30 Green Smoothie Recipes

Written By:
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This eBook was compiled from emails sent to people who participated in an online 30-Day “Green Smoothie Challenge”.

There are links in this eBook to posts found in the archives of the Vitamix Enthusiasts Yahoo Group. You can learn about this group, and become a member free here: [Vitamix Enthusiasts Yahoo Group](#) and be sure to save [this page](#) so you can learn how to navigate the archives of the Vitamix Enthusiasts Yahoo Group.

There is also a Vitamix Enthusiasts Facebook Group (if you prefer Facebook) where you can get support if you have any questions: [Vitamix Enthusiasts Facebook Group](#) Be sure to check out the Group's Files: [Vitamix Enthusiasts Facebook Group Files](#)

And you can get more information about Green Smoothies on the Green Smoothie page at [www.BlenderLady.com](http://www.BlenderLady.com)
**Introduction**

Did you know that Dark Green Leafy Vegetables have nearly 10 times the nutrients per calorie as Fruits? Did you know that you are supposed to get at least 8 servings of Fruits and Vegetables per day, but most Americans only get two, and many count ketchup as a tomato, so now we’re down to one?

A Green Smoothie is a blend of Dark Green Leafy Vegetables, with fruits in a smoothie! A Green Smoothie tastes great, and you are getting more nutrients in just one glass of Green Smoothie, than most Americans get in one or two days on a SAD Diet (Standard American Diet). If making only one Green Smoothie per day is the only thing you did with your Vitamix, the benefits you would reap in increased energy, better sleep, weight loss, and an overall sense of well-being would make your purchase a Smart Choice!
I hope you will set a goal to drink one Green Smoothie per day, and I hope that the information and recipes in this eBook will inspire, and transform you! Sometimes we need a little help along the way. It is great to start a new habit on your own, but it is even more fun with a group! That is why there are so many “Green Smoothie Challenges” out there on the Internet. I’ve been using the Yahoo Group format to sponsor Green Smoothie Challenges, and have been conducting them for a couple of years now. It doesn't matter if you are going it alone, doing it with your family, a group of friends, or with the members of the 30 Day Green Smoothie Challenge Yahoo Group. What matters is (as Nike says) that you, “Just Do It”!

First and Foremost - the point of a 30-day Green Smoothie Challenge is to help you begin (or maintain) the DAILY Green Smoothie HABIT! This is not a “diet”. If you join one of my “Green Smoothie Challenges”, there are no guidelines about when to drink them, or what to eat outside of the one daily Green Smoothie.

Your goal should be to make and drink One Green Smoothie Daily. Hopefully this challenge will give you recipe ideas, and if you go through it with a group, you will be encouraged by (and learn from) others!

During the 30 days of your challenge, you can make additional changes to your diet if you'd like, but for the purpose of this challenge, the ONLY thing we are focusing on as a group, is adding one Green Smoothie to our diet each day! If you are not doing this “challenge” with a group, just challenge yourself to work through these recipes, and to drink a Green Smoothie every day. At the end of the 30 days, hopefully you will have created your own life-long, daily Green Smoothie HABIT!

Here is an easy “Habit Building” idea. Use a “Don't Break The Chain” calendar as described in this article to mark each day that you drink a Green Smoothie. Make it your goal to “not break the chain” for a full year, and your health and sense of well-being will soar!
10 Guidelines

1) Modify if you like
There is no requirement to follow the recipes - they are only suggestions, or for those who want to follow along with a group! However, it can be very beneficial to try new things. Sometimes you find that something you thought you would not like, turns out better than you anticipated! Also, if you drink Green Smoothies Daily, your tastes WILL change, and you will begin to crave “greens”, and lose your desire for intense sweetness. Use this challenge to support YOUR goals, and adhere to the recipes as strictly or as loosely as you want to! Make any modifications to the recipes you want!

I recommend at least trying a recipe as written, then if you don't like it after a taste test, making modifications.

2) Size is Adjustable
The amounts in recipes are only suggestions! It is good for you to learn how to make single servings, double servings, and to make big container-filling batches if you want to share with a lot of people, use up your ingredients, or to freeze into ice cubes to save for later.

3) Volume of Greens is adjustable
Make the proportion of Greens to Fruits fit where YOU are at in your "Green Smoothie" journey. Beginners can Go As Low On The Greens As Necessary to make sure that you are enjoying them - even if that only means a few leaves of spinach, or half of a leaf of Kale! If you don't enjoy them, and look forward to them, you won't want to maintain the Green Smoothie Habit. A general guideline to shoot for eventually is 60% Fruits and 40% Greens. As your taste adapts to greens, you will likely begin to crave them, and want to increase the greens!

