



savory living®

Eat well. Feel better.

## Technique and Ideas – Green Smoothies

Start your day with a fast green smoothie. Greens pair beautifully with fruits and it's a simple way to "crowd" nutrients into your day. The recipes below make TWO SERVINGS.

### The elements of a delicious smoothie

- Liquid/base – water, almond milk, milk, yogurt
  - 1 cup
- Greens – washed and include stems (if using a powerful blender)
  - As much as you can handle! Start with 1 cup and gradually add more
- Berries – all kinds, preferably frozen and organic
  - 1 ½ cups
- Other fruits – all kinds, like pears, mango, apples, oranges
  - Whole fruit (peeled and cored if desired)
- Sweeteners – pick one: banana, dates, agave, or stevia
- Cold note – ice, or frozen fruits
- Protein – Hemp seeds (vegan), nuts, nut butters, yogurt
  - 2 Tbsp
  - It's important to include protein, it will help you stay full longer
  - If using yogurt – see "liquid/base" for measurements

### Greens + Pears + Berries

- 1 cup packed greens
- 1 frozen ripe banana, broken into chunks
- 1 cup water
- 1 large ripe pear
- 1 cup berries
- 1 pitted date
- 2 Tbsp hemp seeds

### Greens + Peach Creamsicle

- 1 cup packed greens
- 1 frozen ripe banana, broken into chunks
- 1 cup water
- ½ cup orange juice
- 1 cup fresh or frozen peaches
- 1 pitted date
- 2 Tbsp hemp seeds

### Sue's staple - Greens + Berries

- 1 cup packed kale
- ½ banana cut into chunks
- ¾ cup frozen berries (blueberries, strawberries)
- 1 pitted date
- 2 Tbsp hemp seeds
- Large scoop almond butter
- 1 cup water

### Greens + Cocoa Indulgence

- 1 cup packed greens
- 2 frozen ripe bananas, broken into chunks
- 1 ¼ cup almond milk
- ¼ cup cacao nibs
- 2 Tbsp almond butter
- 1 teaspoon vanilla extract
- 1 pitted date (optional)
- 2 Tbsp hemp seeds

