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Green Smoothie Guide

Get your greens. . . . the easy way!

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Green Smoothie Guide

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What Are Green Smoothies?

At a time when convenience foods and processed foods are readily available, many people find it a struggle to make sure they are getting enough fresh fruits and greens in their diet. You might be able to make up a quick salad for dinner or grab a piece of fruit for breakfast but are you getting enough fruits and veggies in your diet? Are your children getting enough greens or are veggies the last thing your kids would willingly want to eat? If you think your diet is lacking in this department, you are not alone.

There is a fast and easy solution though for adults without an abundance of time and children who are on the picky side. It ensures that you get a daily dose of several fruits and veggies, including those all important greens, and the best part is that you probably won't even taste them. How in the world can that be possible? The solution is a delicious green smoothie!

You may have heard of green smoothies before. They seem to be gaining in popularity among busy adults and families with children. It is easy to see why. What could be easier than taking a couple of handfuls of veggies and greens, like carrots and spinach, and adding some strawberries, banana, or apples and then blending it all together to make a delicious and healthy drink or meal?

One blender full can provide a wonderful after school treat for several kids or it could serve as a complete breakfast for a working parent. Kids especially love the colour of green smoothies, which can vary from deep to light green or even be dark red or orange depending on the ingredients.

There are literally dozens of fruit/veggie combos you can try so that you never become bored and green smoothies are a great way to use up the produce from your fridge that may otherwise go bad.

It may surprise you to find that the fruit masks the taste of the greens and veggies and if you use a high speed blender you will not see any sign of them in the smoothie either. If your smoothie is not sweet enough for your liking, you can add a bit more fruit. Bananas for instance, are an excellent addition for a sweet and fruity smoothie. You get all the vitamins and nutrition from all the healthiest foods without having to "taste" the ones you don't like.

For an extra nutrition boost you can add supplements such as wheatgrass powder, hemp protein, greens powder, chia seeds, or ground flax. Instead of adding plain water to your smoothies you can mix things up by adding fresh squeezed juice, soda water or almond milk. It is no wonder that so many green smoothie enthusiasts claim that they lose weight, have clearer skin, and have more energy than ever before.

Green smoothies are a miracle in a blender!

Green Smoothies and Overall Health Benefit

Green smoothies, first made popular by Victoria Boutenko, are all the rage now. And why not? The health benefits of green smoothies are too many to be counted! Green smoothies aid your bodily functions and provide an amazing amount of nutrients to us. Who would think that just one little glass of this drink could do so much for our body? Honestly, I sometimes wonder why people are addicted to Pepsi and Red Bull. This drink tastes so great it beats them all and let us not even get into a comparison of the nutritional benefits of green smoothies over any of these soda-based drinks.

Green Smoothies – A Wonder Food

One of the greatest benefits of green smoothies is that they are really easy on our digestive system. The green leaves, which are incorporated in these smoothies are packed with Vitamins, Minerals, Fibre and Chlorophyll. These are immensely beneficial for man. But the fact is, we cannot digest these leaves easily. Eating them in their whole form would involve a whole lot of chewing and who is patient enough to chew their vegetables over a long period of time?

Moreover, since our jaws aren't strong enough, we cannot rupture the cells which contain the nutrients. Also, the acid level in our stomachs isn't high enough to completely digest these greens. So we don't get the benefit of the total amount of nutrients present in the leaves. Blending these vegetables effectively eliminates this problem as the cells are

ruptured as a result of which all the nutrients contained within are released.

Secondly, these greens are rich in fibre, which as we all know aids the functioning of the digestive system. They also dictate colon ecology and effectively eliminate waste. Since they are rich in chlorophyll they have numerous health benefits due to this complex. Chlorophyll helps to purify human blood, get rid of bad breath and body odour and even cures anaemia.

Antioxidants and phytochemicals present in the vegetables leave you feeling rich and energized throughout the day. Moreover, green smoothies do something else that is wonderful. They bring down the acidic pH of the human body into the alkaline range. Did you know that cancer and most other diseases flourish in the acid pH range?

It really is true, we know that prevention is better than cure. Green smoothies, when taken regularly, effectively prevent these killer diseases from setting up shop in our bodies.

That’s right, make sure you spread awareness about green smoothies and get your daily dose of them too. The numerous health benefits of green smoothies are simply too hard to resist!!!

Tasty and Healthy Green Smoothie Recipes

Everyone is discussing green smoothie recipes and the pros and cons of each unique drink these days. Why? Because these amazingly nutritious and delicious drinks are absolutely great for your health. Here are some of my favourite green smoothie recipes!!

