of course if you are really serious about making healthy smoothies long-term you are going to need to get a high speed blender to pulverise those fruits and greens. Look at getting something around 1000w or more. The lower quality blenders just don't blend the greens very well and you end up with a pretty chunky smoothie.

The two most popular blenders for blending hard raw food ingredients (like nuts coconut and vegetables) are the Vitamix or the Blendtec. They will blend greens into a creamy smoothie without leaving chunks and they do it in half the time of a regular blender.

You can also get small high speed blenders like the "Magic Bullet" but you may have to blend several small batches of ingredients as they are quite small.

How long will my green smoothie keep for?

It's definitely better to drink your smoothie fairly soon after making it, but it will keep a day or two in a jar in the fridge. It's better to have a day old smoothie than none at all. One of my favourite containers to use is a wide mouth glass mason jar.

It's easy to carry them to work; the lids have a good seal so you don't get green smoothie leakage in your bag and you just pop the lid off and drink it straight from the jar. I also like to keep my food in glass as plastic can leach toxins into your food. You can use a cooler type bin or even a small thermos to keep it cool if you wish to drink it later in the day.



Chapter 3

Green smoothies provide easily accessible nutrients

Greens may not be the most flavourful foods and can be hard to chew and digest. So blending them in a smoothie is a fantastic solution for adding more greens to your diet. It is also very easy to cover up the flavour of the greens by adding sweet fruits making it easier to get your daily servings of both fruits and veggies. A green smoothie is a power packed healthy drink providing you with many nutrients in one easy to prepare meal or for a between meal snack.

Blending vegetables into liquid also makes the easier to digest as leafy greens have cell walls composed mainly of cellulose, which is difficult for our bodies to break down in order to access the dense nutrients that the greens supply.

Add to that the hustle and bustle of everyday life has people swallowing each bite as soon food enters the mouth and do not have time to sit and chew vegetables enough to break them down for complete digestion.

So, in essence the greens go in one way and exit the other with much of the nutrients still intact. That is where a green smoothie comes into play. When the greens are juiced or blended, those machines do most of the “chewing” beforehand. Getting the benefits of vegetables by drinking them can provide much more nutrients for your body to digest then by just eating them.





Do you suffer from food cravings?

Intense food cravings that are very hard to ignore are a problem for many people. As our modern day diets now include many processed and pre-packaged edible food like substances that supply little to zero nutrition our bodies cry out for certain important nutrients that are not present in these “non-foods”.

These cravings often have people eating junk type foods full of unhealthy fats and sugars causing them to become overweight and unhealthy. When you get some healthy greens into your system you will notice cravings for junk type foods lessen and cravings for more healthy nutrient dense foods like vegetables increasing.

Our bodies require a certain amount of nutrients to thrive. Drinking or eating something that is packed with an abundance of vitamins, minerals, fibre, antioxidants, phytochemicals and chlorophyll will help satisfy our cravings as we go throughout our day.

Vary your vegetables

Don't forget to vary your green smoothie recipes as we all need a variety of vegetables. You can even use herbs to mix up your smoothie routine. Examples: peppermint, dandelion leaves, plantain, comfrey flowers and leaves, horsetail, aloe gel, etc. People have used these herbal remedies for years and have seen great health benefits from using them.

If you have some garden room means you can grow a few leafy greens and receive the glowing benefits of spinach, kale, Swiss chard and other greens all year round for only pennies.

Can I make smoothies ahead?

To save time, you can prepare your green smoothie a few days in advance and store in your fridge. All you have to do is dump everything into the blender, blend, and go. You can get greens in a bag prewashed and ready to use at the store. So, now you really don't have the excuse, “I just don't have time to eat healthfully.”

Green smoothies are very helpful for those people who for whatever reason are not getting the recommended amount of fruits and vegetables in their daily diet.

According to some studies conducted in USA it is estimated that one third of adults and children do not even consume two cups of fruits and vegetables daily which over time makes them deficient in certain vitamins and nutrients.

If anyone asks you about your intake of green leafy vegetables in your diet then what will be your answer? Not enough of them maybe. In fact many people miss out on a range of vegetables (especially raw) as our busy world means many people cannot spend the time in the kitchen preparing meals from scratch so a green smoothie is the perfect solution for time-poor people to feed themselves and their families.

