

Green Smoothies

Tropical Green Smoothie

1 cup of frozen pineapple
1 cup of papaya or 1 banana
1 cup of milk or juice
2 cups of kale or spinach

Spinach Berry Banana

Green Smoothie

1 cup of mixed berries
1 banana
2 handfuls of spinach
1 handful of parsley
water

Spinach Apple Carrot

Orange Smoothie

2 apples
1 carrot
2 oranges, peeled
1/2 lemon
cinnamon to taste
1 banana
handful of spinach

Pineapple Pear Banana

Parsley Green Smoothie

2 ripe pears
1/3 of a fresh pineapple
1/2 frozen banana
1/3 of a large bunch of parsley
1/2-inch slice of fresh ginger
1 cup of filtered water
1 cup of ice cubes (optional)

Apple Orange Banana

Green Smoothie

6 oz apple juice
2 oz orange juice
4 oz milk
1 frozen, ripe banana (sliced)
greens of your choice

Banana Cantaloupe

Green Smoothie

1/2 sliced cantaloupe melon
1 frozen, ripe banana (sliced)
1 cup milk
greens of your choice

Banana Mango Orange

Green Smoothie

1 large mango, cut in chunks
1 frozen, ripe banana (sliced)
1/2 cup yogurt
1 cup orange juice
greens of your choice

Banana Coconut Milk

Green Smoothie

2 frozen, ripe bananas (sliced)
1-1/2 cup milk
greens of your choice

Breakfast Green Smoothie

1/4 cup uncooked, rolled oats
1 cup milk
1/4 cup yogurt
1/4 cup frozen berries
1 frozen, ripe banana (sliced)
greens of your choice

**Spinach Celery Orange
Apple Green Smoothie**

1 stem of celery
1 orange
1 granny smith apple, peeled
1 handful spinach

**Spinach Romaine Ginger
Green Smoothie**

handful romaine lettuce
handful of spinach
small piece of ginger
1-2 teaspoon honey
1-2 cups water

**Apple Carrot
Green Smoothie**

8 oz apple juice
4 oz milk
3-5 carrots, chopped
greens of your choice

Berry Green Smoothie

1 cup milk
1 cup yogurt
1/2 cup blueberries, raspberries or strawberries
greens of your choice

**Cucumber Parsley Apple Banana Green
Smoothie**

1 bunch fresh parsley
1 cucumber, peeled
1 Fuji apple
1 frozen, ripe banana (sliced)
1-2 cups water
greens of your choice

Apple Banana Green Smoothie

8 oz apple juice
4 oz milk
1 frozen, ripe banana (sliced)
greens of your choice

Tropical Fruit Green Smoothie

3/4 cup pineapple
1 cup mango
1 frozen, ripe banana (sliced)
1/2 cup milk
1/2 cup water
greens of your choice

