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SIMPLE+HEALTHY GREEN SMOOTHIE RECIPES



SIMPLE+HEALTHY

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We are two friends on a mission to share our love of green smoothies with the world. We have seen the health benefits in our own lives and want to introduce you to them as well. Please enjoy these five simple, healthy and yummy recipes and let us know which ones are your favorite. Make sure to visit our website, simplegreensmoothies.com, where we have more recipes and articles that will help transform you into a healthy and energetic green smoothie lover. Cheers to our health!

— JADAH SELLNER + JEN HANSARD —

FRIENDS & FOUNDERS OF SIMPLE GREEN SMOOTHIES



A FAMILY SPONGE PUBLICATION

DISCLAIMER: These recipes are for inspiration and educational purposes only. Check with your doctor first before making any dietary changes and to make sure you are meeting your nutritional and health needs.

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GREEN SMOOTHIE 101

WHAT'S A GREEN SMOOTHIE?

We know how hard it can be to get in the daily recommended dose of leafy greens— and we believe green smoothies are the answer. These plant-based drinks are packed with leafy greens, fruits and water... and they taste delicious!

Simple Green Smoothie recipes are easy to make: all you need is a blender, leafy greens and fruit. Incorporating spinach, kale and other super greens into smoothies is a simple way to give your body nutrients it craves.

We like our smoothies as clean and nature-based as possible, which means we try to buy organic produce, and avoid processed sugars and dairy in our smoothies. We occasionally add coconut water, unsweetened nut milks and superseeds to our green smoothies for added flavor and beneficial nutrients, like protein, calcium and potassium. Feel free to experiment and find what works for you!

All you need is a blender, an open mind, and a willingness to drink your veggies!



“ONE OF THE MOST DELICIOUS AND NUTRITIOUS SUPERFOODS IN A CUP.”

— UNDERGROUND HEALTH REPORTER

WHY WE LOVE GREEN SMOOTHIES

Green Smoothies are a simple way to incorporate large amounts of greens into your diet. Did you know that leafy greens have more valuable nutrients than any other food group? They contain high-quality amino acids, important minerals, vitamins, antioxidants, and beneficial phytochemicals (plant-based chemicals also known as phytonutrients). Phytochemicals keep your body's immune system and body functioning properly, improve health and longevity, and may reduce life-threatening diseases.

5 REASONS WE LOVE GREEN SMOOTHIES

1. Natural energy booster
2. Natural weight loss drink
3. Simple way to boost your immune system
4. Full of disease-fighting antioxidants
5. Hands down— The best fast food

"LET FOOD BE THY MEDICINE...
AND MEDICINE BE THY FOOD."

— WISDOM FROM HIPPOCRATES —

3 THINGS YOU NEED TO GET STARTED

1 **A powerful blender is the most essential tool for making green smoothies.** **Blendtec** and **Vitamix** are the most coveted brands of blenders (and for good reasons: their warranty and performance are incredible). Right now you can get both of these blenders refurbished and save over \$200 on each— Jen has the refurbished Vitamix and loves it.

Not everyone wants to buy a professional blender, and you don't have to. The **Nutribullet** and the **Ninja** are high-rated powerful blenders at a fraction of the cost.



JEN'S GREEN SMOOTHIE SETUP

2 **We love mason jars.** They are strong, reusable, multi-functional, and super cute. We definitely recommend getting the **pint size wide-mouth** Bell jars (easier to clean) and the **half-pint size** for the kids. (You can also reuse Classico spaghetti jars for smoothies, which is Jen's signature move as you can see in the pic above.)

3 **Green smoothies and straws go so well together.** We always have a few kinds of straws around the house. For home-use, we recommend **reusable stainless steel straws** and a small **brush** to clean them well. When you are taking your green smoothie to-go or having a large get-together, we love using eco-friendly **paper straws**.

CLICK [HERE](#) FOR OUR TOP 10 GREEN SMOOTHIE MUST-HAVES.



VITAMIN C IMMUNITY BOOSTER

Boost your immune system with a healthy dose of vitamin A (found in carrots) and vitamin C (found in oranges and strawberries) to stay healthy during the cold and flu season. Vitamin A not only supports eye health, but it also supports your immune system. Did you know that one cup of fresh squeezed orange juice has 207% of the daily value recommended for vitamin C? Vitamin C also helps your body absorb iron and strengthens its resistance to infection.

- 2 cups** spinach, raw
- 3/4 cup** orange juice
- 3/4 cup** water
- 1** banana
- 1/4 cup** carrots
- 2 cups** strawberries
- 1/2 cup** blueberries

NOTES

Blend spinach (loosely packed), orange juice (fresh-squeezed, if possible) and water together first. Once creamy, add the remaining ingredients and blend for an additional 1-2 minutes.

Additional immune boosters: powdered probiotics, olive leaf extract, elderberry extract

(Read label on products to find the correct measurements)



KIWIFRUIT TANGO

Did you know that one kiwi contains 230% of our daily vitamin C need? This fuzzy fruit is also considered a fat burner and plays a role in healing wounds and boosting iron absorption. Avocado and banana add potassium, a healthy dose of the “good” fats and an amazingly creamy texture.