If you can't find any of the ingredients listed, simply substitute something else. Any of the greens can be replaced with spinach or a bag of mixed salad leaves, always available in the supermarket. And experiment with the fruit. Variety, as always, is the key to achieving optimum nutrition and enjoyment.

Banana-Kale Smoothie

What You Need:

Bananas – 2

Blueberries – 1 cup frozen

Hulled hemp seed – 2 tablespoons

Water – Around 2.5 cups

Kale leaves – 5 (or use baby spinach)

How to Make It:

Put all the ingredients for the smoothie into a high speed blender and blend well. Make sure all the ingredients are completely covered with the water.

Yum!! Your smoothie is ready to be served. You can also add crushed ice to the blender mixture to make yourself a chilled smoothie!

BerryBlast Smoothie

What You Need:

Blueberries – 1 cup

Raspberries – 1 cup

Baby spinach – Around three handfuls

Apple – 1

Water- 2 cups

How to Make It:

Put all the ingredients except baby spinach into a high speed blender, making sure that all the ingredients are well-covered with water. Blend the mixture for about 30 seconds until it reaches uniform consistency throughout. Then add the baby spinach and resume blending until the mixture is homogenized.

Ginger Smoothie

What You Need:

Fresh ginger – 1 inch

Pineapple – 1 cup

Mango - 1 large sized fruit

Romaine lettuce – half a head

How to Make It:

Put first three ingredients into a high speed blender and blend for about half a minute. Then add the romaine lettuce and blend until a thick, smooth consistency is reached. Mmmm! Your delicious smoothie is ready!

Dandelion and Apple Smoothie

What You Need:

Peeled lemon – 1

Dandelion greens – 1 bunch

Apples – 2 large fruits

Banana – 1

Flaxseed – 2 Table spoons

Water – Enough to cover ingredients

How to Make It:

Put all the ingredients into a high speed blender along with enough water to cover all the ingredients. Banana is added to impart a creamy texture to the drink. Blend until a uniform consistency is attained throughout! Your Smoothie is ready.

Blueberry Breeze

What You Need:

2 handfuls of chard

1 cucumber

Strawberries – 1cup

Blueberries – 1 cup

1 banana

How to Make It:

Mix all ingredients in a blender until smooth. This smoothie is perfect for summer!

Pear and Arugula Lettuce Smoothie

What You Need:

Pears – 2-3 depending on the size

Banana – 1

Hulled hempseed – 2-3 tablespoons

Raspberries – I bag of frozen fruit

Arugula lettuce – A small bunch

Water – Around 2.5 cups

Raw honey – For taste

How to Make It:

Put all the ingredients into a high-speed blender and make sure that all the ingredients are covered with water. Blend until a thick, creamy consistency is obtained. Your nutritious smoothie is ready!

Chocolatta!

What You Need:

1 banana

2 white peaches

2 handfuls spinach

2 tsp cacao powder

1 tsp Maca

Water.

How to Make It:

Mix all ingredients in a blender. This smoothie is great for an energizing breakfast.

Melonade Smoothie

What You Need:

2 cups spinach or collard greens

1 ½ Cantaloupe (ripe and fresh)

4-5 large strawberries

1 cup orange juice

1-2 teaspoons lemon juice

Water

How to Make It:

Mix all ingredients in a blender until smooth. Enjoy!

Orange Essence

What You Need:

2 large Swiss chard leaves (ribs cut away)

2 whole oranges (no seeds but pith is okay)

Zest of an orange

1 banana (frozen)

Ice cubes

Water

How to Make It:

Mix all ingredients in a blender until smooth.

Peachy Surprise Smoothie

What You Need:

2 cups spinach

1 cup fresh Cantaloupe, cut in chunks

1/4 cup frozen pineapple chunks

1/2 cup frozen peaches

1/2 cup orange juice

Water

How to Make It:

Blend all ingredients together until smooth. This smoothie has a very fresh, tropical taste. Perfect for breakfast or a hot summer day!

Pineapple Paradise smoothie

What You Need:

1 cup frozen pineapple, chopped

2-3 large Kale leaves

1 ripe banana

2 fresh mint leaves

2 cups water

How to Make It:

Mix all ingredients in a blender until smooth. Enjoy!

Popeye Power!

What You Need:

2 cups spinach leaves or collard greens

1 stalk celery

1 ripe banana

1 Cup frozen strawberries

1 Cup frozen pineapple

Water

How to Make It:

Combine all ingredients and mix until smooth. Enjoy!

Simply Sweet Smoothie

What You Need:

1 handful parsley

1 banana (frozen)

A couple ice cubes

Water

How to Make It:

Mix all ingredients in a blender until smooth. This is a very fast, no fuss smoothie. Makes one serving.

ENJOY!!