Green smoothies can be prepared in minutes and could be called the ultimate modern fast food - such an easy and fast way to get a range of veggies in one hit. You could even make a blender full in the morning, chug down some for breakfast then take the rest to work with you in a small cooler type container.





Chapter 4

Smoothie Basics – Step by step how to make your smoothie

Fruit and green smoothies are quick and easy to make and only require a blender, a sharp knife and cutting board. Making a delicious smoothie with a thick, creamy texture is an art. Fortunately, it's an art anybody can learn. Once you know the basics, you can make your own creations and never get tired of the same recipes day after day.

Step 1 – Add a liquid

Liquid is necessary for helping your blender to mix the ingredients. It's impossible for most low-end blenders to make a smoothie without some added water. Not adding enough liquid might make the smoothie too thick.

The amount of liquid you will need to add will vary depending on your blenders make and model. I have found that high-powered blenders like the Blendtec or Vita-Mix need slightly more water than lower-end models. This is because a high-powered blender does a better job at pureeing the fruit and greens and it needs more water to thoroughly mix them. A low end blender doesn't blend as thoroughly and may produce a slightly chunky smoothie where separation occurs.

I used to only add about four ounces to my old blender, but my new Blendtec needs six ounces since it blends much more thoroughly.


What liquids to use

Filtered water: I like to use filtered water when I make a green smoothie. It doesn't affect the flavor and then at least I know my water quality is good after being filtered for contaminants.

Coconut water: If you want to give your smoothie a tropical tone, use young, Thai coconut water straight from the coconut itself. You can find young coconuts at Asian markets or at certain health food stores. Each coconut contains about 16 ounces of delicious, sweet water and the meat is soft like hard-boiled egg white.

Not only can young coconut help improve the texture of your smoothie, it adds a wonderful flavor to any tropical fruit like pineapple, mango, papaya and oranges. You can also use the milk from the brown hard shelled 'older' coconuts. Just drill a couple of holes in the 'eye' part and drain the milk out.

Fruit juices: I don't recommend using commercial fruit juice in your green smoothie because commercial juices are not fresh. They have also been pasteurized which has exposed them to heat and therefore reduced the vitamin content and enzymes that are normally found in the whole fruit or freshly squeezed juice that you make at home.



You can use your own, fresh squeezed fruit juice. Oranges, grapefruit and other juicing fruits are perfect. Use the same principle of flavor combining as you would with flavor fruits. Juice fruits that will complement the other fruit you put into your smoothie.

Milks: My personal philosophy about green smoothies steers me away from using animal milk as a liquid. The reasoning is that green smoothies are the perfect detox food, and dairy products interfere with that. If you are tempted to add milk in order to boost the calcium content, remember that many fruits and vegetables, especially greens, are rich in calcium. It's actually quite easy to make a smoothie with more calcium than a glass of milk!

If you do want to use milk as a liquid, I recommend trying plant-based milks made from hemp, almond, oat or rice. You can find certain brands that are fortified with calcium and vitamin D. I personally do not use soy milk due to the health controversy surrounding soy products, but that's another option if you choose.

Step 2 – Pick your “base” fruit

Base fruits give your smoothie that creamy smoothie texture. Otherwise, it will be too runny or you will end up with pulpy fruit juice (like if you blended oranges and grapes together). Avoid water-rich fruits like water or other melons, grapes and oranges (you can use them in a smoothie, but not as your “base fruit”).

For a perfect, smooth texture, use “creamy” fruits like banana, mango, peach, pear, apple, papaya and durian.

You can also use any of your fruits frozen. They will add thickness and coldness to your smoothie making them like into a smoothie/ice-cream as it will end up a little like soft serve ice-cream. Delicious and so healthy.


If you want to make a smoothie using more than one fruit, like a banana and strawberry, then use slightly more banana than you would strawberry. For example, one banana to a half cup of strawberries would provide a nice flavor combo while preserving the smoothie texture.

Avocado and coconut meat can also help thicken your smoothie while adding more calories and healthy fat for a meal-replacement shake. I typically only use no more than ½ of an avocado in any smoothie recipe I make.

Greens will help thicken a smoothie as well, so the more greens you add, the less base fruit you will need. You shouldn't rely on greens for a base, though.

Step 3 – Mixing flavors

Flavor fruits are optional. They do enhance the flavor of your green smoothies as well as boost the overall nutrition. I like to use berries, citrus fruits, pineapple or other strongly flavored fruit. I like to find fruits that will complement the base fruits I use.



