



The Simply Real Health

# Green Smoothie Guide

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# Add Ins For Any Smoothies



These are great things to have on hand for inspired smoothie making.

## TO THICKEN/MAKE CREAMIER:

- ◇ chia, flax or hemp seeds
- ◇ 1/4 avocado
- ◇ hemp, almond, coconut, hazelnut milk or organic whole milk
- ◇ peanut, almond, sunflower seed, sesame seed walnut or cashew butter
- ◇ clean hemp or brown rice protein powder

## TO KEEP YOU FULL LONGER:

- ◇ avocado
- ◇ 1 tablespoon organic unrefined coconut oil
- ◇ chia seeds
- ◇ flax seeds
- ◇ clean hemp protein powder
- ◇ a spoonful of clean nut butter or a handful of cashews, macadamia nuts, hazelnuts, etc.

## TO SWEETEN:

- ◇ coconut water
- ◇ vanilla extract
- ◇ a dash of organic maple syrup
- ◇ raw honey
- ◇ frozen fruit (cherries, grapes, mango, pineapple, blueberries, etc.)
- ◇ cinnamon
- ◇ pitted dates
- ◇ cocoa powder

## TO BUMP UP THE HEALTHY GOODNESS:

- ◇ chilled green or black tea
- ◇ a spoonful of organic unrefined coconut oil (boosts metabolism + gives immediately absorbable energy)
- ◇ chia seeds (helps to pull toxins out of your digestive track)
- ◇ celery
- ◇ cucumbers
- ◇ parsley [natural blood detoxifier], cilantro, basil, mint
- ◇ add a greens powder like Vitamineral Green
- ◇ cooked vegetables like yams, carrots or beets
- ◇ fresh ginger
- ◇ extra chard, kale, spinach, butter lettuce or romaine

Links to all my favorite brands are on the "Favorite Products" tab at [simplyrealhealth.com](http://simplyrealhealth.com).

# Beginner Green Smoothie Recipes

## SARAH'S CLASSIC GREEN SMOOTHIE:

### INGREDIENTS

1 cup blueberries- fresh or frozen  
1/2 avocado  
1/2 banana  
3 (or more) large handfuls spinach  
1 cup ice to blend

Combine all food ingredients with enough water to blend easily. Add ice and continue to blend until creamy.

## PEANUT BUTTER-DATE GREEN SMOOTHIE

### INGREDIENTS

1 teaspoon peanut butter (or almond butter)  
1/2 banana  
1/2 avocado  
5-6 romaine leaves or 2+ handfuls spinach/kale  
3 dried dates, pits removed (you can soak these in water for 5 min before to soften if your blender is not strong)  
1 teaspoon vanilla extract 1/4 cup coconut water  
*+ Optional: 1-2 teaspoons cocoa powder to make a Chocolate-Peanut Butter Smoothie.*

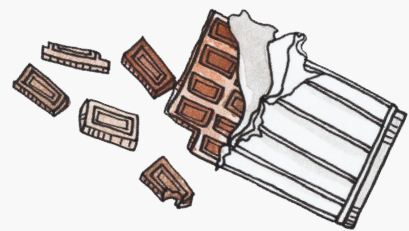
Blend all ingredients together with ice.

## HEALTHY CHOCOLATE MORNING SMOOTHIE:

### INGREDIENTS

1 banana  
1/2 avocado  
2 teaspoons unsweetened cocoa powder  
1 handful spinach or 1/2 head romaine lettuce

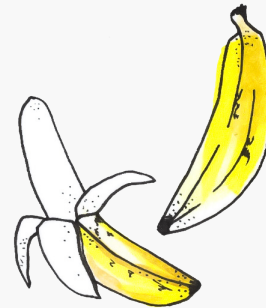
Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.



## SARAH'S BASIC KALE SMOOTHIE:

### INGREDIENTS

3 stalks kale (leaves only)  
1/2 banana  
1 teaspoon chia seeds  
1/4 avocado  
1/2 cup coconut water  
1 cup ice  
+ extra water to blend



Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## PINEAPPLE GREEN SMOOTHIE

### INGREDIENTS

2 cups spinach or romaine lettuce  
1/2 cup coconut water  
1/4 cup frozen or fresh pineapple cubes  
1/2 banana  
1/4 avocado

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## Intermediate Green Smoothie Recipes

## CHERRY GREEN SMOOTHIE:

### INGREDIENTS

3-4 leaves romaine lettuce, kale or spinach  
1/4 banana  
4-5 frozen cherries  
1/4 cup coconut water  
1 teaspoon organic vanilla extract

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend. Optional: 1-2 teaspoons cocoa powder to make a chocolate-cherry smoothie.

## **STRAWBERRY VANILLA-ALMOND GREEN SMOOTHIE:**

### **INGREDIENTS**

3-4 stalks kale or 2-3 handfuls organic spinach  
4 frozen strawberries  
1/2 banana  
2 teaspoons chia seeds  
1 teaspoon vanilla extract  
2 tablespoons almond meal/almond flour or 1 small handful almonds

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## **VANILLA MACADAMIA NUT GREEN SMOOTHIE:**

### **INGREDIENTS**

4 stalks green kale (leaves only) or 2 large handfuls spinach  
1/2 banana  
1/4 avocado  
1 handful macadamia nuts (salt -free) or cashews  
+ splash of vanilla extract

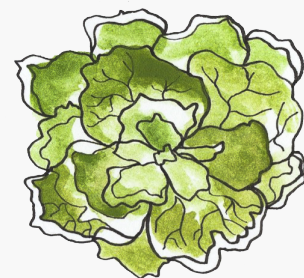
Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## **PEACHES N CREAM GREEN SMOOTHIE**

### **INGREDIENTS**

1/2 cup frozen peaches  
2 handfuls spinach or 1 head romaine lettuce  
1/4 banana  
1/4 avocado  
2 teaspoons cinnamon

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.



