

# Green Smoothies & Blended Salads Power Recipes

OUTRAGEOUSLY Yummy  
Recipes & Tips For  
Healthier, Leaner & Happier YOU



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# Green Smoothie Power

Whether you are trying to improve your health, lose weight, get more energy, clear your skin, or look and feel younger – one habit that will help you tremendously to achieve your goals quickly is drinking green smoothies every day.

Most people know that to be healthy and achieve ideal weight they should be eating a healthy diet that includes loads of fresh fruits and vegetables. However few people are able to actually do that consistently each and every day AND in quantities that can really make a difference.

Forget the "apple a day keeps the doctor away" or even the 3-5 servings a day of fruits and vegetables!

To really notice a difference, you need to take MASSIVE action - eating LOADS of fresh RAW fruits and vegetables - notice the words LOADS and RAW! LOADS, meaning at least 60% or MORE of your daily caloric intake (while many raw-foodists claim that 100% is best - and they may be right - it is very difficult to do for an average person, and in most cases not necessary - at least in the beginning). RAW means not steamed, cooked, baked or processed in any other way (although, frozen or dried are acceptable).

I know, for most people, it's not easy to eat so much of raw stuff on a regular basis, but just like with anything else in life, you need to make a commitment and stick with it.

That's one of the reasons why Green Smoothies and Blended Salads have been growing in popularity so quickly among the health and weight loss enthusiasts - they are SUPER HEALTHY, SUPER EASY to make, and SUPER TASTY too!

It's a habit that will only take 10 minutes of your time a day, and provide you with incredible benefits – **it's the highest-impact activity that you can undertake to improve your health and well-being.**

The positive effects of drinking your green smoothie that takes just 5 minutes will be felt throughout the day.

Plus, your spouse and your kids will love them, too - I promise!

## So what is a Green Smoothie?

A green smoothie is simply a fruit smoothie with your favorite greens and veggies added in! Greens such as kale, collards, spinach, parsley, romaine lettuce, bok choy, and whatever other edible weeds you can find. The darker the leaves, the more nutrients the vegetable usually has.

Some of the most delicious fruits for green smoothies are: bananas, pears, peaches, nectarines, mangoes, strawberries, blueberries, and apples. You may also try less sweet combinations with adding some non-sweet fruits and vegetables such as cucumbers, tomatoes, celery, beets and carrots, although if you want a more savory flavor, I recommend that you try making a blended salad instead (see the chapter on Blended Salads).

I realize that the color of this tasty, greatly beneficial drink might have you saying “No Way” to even tasting this mixture... but, you don't let the “greenness” of this smoothie keep you from all of the health benefits you will get from it! The best thing about green smoothies is that they cleverly disguise what for some people may otherwise be unfavorable ingredients.

All experts agree that we need to eat fresh fruits, veggies, and greens every day – and most of us don't eat enough of them!

Unfortunately, the cell walls of many leafy greens - such as kale or collards - are incredibly durable and hard for the body to break apart. Chewing helps to "break" the cell but few people chew their food that well, especially children.

This is just another reason that green smoothies are so wonderful. Using a blender to pulverize the greens breaks these cell walls apart and gives us a nutrient boost we would not otherwise get. The blender literally "chews" the greens for us!

## The need for more greens

Did you know that our ancient ancestors ate up to six pounds of leaves per day? They spent their days going from one place to another, picking and eating leaves on their way. Now, we all know that eating a large salad is good for us, but how many of you could eat such amount of greens each and every day?

And yet on the nutrition front, dark leafy greens, are, calorie for calorie, perhaps the most concentrated source of nutrition available. They deliver a multitude of vitamins, minerals, phytonutrients, Omega-3 fats, protein, calcium, and of course fiber. The darker the leaves, the more nutrients they usually have.

Because green smoothies incorporate fresh fruits and veggies they are usually high in vitamins A, C, K, E as well as calcium and fiber. The darker, leafy greens also provide a variety of important phytonutrients like beta-carotene and lutein, which protect our cells from damage. Some even contain small amounts of Omega-3 fats that are important to brain health and functions.

Let's talk a little more about the nutrients that green smoothies deliver. One of the common questions that is asked is "Shouldn't I add some protein and healthy fats to the smoothie? For example, milk, yogurt, whey protein powder, soy milk, flax oil, etc.?"

Well, I do not recommend to add any additional protein, animal products or fats (even the so-called "good" fats) to the green smoothie and that's because - contrary to the popular belief that greens are a poor source of these nutrients - they already contain OPTIMAL amount of protein and fats for human needs!

Really, if you think about it...where do plant eating animals get their protein and fats? That's right...green leafy sources, not other animals! So why aren't we doing the same? Amino acids are what our bodies need to create protein, and where do we get amino acids? From GREENS!