It's easy to come up with ideas by looking at the fruit juice aisle or the yogurt section in the supermarket. Millions of dollars in product research has done the legwork for you, so just look at what popular flavors of juices and fruit-flavored prepared snacks are and make your own smoothies based on those combinations.

Use your taste buds as a guide and don't be afraid to let your whimsical side shine when you are at your blender. I blended a crisp Fuji apple with young coconut one time and it came out well!

My favorite flavor combos are:

Banana (base fruit) with strawberry

Mango (base fruit) with pineapple

Pear (base fruit) with orange

Apple (base fruit) with blueberry

You can get creative with your smoothies by flavoring them with vanilla bean, clove, cinnamon or even cayenne pepper (great with chocolaty smoothies made with raw cacao). Flavored protein powders will also change the overall smoothie flavor so keep this in mind when mixing fruit.

Now would be a good time to blend your fruit and liquid together. Just hold down the "Pulse" button on your blender until the ingredients are lightly mixed into a "sludge". Doing this before adding the greens will make it easier for you and your blender.

Step 4 – Add your greens

While you can make a smoothie with just fruit, I consider greens an essential part of a healthy smoothie regimen. Greens are essential because they play a vital role in overall nutrition and should make up a significant portion of your diet in order to achieve optimum health.

Before you wrinkle your nose at the notion of drinking spinach, let me tell you that when blended in a green smoothie, the fruit masks the flavor of any veggies you put in. I'm serious! Give it a try! It's a perfect way to get your greens without tasting them. You can even sneak them into your kid's diet too!

I started off with fresh baby spinach and now use primarily dandelion greens, romaine lettuce (I stuff the entire head in my blender!), kale, chard, parsley and any other organic leafy green I can find. You can use other vegetables; even cooked sweet potato has been known to sneak its way into my blender!

Fresh baby spinach has a mild flavor, so start with that and gradually increase your dose to a large handful or two in each smoothie. Your body will thank you for it!

The recommended percentage of greens to use in a green smoothie is 40 percent greens to 60 percent fruit. You can start at a lower percentage and work your way up as you get used to it and even boost your greens beyond to 50, 60 or 70 percent.



Some of my own favorite vegetables to use in green smoothies are spinach, kale, parsley, lettuce, silverbeet (Swiss chard) and boy choy. My favorite fruits are bananas, pears, apples, blueberries, mangos, papayas, watermelon and pineapple. It won't be long before you have your own list of favorites too.

Step 5 – Now blend it up

Depending on your blender, you might need to hit the “Pulse” button a few times to mix the greens before hitting any pre-set “Smoothie” buttons. Otherwise, blend on high for anywhere from 30-60 seconds or until all ingredients are whirling away, your smoothie turns bright (or dark) green and it's smooth as silk!

Unless you have a high-end Blendtec or Vita-Mix blender, you might need to chop up your greens rather than adding whole leaves or large bunches. If you have large chunks of fruit that won't blend, try cutting smaller pieces and leave out tough bits of core from pineapple and other fruits.

Try not to over-blend your smoothie. It might take a few times to get the hang of it, but once you do, aim for blending your smoothie enough to drink through a straw, but don't leave your blender whirling the ingredients for more than a minute at most to reduce oxidation and nutrient loss.



Chapter 5 Optional Smoothie Additives

Your green smoothie is nutritious enough on its own. But if you really want to go all out for a healthy kick, you can use your smoothie to deliver extra protein, vitamins and superfoods to your diet.


Protein powders: Your options for protein powders are numerous. You can use whey protein (preferably from grass fed cows). I use Sun Warrior protein which is a plant based 'raw' protein powder. Hemp protein is also an excellent, quality protein choice, but it is more expensive than rice protein.

Spirulina is a good source of protein. It's a blue-green algae that is widely praised as a super health food. It is quite expensive and you don't need to add much.

I don't recommend soy protein as I have read research suggesting that soy protein isolate is not a healthy protein choice. You can do your own research and make up your own mind. Soy protein is the least expensive protein option and is widely available.

Any protein powder should work in a smoothie, although some types or brands might be more chalky than others.

