



Nourish Your Healthy Life

Smoothie Guidelines

Your smoothie should consist of at least half vegetables and half fruits, nuts and/or seeds. Below is a sampling of fruits and vegetables you can add, there are obviously so many more choices than what is listed below for you to choose from.

Vegetables

Kale
Romaine lettuce
Dandelion greens
Spinach
Beet greens
Watercress
Chard
Broccoli
Carrots
Beets
Cauliflower
Fennel
Collard greens
Squash
Cabbage

Fruits

Berries (any)
Banana
Apple
Any stone fruit
Citrus fruits
Mango or papaya
Kiwi
Cranberry
Grapes
Cherries
Pomegranate

Add-ins

Greens powder
Meal supplement powder
Kefir
Yogurt
Nut milks

Nuts & Seeds

Almonds
Walnuts
Cashews
Pecans
Brazil nuts
Pumpkin seeds
Chia seeds
Hemp seeds
Flax seeds
Sunflower seeds
Coconut flakes

Oils

Coconut oil
Flax oil

It's important to mix and match your ingredients every day as it is more nutritionally beneficial to have a wide variety of foods on a regular basis.

The greens powder I recommend is called Amazing Grass and the supplement powder is by Garden of Life and is called Raw Meal. Both are available at Whole Foods, Sprouts, or Vitamin Shoppe. I recommend one scoop of each in your smoothie. This will provide a wide range of nutrients in a concentrated form.

Sample Recipe:

1 handful greens of choice
1 stalk broccoli
5 baby carrots
15 almonds
1 banana
½ cup frozen blueberries
5 frozen strawberries
1 scoop Raw Meal, vanilla or plain
1 scoop Amazing Grass
1 spoonful coconut oil
½ cup kefir
Balance of liquid plain water

Sample Recipe:

1 handful greens of choice
2" chunk fennel
5 baby carrots
1 banana
½ mango
½ cup frozen berries of choice
2 Tbsp. flax, hemp or chia seeds
1 scoop Amazing Grass
1 spoonful coconut oil
1 cup kefir
Balance of liquid plain water

Sample Recipe:

1 handful greens of choice
small bunch of watercress
½" chunk peeled ginger, sliced
1 kiwi, peeled
½ lemon, peeled
½ cup cherries
2 Tbsp. flax, hemp or chia seeds
1 scoop Amazing Grass
¼ cup pumpkin seeds
½ cup kefir
Balance of liquid plain water

It's OK to eyeball the measurements of the ingredients, they don't have to be exact. Also, be sure to play around with your ingredients, substituting ingredients you don't like for ones you do. The kefir, coconut oil, nuts and seeds help to make the smoothie more satisfying and filling.

*Note: Your body will receive the most nutrients if you consume the smoothie within a half hour of making it.