Some people end up doing way more greens, and others never get to 40%. It doesn't matter! A Green Smoothie with 5% Greens is better than a Snicker's Bar any day! Make sure you LIKE your Green Smoothies! If you don't, you won't want to keep up the Daily Green Smoothie Habit!

Here are two articles about making Green Smoothies taste good, and how your tastes will likely adapt to more greens over time:
Fruit in Green Smoothies
How to make a Green Smoothie

4) Rotate Your Greens
IT IS VERY IMPORTANT TO ROTATE YOUR GREENS! The reasons are covered in detail in Victoria Boutenko's book, “Green For Life” (and I highly recommend that you pick up a copy here: Blender Lady Website) but in short, each dark green leafy vegetable has a kind of “anti-nutrient” (alkaloids) that work like a natural pesticide. It is best NEVER to eat the same kind of green day in and day out so you can avoid consuming the same kinds of “anti-nutrients”. I have built a “Greens Rotation” into these 30 Days of Recipes.
The way I rotate through greens is to buy one kind of green from one “greens family” at the store (or from my garden – See my EASY Gardening System here) and use that particular green in every Daily Green Smoothie that I make until it is all used up. Then, the next time I buy (or pick) greens, I choose from a different family of greens. Here are the five families of Greens you should rotate through:

<table>
<thead>
<tr>
<th>Greens Family</th>
<th>Greens Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crucifers</td>
<td>Kale, Collards, Arugula, Cabbage, Bok Choy, Radish Greens, Broccoli, Mustard Greens</td>
</tr>
<tr>
<td>Amaranth</td>
<td>Spinach, Swiss Chard, Beet Greens</td>
</tr>
<tr>
<td>Asteraceae</td>
<td>Dandelions, Leaf Lettuce, Romaine, Escarole,</td>
</tr>
<tr>
<td>Apiaceae</td>
<td>Parsley, Cilantro, Celery, Dill, Parsnip, Carrot</td>
</tr>
<tr>
<td>Poaceae</td>
<td>Wheat Grass</td>
</tr>
</tbody>
</table>

I built the following Greens Rotation into these 30 Green Smoothie Recipes:

Days 1-4  (Spinach)
Days 5-7  (Kale)
Days 8-10 (Iceburg Lettuce)
Day 11   (Celery)
Day 12   (Wheat Grass)
Days 13-15 (Swiss Chard)
Days 16-19 (Collards)
Days 20,21 (Romaine)
Day 22   (Cilantro)
Day 23   (Wheat Grass)
Days 24,25 (Beet Greens)
Days 26-27 (Bok Choy)
Days 28,29 (Dandelions)
Day 30   (Parsley)

5) The Detox/Cleanse option
If you are a die-hard, strong-willed person, you can Turn This 30-Day Green Smoothie Challenge Into a 30-Day Detox/Cleanse.

To do that, eliminate:

- All forms of Sugar except fruits (including sweeteners of any kind except Stevia)
- All Grains (except Quinoa), Dairy, and White potatoes
- All Processed Foods (anything with preservatives or additives of any kind)

from your diet during this 30-Day Green Smoothie Challenge. In other words, eat only foods with one name, and no ingredients label! (shop from the outside aisle at the grocery store).
This Detox/Cleanse option is a kind of a Fast. You are fasting from chemicals, preservatives, grains, diary, white potatoes, and sugars.

If you take on a big cleanse like this, you should consult your doctor first. This way of eating might not be a long-term lifestyle for you, but for certain health conditions, eliminating have a life-altering-rock-your-world positive effect on your health! This is how I eat 80% of the time! (but then I have serious health issues, and have to eat this way to maintain my health). Anyone battling serious health issues should take this alternative challenge as a serious recommendation.

6) Adjust Texture to Your Taste
Changing the amount of water and ice (or other liquid or frozen fruits) can help a lot. Some people like their smoothies runnier and more like a juice, while some like them REALLY thick. Be Sure to check out the “Fresh Fruit Juice” Recipe on the Recipe page of my Blender Lady Website for instructions on how to get a smoothie to turn out the texture and temperature that you like...