Superfoods: These are great additions to green smoothies. I sometimes use powdered maca root, Lucuma powder (an exotic Peruvian fruit) and cacao powder in mine. Ground up Goji berries, camu camu powder (Amazon fruit) or chia seeds blend well too. Fresh water algae like chlorella or sea vegetables harvested from the ocean and dried are also extremely healthy additions.



Extra flavors can be added with cinnamon, coconut, ginger, fresh mint leaves, lemon, lime or orange zest, or vanilla. Healthy fats can be added in the form of coconut oil or avocado.

Omega-3s: Just one tablespoon of flax seeds have over 100% of your recommended daily value of Omega-3 fatty acids. Grind up any other whole seeds like sunflower, sesame, pumpkin, flax, hemp or chia in a coffee grinder before adding them to your smoothie for a nutrition kick.

Nuts: Ground nuts are wonderful in your green smoothies, adding thickness and healthy oils. Nuts like walnuts, cashews, pecans, Brazil nuts, macadamia's, almonds and any other nuts are best ground to a fine powder in a small blender like a Magic Bullet then added to your smoothie.

Coconut flour is a healthy addition too. Just blend desiccated (dried shredded) coconut in a high speed blender until it is a fine flour.

Sweeteners: When you are new to green smoothies, you might find that the fruit is not as sweet as commercial juices or drinks that you are used to. Try to only use fruit that is in season and ripe as it is at its nutritional peak, fullest flavor and sweetest.

If you feel that you need to add a sweetener to counteract the bitter greens, I encourage you to use just a little bit with the idea of weening yourself off of it as soon as possible. Your taste buds will adjust and you will enjoy the natural sweetness of fruit.

For sweeteners, I recommend adding a date (or two) to your smoothie. Otherwise, try a little honey or stevia. Avoid table sugar, corn syrup or artificial sweeteners.

Green smoothie troubleshooting

What if your smoothie is too sweet? Sometimes you add too much fruit or you simply feel overloaded with too much berry sweetness. If that is the case, adding a pinch of sea salt, an extra handful of greens or a stalk or two of celery will cut the sweetness.

Make it colder - If you are using fruit that has been ripening at room temperature, you might find that your smoothie is not cold enough for your liking. If this is the case, simply add a couple ice cubes or frozen berries to give your smoothie a more satisfying chill.

Too bitter? You can sweeten and hide bitter flavors with additional sweet fruits, especially bananas, pineapple, oranges and ripe berries. Dates are also a great way of sweetening up a smoothie without adding extra bulk that you have to drink.

You can keep leftover smoothie in a sealed container in the refrigerator and have the rest with lunch or dinner, or make it the night before and have it ready for you in the morning. Be sure to shake it well when you are ready to drink it as separation of the juices and fiber in the fruit will occur.



Now go make some smoothies!

Now that you've gotten a primer on the art of making the perfect smoothie, it's time to try them out for yourself. Here are some ideas for delicious recipes but don't be afraid to try your own tasty creations and experiment.

“Getting Started” Recipe

Use what vegetables and fruit is in season in your area and change it around depending on what is available. You can even start by simply adding a very small amount of greens to your smoothie until you get used to the idea, then slowly increase over time.

2 handfuls of spinach
few sprigs parsley
1 banana
½ cup blueberries
1 cup water

Place all ingredients into a high speed blender with water and blend to desired consistency and smoothness. (Can be kept 2-3 days in fridge but best consumed fresh)

Chapter 6

Green Smoothie Recipes

After Workout Smoothie



1 banana
1 handful spinach
½ cup Greek Yoghurt
1 teaspoon ground flax seeds
½ scoop of your favourite protein powder
1-2 cups water
few ice cubes

Blend until smooth and creamy.

Apple Green Smoothie

This smoothie is simple, but delicious. It is a beautiful bright green color and tastes like apples. I have a high speed blender so I can leave the peel on my apple and throw my flaxseeds in whole. If you do not have a strong blender, use ground flaxseeds and peel your apple.

1 apple, cored
2 cups fresh spinach
2 teaspoons flaxseeds
1-2 cups water
Few ice cubes

Blend until smooth and creamy.

Avocado Smoothie



The avocado adds the smooth to this smoothie. Not only is avocado high in antioxidants, they're also jam packed with many of the nutrients we all need in our diets.

1/2 avocado, frozen
1/2 banana, frozen
1 cup almond milk (or any other plant based milk)
2 cups organic spinach
few ice cubes

Blend until smooth and creamy.