## Why Drink A Green Smoothie?

Start drink the smoothies 2-3 times a day, and you will experience so much more energy and health benefits that it will soon become your second nature. And – if you are overweight – you will start losing weight really quickly too, because you will be eating less of the fattening foods that you normally crave.

- **Green smoothies are easy to digest.** When blended well, all the valuable nutrients in these fruits and veggies become homogenized, or divided into such small particles that it becomes easy for the body to assimilate these nutrients, the green smoothies literally start to get absorbed in your mouth.
- **Green smoothies are easy to make, and quick to clean up after.** No cooking or washing pots and pans required! It's also much easier than juicing – even the most health conscious people do not consume enough green juices on a regular basis because it is time consuming to prepare them and clean the equipment after juicing.
- **Green smoothies are super tasty!** With a ratio of fruits to veggies as 60:40 the fruit taste dominates the flavor, yet at the same time the green vegetables balance out the sweetness of the fruit, adding nice zest to it. Green smoothies are simply the best tasting dishes for the majority of adults and children. Yes, your kids will love them too!
- **Green smoothies reduce cravings for sugar and other processed foods that are not good for you.** When you consume your greens in the form of green smoothies, you can greatly **reduce the consumption of oils and salt in your diet** (in the form of salad dressings and other foods you would normally eat).
- **Green smoothies are perfect food for children of all ages,** including babies of six or more months old when introducing new food to them after mother's milk. Kids love these smoothies from

the first sip and may never know they are drinking their vegetables unless you tell them! If you can't get your kids to eat spinach or kale in their dinner salad, you will be amazed to see them relishing these very same ingredients inside a fruit smoothie. Of course, you may want to start slowly with some of the picky eaters, by only adding a little bit of mild-tasting greens, such as spinach.

- **Regular consumption of green smoothies forms a good habit of eating greens.** After a few of weeks of drinking green smoothies, you may find yourself craving and enjoying greens. Eating enough of green leafy vegetables is often a problem with many people, especially children.
- **Green smoothies and blended salads, as opposed to juices, are a complete food** because they still have fiber.
- **Fiber in green smoothies helps improve elimination.** The fiber acts like a powerful broom that sweeps the colon of toxins and waste. In each smoothie you'll be getting plenty of FIBER - so forget about those colon cleansing supplements!
- **Green smoothies can help you lose weight** by reducing those cravings that keep sabotaging your weight loss goals.
- **Beautiful skin, bright eyes, and shiny hair.** There is no skin cream or hair conditioner available on the market today that can compare to the beautifying effects of a regular supply of green smoothies.
- **You will experience overall improved health, increased energy and clear thinking.** In one drink you will be consuming more nutrients than you have in a week if you live on cooked foods!



# Preparing Green Smoothies & Blended Salads

You can call them green smoothies, drinkable salads or salads straight from your blender. The fact remains that it's MUCH faster to drink the same amount of greens that it would take to eat (and properly chew) the same amount of greens, fruits and vegetables. When you make a green smoothie, the blender will do the chewing for you!

Smoothies only take about a minute to prepare (with a good blender, such as Blendtec or Vitamix), and a minute or two to drink.

**There is really no excuse not to have them!**

**Important:** Do not just gulp down the entire glass of smoothie quickly, though. It is recommended that you drink your smoothie slowly – mixing it with your saliva for best digestion and assimilation of nutrients.

## Green Smoothies versus Green Juice

Drinking freshly made juices made from vegetables, greens and fruits is an excellent way to add important nutrients to your diet. However, just adding juices is not the ideal solution for at least two reasons.

One problem with juice is that it's too concentrated. If you add a lot of fruit and sweet vegetables (such as carrots), the juice will contain lots of sugar, not good for diabetics or people with candida problems. If you're making green juices from greens such as parsley, kale, etc. - you need to be aware consuming large amounts of them can be mildly toxic. So, while drinking a reasonable quantity of vegetable juice every day, such as 8 or 10 ounces is OK, but if you go beyond this amount, I believe you're not doing your body a favor.

Another problem with juice is that you leave behind the valuable fiber that slows down the absorption of nutrients and provides the feeling of



fullness. Drinking a juice is not a "satisfying meal", although it may be a nice appetizer.

I used to do a lot of juicing in the past and I still try to do it, but let's face it – it is quite time consuming and really messy. My problem is over since I started making green smoothies. Making smoothies is a super easy way to eat lots of greens, and a great alternative to juicing. It is much faster, less messy, and you also get fiber in addition to juice, so you get that feeling of satiety.

## **Preparing Green Smoothies**

The idea to blend various kinds of leafy greens, fruits and vegetables to create a liquid soup with a baby food consistency is not new. About 5 years ago that Victoria Boutenko (from the Raw Family) greatly popularized the concept of the Green Smoothie.

The Green Smoothie is essentially a blended salad composed of fruits and leafy greens, with some optional water, blended at high speeds to smooth consistency. Generally, hard or savory vegetables such as carrots or tomatoes are avoided. Only fruits and leafy greens are included.