7) Soluble Fiber Prevents Fiber Separation
I will be including at least one fruit that is High in Soluble Fiber per smoothie - this helps keep the fiber and the liquids from separating. Here is a video by Victoria Boutenko's daughter titled, "How To Make A Green Smoothie Creamy", and what Fats to Use (if any)"

List of fruits that are High in Soluble Fiber:
- Banana
- Mango
- Peach
- Pear
- Papaya
- Avocado

8) A Note About Sweeteners
Anything other than a small amount of Stevia would fall into the category of an "additive". Stevia doesn't affect your blood sugar levels, and can be used for those using these recipes as a "cleanse". Don't go overboard though - it is good to adjust your taste buds to the natural sweet of fruits as much as possible! Visit the “Sweeteners and Smoothie Additives” page of my Blender Lady Website for more information on Stevia.
9) Greens Can Be Frozen!

If you need to Save Greens, you can either puree them and pour into Ice Cube trays, or you can “Flash Freeze them whole. Flash Freezing Greens (or any fruit) prevents them from sticking together. To Flash Freeze lay the Greens (or Fruit) out on a cookie sheet until they are frozen through – then put them into a zip lock or other storage container. After they have been frozen on a cookie sheet, Greens can be crumbled up before storing – saves a LOT of space!

10) Smoothie Additives

Don't forget that a “True”, Cleansing Green Smoothie (as taught by Victoria Boutenko) is easy to digest, and is Free of Additives. Victoria's Guidelines teach that starchy vegetables like carrots, beets, broccoli stems, zucchini, cauliflower, cabbage, brussels sprouts, egg plant, pumpkin, squash, okra, peas, corn, green beans, etc. combine poorly with fruits, and may produce unwanted “gas emissions.” Almost all of my 30 recipes are “true” green smoothies (only water, fruit, greens). I do recommend that you give “true” Green Smoothies a try. There is nothing that says you can't have one “true” green smoothie, then another one later in the day that has additives! I am not going into all of the details about why a “true” green smoothie is good for you. That information can be found in Victoria's book, or in her online article. But I will say, that a “true” Green Smoothie should be consumed on an empty stomach (at least 2 hours after a meal, or one hour before a meal). If you have any problems with digestion, this is an especially important rule to follow.

If you want to make your Green Smoothies using Additives during this 30-Day Green Smoothie Challenge, that is up to you, and your goals for this challenge. Making the Green Smoothie with only the suggested ingredients, and drinking them on an empty stomach makes this challenge more of a "cleanse". Including Additives will turn a “Green Smoothie” into more of a "hearty snack", or a “healthy meal replacement. Both options are GREAT, and will give you more nutrients in one day, than most people eat in a week!

- Visit: the Sweeteners and Smoothie Additives page of my website for more information.

- The Additives listed below with an asterisk (*) are Additives that can be included and you can still consider the smoothie to be a “True”, and “Cleansing” Green Smoothie as taught by Victoria Boutenko.

- Emulsifiers will keep the fiber in a drink from separating.
List of Smoothie Additives (not an exhaustive list)

Liquids (can replace water with):
- Almond Milk
- Rice Milk
- Juices (some dilute juices with water)
- *Coconut Water
- Coconut Milk
- Kiefer
- Juice
- Yogurt
- Tea (Herbal or Regular)

Thickeners and/or Emulsifiers:
- Chia Seeds
- Flax Seeds
- Glucomannon Powder (Google for more info.)
- Non-GMO Soy or Sunflower Seed Lecithin
- Avocado (also a High Soluble Fiber Fruit, but it excels at thickening a smoothie, so I also added it here)

Nutrient and/or Antioxidant Boosters:
- Goji Berries
- Cocoa (or Cacao) Powder
- Coca Nibs
- *Matcha Green Tea Powder
- Maca Powder
*Flavor Enhancers (+ Nutrients)

* Ginger
* Cinnamon
* Cayenne Pepper
* Curcumin
* Pumpkin Pie Spice
* Italian Spice Mix
* Southwest Spice Mix
* Thai Spice Mix
* Mint Leaves
* Basil Leaves

**Sweeteners**

Dates
Prunes - Figs - Rasins - other dried fruits
* Stevia
Honey
Zylitol
Agave
Juice or Juice Concentrate

Any other sweetener of your choice, but hopefully not chemical-based sweeteners.

**Protein Powders**

- There are too many to list here, and this is a topic for an eBook of its own, but for those who can tolerate Whey Protein, this is a popular (AND VERY TASTY) Protein Powder...