Banana Pineapple Mix

1 banana
1/2 cup pineapple pieces
1 cup chopped greens
1 - 2 cups water
few ice cubes

Blend until smooth and creamy.



Blackberry Green Smoothie

Each 1 cup serving of blackberries gives you 6 grams of usable carb and 8 grams fiber, the best carb to fiber ratio of any other berry.



- 1 banana
- 1 cup almond milk (or any other plant based milk)
- 2 cups spinach leaves
- 1 cup blackberries, frozen
- 2 tablespoons ground flax seed
- 1 tsp vanilla extract
- half scoop of vanilla protein powder
- few ice cubes
- 1 tablespoon natural peanut butter (or any other nut butter)

Blend until smooth and creamy.

Chickpea Chia Smoothie

Get a hit of protein and fibre from the ‘so good for you’ almighty chickpea makes for a complete ‘meal in a glass’ which will help to make you feel full for longer. When mixed with bold flavours like berries and ginger the chick pea taste is virtually non-existent and makes a very healthy delicious creamy mix.

- ½ cup chickpeas
- 1 banana or 1 cup strawberries
- 2 cups spinach leaves
- 1 tablespoon chia seeds
- small piece of grated fresh ginger root
- few ice cubes

Blend until smooth and creamy.

Chocolate Green Smoothie



- 1 banana
- 1 cup almond or any other nut milk
- 2 cups spinach leaves
- 2 tablespoons natural peanut butter
- 2 tablespoons cocoa or cacao powder


Blend until smooth and creamy.

Cubes 'O Green' – Green Monster Base Mix

Here is a way you can pre-make a smoothie base mix and freeze it into cubes.

- 1 bag of baby spinach
- 1 bottle coconut water or plain water
- 1 cup almond milk
- 1 serving dried greens powder
- 2 scoops Sunwarrior (or any other) protein powder (I use Vanilla flavor)





Plus anything else you *always* put in your smoothie, like oatmeal, chia seeds, wheat germ, etc. Blend until smooth and creamy and pour into ice cube trays. The silicone ones make it a lot easy to get the cubes out but muffin trays work in a pinch.

Freeze your cubes and then separate into plastic baggies. When you are ready to make a smoothie, all you have to do is grab some green cubes, whatever fruit you want, and mix away.

It saves time as you don't have to pull out all the separate ingredients again and you have it half made so if you are in a hurry (like heading off to work in the morning) the job is quicker and easier.

Cucumber Apple Mix

1 cup cucumber pieces
1 cup apple pieces
1 cup spinach leaves
¼ cup mint leaves (optional)
1- 2 cups water
few ice cubes

Blend until smooth and creamy.

Dr. Oz's Green Smoothie Recipe

Serves 3-4

2 apples (cored, but leave the skin on them)
2 BIG handfuls of spinach
1 medium cucumber
3 ribs/sticks of chopped celery
½ inch or teaspoon ginger root, peeled
1 bunch parsley
juice of 1 lime
juice of 1/2 lemon

Blend until smooth and creamy.

Dr. Oz's Blueberry Avocado Smoothie

Serves 3

1 cup frozen blueberries
1 ripe avocado
10 oz low-fat plain yogurt
1/2 of a lime's zest and juice
3 tablespoons brown sugar
(I use [Coconut Secret](#))
2 tablespoons almond butter
2 oz low-fat milk of your choice

Garnish: crushed pink peppercorns
and chopped mint



Directions

Cut avocado into halves and remove pit. Spoon avocado meat from the skin and put it into a blender. Add half the yogurt, lime zest and juice and 2 tablespoons of the brown sugar and blend together. Pour into 3 glasses.

Purée almond butter, remaining sugar, yogurt and wild blueberries and blend until smooth. Slowly add blueberry mixture to the glasses so the layers are distinct. Garnish with pink peppercorns and mint. Serve with a stirring stick.

Green Machine Smoothie

1/2 cup frozen chopped banana (entirely optional, add if you want a more creamy texture)
1 granny smith apple, cut into big pieces
2 cups of kale (pull leaves from stalks to make two cups) or 2 cups spinach
1 lime (juiced or remove the seeds and add the flesh, too) or one lemon
1/2 cup fresh orange juice
2 teaspoons grated fresh ginger root

Blend until smooth and creamy.

