

[Non-Recipe] Recipe: Green Smoothies

Let this formula be your guide for creating delicious, nutrient-packed green smoothies.



1. Liquid Base

Adjust the amount of liquid depending on the other ingredients you select.

- 1 to 1.5 cups almond milk
- 1 to 1.5 cups coconut milk
- 1 to 1.5 cups coconut water
- 1 to 1.5 cups cow's milk
- 1 to 1.5 cups oat milk

2. Frozen Fruit

Skip the ice and use frozen fruit for a richer smoothie that won't get watered down.

- 0.5 to 1 cup frozen banana chunks
- 0.5 to 1 cup frozen blueberries
- 0.5 to 1 cup frozen mango chunks
- 0.5 to 1 cup frozen peach slices
- 0.5 to 1 cup frozen strawberries

3. Greens

If greens gross you out, start with a tiny bit of spinach or romaine and work your way up!

- 1 cup beet greens
- 1 cup kale
- 1 cup romaine
- 1 cup spinach
- 1 cup swiss chard

4. Protein/Fat Boosters

Add one or two of these optional items to give your smoothie more staying power.

- ½ avocado
- ½ cup Greek yogurt
- 1 to 2 tbsp chia seeds
- 1 to 2 tbsp ground flax seeds
- 1 to 2 tbsp hemp seeds
- 1 to 2 tbsp natural nut butter
- 2 to 4 tbsp protein powder

5. Flavor Boosters

Get creative and experiment with different flavor combinations.

- Almond extract
- Cinnamon
- Cocoa powder
- Fresh mint
- Instant coffee
- Vanilla extract

The combinations are endless, but here are a few ideas to get you started!

- **Mocha Madness:** milk + banana + beet greens + chocolate protein powder + instant coffee
- **PB & J:** milk + strawberries + kale + peanut butter + hemp seeds + vanilla extract
- **Peaches'n'Cream:** milk + peaches + spinach + Greek yogurt + almond extract
- **Tropical Refresh:** milk + mango + swiss chard + avocado + chia seeds + fresh mint

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