**BIOTRUST LOW CARB**

- For those who do Soy Protein, there is an **Organic, WHOLE Bean Soy Protein Powder** (Does NOT use Soy Isolate).
### Shopping List:

<table>
<thead>
<tr>
<th>Week 1 (Day 1 - Day 7)</th>
<th>Week 2 (Day 8 - Day 14)</th>
<th>Week 3 (Day 15 - Day 21)</th>
<th>Week 4 (Day 22 - 30)</th>
</tr>
</thead>
<tbody>
<tr>
<td>green grapes 1 and 1/2 cups</td>
<td>raspberry 2 cups</td>
<td>papaya 1 cup</td>
<td>cantaloupe 1 cup</td>
</tr>
<tr>
<td>banana 1/2 each</td>
<td>banana 3 each</td>
<td>pineapple 2 cups</td>
<td>peaches 3 cups</td>
</tr>
<tr>
<td>pineapple 1 cup</td>
<td>iceberg lettuce 4 cups</td>
<td>collards 8 cups</td>
<td>wheat grass 1 cup or 2 shots juice</td>
</tr>
<tr>
<td>apple 1/4 piece</td>
<td>mint leaves 3-6 each</td>
<td>orange 3-4 each</td>
<td>blackberries 1 cup</td>
</tr>
<tr>
<td>spinach 7 cups</td>
<td>cucumber 1 lg or 2 small</td>
<td>mango 1 whole or 2 cups frozen</td>
<td>banana 4 each</td>
</tr>
<tr>
<td>peach 2 cups</td>
<td>lemon 1 ea</td>
<td>grapes (green or red) 1 fresh or 2 cups frozen</td>
<td>beet berries 4 cups</td>
</tr>
<tr>
<td>cherries 1 cup</td>
<td>celery 3 stalks</td>
<td>strawberries 2 cups</td>
<td>strawberries 1 cup</td>
</tr>
<tr>
<td>cantaloupe 1 slice</td>
<td>avocado 1 each</td>
<td>banana 1 each</td>
<td>papaya 2 cups</td>
</tr>
<tr>
<td>honeydew 1 slice</td>
<td>blueberries 1 cup</td>
<td>lime 1 each</td>
<td>mango 2 whole or 4 cups frozen</td>
</tr>
<tr>
<td>pears 1-2 ea</td>
<td>kale 6 cups</td>
<td>lemon 2 small</td>
<td>orange 1 each</td>
</tr>
<tr>
<td>kale 6 cups</td>
<td>blueberries 1 cup</td>
<td>romaine lettuce 4 cups</td>
<td>kiwi 1 each</td>
</tr>
<tr>
<td>blueberries 1 cup</td>
<td>mango 1/4 to 1/2</td>
<td>cucumber 1 lg or 2 small</td>
<td>mint 5 leaves</td>
</tr>
<tr>
<td>avocado 1 each</td>
<td>mango 1 whole or 2 cups frozen</td>
<td>mint 1/2 each</td>
<td>honey dew melon 3 cups frozen</td>
</tr>
<tr>
<td>mango 1 whole or 2 cups frozen</td>
<td></td>
<td>cereal 2 each</td>
<td>pear 1 each</td>
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<td></td>
<td></td>
<td>lemon 2 small</td>
<td>dandelions 2-4 cups</td>
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<tr>
<td></td>
<td></td>
<td>avocado 1/2 each</td>
<td>pineapple 1 cup</td>
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<tr>
<td></td>
<td></td>
<td>beet greens 1/2 each</td>
<td>grapes 1 cup</td>
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<td></td>
<td></td>
<td>orange 1 each</td>
<td>apple 1 each</td>
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<td></td>
<td></td>
<td>kiwi 1 each</td>
<td>parsley 1-2 cups</td>
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<td></td>
<td></td>
<td>mint 5 leaves</td>
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<td></td>
<td></td>
<td>honey dew melon 3 cups frozen</td>
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<td>pear 1 each</td>
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<td>dandelions 2-4 cups</td>
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<td></td>
<td>pineapple 1 cup</td>
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<td>grapes 1 cup</td>
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<td></td>
<td>apple 1 each</td>
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<td>parsley 1-2 cups</td>
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</tbody>
</table>

**Extras you may need:**
- cinnamon
- sea salt
- dates for sweeteners
- stevia
- cardamom
- coconut milk
Day 1 - Emerald Ecstasy

This was my original Vitamix Road Show demonstration recipe, and is an all-time favorite.