Green Smoothie Popsicles



You don't always have to drink a smoothie – they also can make great frozen treats such as sorbets and yes, smoothie Popsicles. Are you looking for a way to get some good greens in your diet or looking for a way to sneak some spinach into your child's meals? Well, what could be better than using a cold, refreshing and delicious Popsicle to do the trick? This green Popsicle is more than just a treat, it is a healthy snack.

Popsicle Ingredients:

2 cups spinach
2 cups frozen berries (your choice)
2 bananas
1 cup water (or more if needed)

Blend until creamy smooth, pour into Popsicle molds, freeze and enjoy a healthy snack as a treat. Going green never tasted so good!

Healthy Green Coconut Smoothie

Coconut oil, said to be “healthiest oil on earth” is extremely good for you ([read more here](#)) and adds a unique taste you will enjoy.

1 banana
1 cup almond, rice or oat milk
2 cups spinach leaves
1 teaspoon vanilla essence
½ teaspoon cinnamon
1 tablespoon coconut oil

Blend until smooth and creamy





Lime-Banana with Swiss Chard

1 banana
2 cups Swiss chard (sometimes called silver beet)
½ lime
few ice cubes

Blend until smooth and creamy

Lime Smoothie

1 banana
1 cup almond milk (or any other nut milk)
1 pitted Medijool date
2 cups spinach leaves
Juice and zest from 2 limes (more if a more 'limey' taste is required)
few ice cubes

Blend until smooth and creamy.

Orange Kale Smoothie

1 small banana
1 orange
2 cups chopped kale
1-2 cups water
few ice cubes

Blend until smooth and creamy.

Pear, Mint and Ginger Smoothie

1 pear cored and deseeded
2 handfuls of green leafy veggies, such as spinach or kale (stalks removed)
1-2 cups filtered water, enough to make a consistency you like
1 piece of fresh grated ginger or to taste
a few leaves of fresh mint or to taste

Blend the greens and the water until the greens have broken down. Add other ingredients and blend until smooth.

Peanut Butter and Banana Smoothie

1 banana
1 cup almond milk (or rice, oat or hemp milk)
2 cups spinach leaves
1 tablespoon natural peanut butter (or any other nut butter, like cashew or almond etc)
1 cup or more water

Blend until smooth and you cannot see any flecks of spinach.



1 cup almond milk (or milk of your choice)
½ banana, frozen, chopped
1 cup chopped mango
½ cup chopped fresh pineapple
2 cups fresh spinach leaves
few ice cubes

Blend until smooth and creamy.

Savory Spicy Green Smoothie

1 avocado
1 small beetroot (grated)
1 small cucumber
2 cups greens
juice of one lemon
splash of vanilla extract
inch of fresh ginger (grated)
3 cups water
1/2 jalapeno pepper*
*this will vary depending on your own personal tolerance of heat

Blend until smooth and creamy.

Simply Strawberry



2 cups frozen strawberries
1/2 frozen banana
2 tablespoons flaxseeds
3 cups spinach leaves
1 cup almond milk

Blend until smooth and creamy.

Spinach Blueberry Almond Butter Smoothie



1 banana
1 cup blueberries (frozen is good)
2 cups spinach leaves
1 cup almond, rice or oat milk
2 tablespoons almond butter
few ice cubes

Blend until smooth and creamy.

Spirulina Smoothie

½ cup mixed berries (frozen)
¼ cup fresh orange juice
1 cup plain low-fat yogurt
1 tablespoon Spirulina powder

Blend until smooth and creamy.





Winter Ginger Berry Mix

Ginger is a good source of Dietary Fiber, Vitamin E, Vitamin B6, Iron, Magnesium, Potassium and Selenium, and Manganese.

Some more reasons you may wish to increase your ginger consumption.

- Enhances natural resistance for cold and flu.
- Reduces inflammation.
- Contains at least 12 anti-aging constituents that inactivate free radicals.
- Supports blood platelet health and cardiovascular function.
- Twenty-two known constituents inhibit inflammatory 5-lipoxygenase, supports prostate health.

Ingredients:

1 cup organic frozen berries (any kinds, but I prefer a good mix with blueberries)
2 cups fresh spinach
2 cups water
1/4 inch ginger-root, or to taste (I will usually grate mine into the blender first.)

For more tools and resources from Carolyn Hansen that will assist you in attaining your goals and achieving the success you desire in life, please visit:

<http://CarolynHansenFitness.com>