## CHOCOLATE-CASHEW GREEN SMOOTHIE:

### INGREDIENTS

1 banana  
1/2 avocado  
2 handfuls spinach or romaine lettuce (or more)  
1 handful raw cashews  
3 teaspoons cocoa powder  
+ splash vanilla

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## CINNAMON GREEN SMOOTHIE:

### INGREDIENTS

1 cucumber, peeled  
1 large handful spinach  
2-3 kale leaves  
1/2 banana  
1/2 avocado  
1 teaspoon vanilla extract  
1 teaspoon cinnamon water and ice to blend

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## TROPICAL GREEN SMOOTHIE:

### INGREDIENTS

3-4 leaves dinosaur kale (leaves only) or 2 handfuls spinach  
1/4 cup coconut water  
1/4-1/2 banana  
4-5 cubes frozen mango or pineapple

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.



## ORANGE CREAMSICLE GREEN SMOOTHIE

### INGREDIENTS

1/2 banana  
2 satsumas or 1 small navel orange, skin removed  
1 head romaine lettuce or 2 cups spinach  
1/4 cup coconut water  
1/4 cup hazelnut milk, almond milk or coconut milk

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## GRAPE GREEN SMOOTHIE

### INGREDIENTS

3-4 leaves kale  
1 handful spinach  
1/4 banana  
1 handful frozen red grapes  
1/4 avocado

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## Advanced Green Smoothie Recipes

### PEAR+ CILANTRO GREEN SMOOTHIE:

#### INGREDIENTS

1 ripe pear  
1 small handful grapes  
1/2 cucumber, peeled and de-seeded  
6-7 leaves fresh cilantro (no stems)  
3 (or more) large handfuls spinach  
+ water + ice to blend  
+ sprinkle of nutmeg or cinnamon [optional]

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## GREEN + APPLE SMOOTHIE:

### INGREDIENTS

3-4 kale leaves, stems removed (lacinato/dinosaur kale suggested)  
2 stalks celery  
1/2 cucumber, skin peeled  
1 small sweet apple, core removed  
1/4 avocado  
1 handful spinach  
+ splash of water (or chilled green tea for an extra boost) and ice to blend

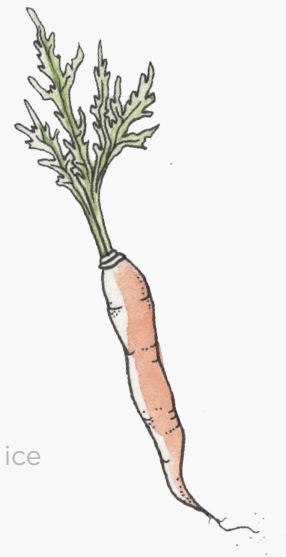
Blend all ingredients together, leaving ice until after the rest are blended.

## BEET, CARROT, APPLE + GINGER SMOOTHIE

### INGREDIENTS

1 head romaine lettuce  
1 small beet (pre-cooked)  
1 carrot (pre-cooked)  
1 apple  
1/2 in ginger root

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.



## HAZELNUT GREEN SMOOTHIE:

### INGREDIENTS

3 stalks kale (leaves only)  
2 handfuls spinach  
1/2 banana  
1/4 cup hazelnut milk or 1 handful hazelnuts with 1 teaspoon vanilla  
1/4 avocado  
1 teaspoon chia seeds

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## GREEN SPICED PEAR OR APPLE SMOOTHIE:

### INGREDIENTS

3 leaves kale (leaves only)  
2 handfuls spinach  
1/4 banana  
1/4 avocado  
1/2 pear or 1/2 apple  
2 teaspoons cinnamon  
1 teaspoon nutmeg



Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## PEACHY GREEN SMOOTHIE:

### INGREDIENTS

1/4 banana  
3-4 frozen peach slices  
1/4 avocado  
1/4 cup coconut water  
1 teaspoon cinnamon  
3 leaves kale or 2 handfuls spinach

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

## CHERRY-BLUEBERRY GREEN SMOOTHIE:

### INGREDIENTS

2 cups spinach or 1-2 leaves kale  
5 frozen cherries  
1 tablespoon frozen blueberries  
1/4 banana  
+ ice, water + coconut water to blend  
3 tablespoons hemp protein (optional)

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

# PERSIMMON GREEN SMOOTHIE

## INGREDIENTS

4 leaves kale  
1 ripe fuyu persimmon (or apricot)  
1/4 banana  
1 tsp cinnamon  
1/4 cup coconut water (optional)

Combine all food ingredients with a small amount of water and blend. Add ice and continue to blend.

# BLENDED PINEAPPLE GREEN JUICE

MAKES 1 SERVING

## INGREDIENTS

1 handful kale (ribs removed)  
1 handful spinach  
1 rib celery  
1/4 cucumber, peeled (optional)  
1 small handful sprigs parsley (leaves only)  
1/4 cup pineapple juice or 1 bigger piece pineapple

Blend all ingredients on high. Add a splash of water or coconut water if needed, and a big handful of ice once the first ingredients are blended. Serve cold.

**\*Bonus Tip: Be sure to watch the *Simply Real Health* blog for new, seasonal green smoothie additions at [www.simplyrealhealth.com](http://www.simplyrealhealth.com)!**