### Great Ingredients For Your Green Smoothies

**GREENS: kale, bok choy, chard, spinach, parsley, romaine lettuce, iceberg lettuce, mint, basil, cilantro, or other.**

**FRUITS: bananas, pears, apples, mango, strawberries, raspberries, blueberries, peaches, kiwi, pineapple, melon, papaya, watermelon, grapes, or other.**

**VEGGIES: cucumber, celery, avocado (small amount only).**

Some fruit and green combinations you may want to try:

- Spinach with bananas and strawberries
- Spinach with apples, bananas, and some lemon or lime juice
- Spinach, bananas, peaches, mango

- Romaine lettuce with bananas
- Romaine lettuce with cucumber and bananas
- Romaine and celery with blueberries
- Parsley and ripe pears
- Parsley, celery, apple and pears

Add 1-2 cups of water and blend until smooth. Adjust proportions to your liking. Try to experiment with different greens and fruits. Fruits are added for sweetness, so make sure they are really RIPE, especially bananas.

Beautifully ripened bananas look like this:



*Spinach, strawberries and bananas - ready for a green smoothie*

Okay, so I need to add more spinach here, but I really love sweet taste of bananas!

In the beginning, when you are just starting out with the green smoothies, you may want to add just a little bit of mild tasting greens (such as spinach), to let your taste buds get used to the taste. Start adding more greens of various kinds (many of them are stronger tasting) later on.

Greens to add to your smoothies: spinach, arugula, swiss chard, dandelion, kale, collard greens, beet tops, and whatever else you can find

in the store or in your garden. Young, tender greens are better. Iceberg lettuce, although not very green at all, can be used too.

This is what a green smoothie looks like:



*Green smoothie*

Don't be discouraged by its "greeneness" – it tastes delicious, trust me on this!

Just try it for yourself, OK?

## Green Smoothie Recipes

Here are more ideas for your delicious green smoothie creations. Feel free to adjust the quantity of ingredients:

- 1 head of spinach
- 1 apple
- 1 banana
- 1-2 cups of water

- 1/2 head of spinach
- 1/4 cup of raspberries
- 2 cups of water
- 1/2 cup of strawberries

- 1 small pineapple, peeled, cored, and chopped
- 1 large mango, peeled, cored, and chopped
- 1/2 head romaine lettuce
- a tiny piece of fresh ginger

You may want to add some water.

- 2 leaves kale (kale is rather strong tasting, so you may want to start with less)
- 2 bananas
- 1 cup of strawberries or blueberries or raspberries
- 1 cup of water

- 5 pieces of green leaf lettuce
- 1 ripe mango
- 1 apple
- 1 cup of water

## Green Blended Salads

Green smoothies are great, but they are sweet-tasting, and sometimes we want a more savory flavor. They are also usually very smooth - like baby food - which is important if you add hard-to-chew greens, such as kale or collard greens. However, for variety, you will want to add some crunchiness to your meals.

Green blended salads are made of vegetables and greens, that are blended at lower speeds than smoothies, for shorter times and without adding water.

The best ingredients for blended salads include cucumbers, tomatoes, celery, peppers, and zucchini, with only delicate greens added, such as spinach or lettuce. The reason not to add hard and bitter greens such as kale is that you are only blending the mixture to a consistency of thick salsa or stew - and these ingredients would make it unpalatable.

You will want to add lots of herbs, such as basil, dill, parsley, cilantro, and other for outrageously delicious taste.

You also want to add a little bit of sweetness for even more yumminess. I like to add some sweet fruits, for example, a piece of a sweet pear, apple, a few strawberries, or grapes, but you may choose to add a little bit of honey, agave syrup, or some other sweetener to make the blended salad even more delicious.

### **IMPORTANT TIP: How to make a blended salad?**

Because you are not going to add any water to your salad, so it is important to start with ingredients that contain most water - tomatoes, cucumbers, etc. - so, cut them into pieces and put them into your blender **FIRST**. Switch your blender **ON** and keep it on the lowest speed that will get the job done. Next, gradually keep adding other ingredients - leafy greens and herbs. If adding honey or other sweetener, add it to the mix at the end, so it doesn't just stick to the container.

This is important especially if you are using a regular blender to make the blended salad, and not VitaMix - which is the best blender on the market to make green smoothies and blended salads. It's expensive, but totally worth it!

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The bottom line is to just get your greens in every day. There is really no right or wrong way to do this - if the recipes above do not suit you, simply add or take out until your taste buds are delighted!

Making fresh juices and smoothies is a great way to lose weight, control cravings, and improve your health. Despite from what the Standard American Diet (SAD) diet teaches us, for optimum health and weight, we should be eating 80% or more of calories from plant sources, most of it in their RAW state.

For more recipes and tips, visit

[www.greensmoothiespower.com](http://www.greensmoothiespower.com)