- 2 cups** **kale, raw**
- 1 cup** **coconut water**
- 1 cup** **water**
- 1** **avocado**
- 2** **kiwi**
- 1** **banana**
- 1 cup** **mango**
- 1 cup** **pineapple**

NOTES

Blend kale (loosely packed), coconut water and water together first. Once creamy, add the remaining ingredients and blend for an additional 1-2 minutes.

P.S. We keep the skin on our kiwi for extra fiber, but many don't like the taste. So feel free to strip your kiwi down to its bright green goodness.



TROPICOLADA FIESTA

Give your taste buds a sweet dose of the tropical islands with this combination of tropical fruits and coconut water. Did you know that one cup of coconut water has more potassium than a banana? Not only does coconut water have 17% daily value of potassium, but it's loaded with electrolytes and often called "nature's Gatorade." So hydrate your body and give your muscles some sweet lovin' with this high-potassium and vitamin-rich green smoothie!

- 2 cups** spinach, raw
- 1 cup** coconut water
- 1 cup** water
- 1** banana
- 1 cup** pineapple
- 1.5 cups** mango
- 1 tbs** lime

NOTES

Blend spinach (loosely packed), coconut water and water together first. Once creamy, add the remaining ingredients and blend for an additional 1-2 minutes.

Tip: Freeze your coconut water in ice cube trays, for an extra chilly smoothie.



PEACHY KALE DREAM

This nutrient-rich and low-calorie smoothie will make you feel refreshed and full of energy. Calorie for calorie, kale has more iron than beef, and it's a great source of calcium, vitamin A and even protein. The combination of kale, peach, apple and mango creates a mildly sweet smoothie that will keep your taste buds happy, your heart healthy and your stomach full longer.

- 2 cups** **kale, raw**
- 1 cup** **orange juice**
- 1 cup** **water**
- 1** **peach**
- 2** **apples**
- 1** **mango**

NOTES

Blend kale (loosely packed), orange juice and water together first. Once creamy, add the remaining ingredients and blend for an additional 1-2 minutes.

TIP: Kale can easily be swapped between any recipe that calls for spinach. Both leafy greens are high in iron and phytochemicals.



BERRY PROTEIN BASH

Combining almonds and berries in this green smoothie makes a perfect post-workout recovery drink that promotes healthy weight loss, too. Almonds are an excellent source of protein, calcium, magnesium, and vitamin E. This combination of vitamins and minerals help support your bones, muscles and skin. The low-calorie berries in this smoothie are loaded with antioxidants that boost your immune system, protect your body against diseases like cancer and diabetes, and keep your blood sugars level. Drink you your health!

- 2 cups** **spinach, raw**
- 2 cups** **almond milk, unsweetened**
- 1 cup** **strawberries**
- 1 cup** **blueberries**
- 1/2 cup** **almonds**

NOTES

Blend spinach (loosely packed) and almond milk together first. Once creamy, add the remaining ingredients and blend for an additional 1-2 minutes.

TIP: Unsweetened almond milk is a good source of calcium, which is important for building strong bones.

5 GREEN SMOOTHIE TIPS

- 1 For the best ratio, follow the 60/40 formula.** For example: 3 cups fruit, 2 cups dark leafy greens, 1-2 cups of water. Makes 32-40 oz or 4-5 cups.
- 2 If bitter or too “green tasting,” add an extra dose of nature’s sweetener.** Sometimes, smoothies can taste a little bitter or overpowering from the leafy greens. To fix this, just add a natural sweetener such as bananas, mango, apples, pears or pitted dates.
- 3 For optimal nutrient content, drink your smoothie right away.** Fresh is always best, but sometimes you will have leftovers. Store in airtight containers, like a mason jar with lid, to limit oxidation (which breaks down nutrients and changes the color.) You can keep green smoothies in the fridge for 24 - 48 hours.
- 4 Change up your liquid base from time to time.** Water is a great base for green smoothies, but it’s nice to change it up and incorporate more nutrients and vitamins occasionally.

Coconut water is low in fat and calories, yet high in potassium, vitamins, minerals and electrolytes. For a more creamy texture, add unsweetened nut milks to your smoothies like almond milk or coconut milk, which are packed with bone-building calcium and vitamin E.
- 5 Want your green smoothie to be extra chilly?** Freeze your favorite fruits like ripe bananas, grapes, pineapple or berries. This is also a great way to not waste ripe fruits and veggies.

ABOUT US

WEBSITE	simplegreensmoothies.com
FACEBOOK	facebook.com/SimpleGreenSmoothies
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PINTEREST	pinterest.com/simplesmoothies

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FOR MORE RECIPES,
TIPS AND INSPIRATION

SimpleGreenSmoothies.com launched in the fall of 2012 by two green smoothie lovin’ friends, Jadah Sellner and Jen Hansard. Together, they share their passion for green smoothies and explore ways to enhance their diet through whole foods, fruits, vegetables and superfoods— and make it taste good!

Whether you find yourself being a victim of the Standard American Diet (keeping your body undernourished with empty calories), or you wish to adapt a clean-eating lifestyle, Simple Green Smoothies can help you add this one insanely healthy habit into your daily life.

Need more ideas on making blending a daily ritual for you and your family?
Visit SimpleGreenSmoothies.com for more recipes, health tips and inspiration.



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