Water - 1 cup depending on how thick/thin you like your smoothie
Green Grapes - 1/2 cup
Banana - 1/2
Pineapple - 1 cup (leave the core in)!
Apple - 1/4 (I leave the core in)
Spinach - 1 cup
Ice - 1 cup

Recipe Notes:
- This recipe can be doubled
- Use more or less Water or Ice depending on
- Grapes can be frozen - they make GREAT popsicles for kids, replace ice cubes in a glass of wine, or ice in a smoothie, just to name a few ideas…
- Apple, seeds or no seeds?
Day 2 - Simple Peach

Water – 1 cup
Peach – One to 1 1/2 cups
Spinach – 2 cups
Ice – 1 cup

Recipe Notes:

- Try it as posted, then if you need to add something go for it, but you might be surprised at how yummy and unique one-fruit Green Smoothies can taste, and you can't beat the ease of Simplicity!
- Cardamom is a nice spice to consider adding to this if you are doing additives.
- Don't forget you can add any sweetener if you make a Green Smoothie as posted, and it isn't quite as sweet as you are ready for.
Day 3 - Simple Cherry

Water – 1 cup
Cherries – 1 cup
Banana – 1
Spinach – 2 cups
Ice 1 cup if using Frozen Cherries, 2 cups if using Fresh Cherries

Recipe Notes:

- Out of season Cherries can often be found in the frozen food section of the grocery store.
- For those who eat with their eyes, know in advance that red+green = a yucky color. If you serve your smoothie in a stainless smoothie mug, and use a stainless steel straw, you'll never have to see the offending color!
Day 4 - Melon Melody

Water – 1 Cup
Slice of Cantaloupe with seeds
Slice of Honeydew with seeds
Peach – 1/2
Spinach – 2 Cups
Ice – 1 Cup

Recipe Notes:

- Not ALL of the Cantaloupe or Honeydew Melon Seeds, just some of them. For example, if you use 1/5 of a Cantaloupe, use 1/5 of the Cantaloupe seeds.
- If you have a delicate digestive system, Melon should be eaten on an empty stomach and not in a smoothie. For some people mixing melon with ANYTHING causes gas.
- Left over Melon makes GREAT and Ultra-Creamy Sorbets. Here are pictures of how to make a Cantaloupe Sorbet using JUST Cantaloupe! You can also do this with Watermelon, and Honeydew!
- If you attempt a Cantaloupe or Melon Sorbet and fail (or fail on purpose) you get a MILKSHAKE! Woot Woot!
- If you go to the Recipe page of my Blender Lady website, you can find recipes, instructions and the "technique" for making Ice Cream.
BONUS RECIPE: Hot Cantaloupe Soup:

Ingredients:
1/2 Cantaloupe with seeds
1 cup Hot Water
1/2 Sweet Yellow Onion
2-3 cloves Garlic
4-6 dates (or something equivalent to the sweetness of 4-6 dates)
1/4 of a small Lemon (peeled) - or the juice of half of a Lemon
1/8 tsp of Cayenne or Red Pepper or thin slice of Ginger
Sea Salt to taste (optional)

Instructions:

Cook Onion and Garlic any way you want (roast, steam, saute in coconut oil, etc.)
Place Cantaloup Seeds (1/2 of them - not all) into Vitamix with 1 cup of Hot Water, and
puree on high until smooth and creamy.

Add Cantaloupe, cooked Onion and Garlic, Lemon, and seasonings to your Vitamix
Container.

Blend on high until sides of container are hot, and the soup is very smooth and creamy.

Serve, and Enjoy!
Day 5 - Pretty in Pear!

Water – 1 Cup
Green Grapes – 1 Cup
Pear – 1-2 Pears
Kale – 2 cups (de-stemmed)
Ice – 1 Cup

Recipe Notes:

• Try making Pear the star of this smoothie. Consider using a whole Pear (or more) with a few Green Grapes. It is good to venture out to try new tastes.
• Cinnamon goes nice with Pear and Apple.
Day 6 - Blue Antioxidant Power House

Water – 1 cup

Blueberries – 1 cup

Avocado - 1/4 to 1/2
(half will make it quite thick - 1/4 will do a great job of helping to prevent separation, without making it overly thick)

Kale - 2 cups de-stemmed Kale greens

Ice - 1-2 cups (1 cup or less if your blueberries are already frozen)

Recipe Notes:

- Coco Powder can make someone who can't handle the color think it "should" be dark.
- This is a GREAT Green Smoothie for the Low-Carb crowd.
- I'd start with 1/4 of an Avocado and see if you need more. A little bit of Avocado does a GREAT job of emulsifying a smoothie!
- Avocado can be frozen. I remove the seed and skin and cut mine into quarters. I usually use one quarter in most of my smoothies, and freeze the other 3.
- Replacing the Avocado with a Banana tastes great for those who don't need to go low carb. High carb smoothies with bananas are great for right after a workout.
- If you ever get a smoothie with too much frozen ingredients and you like your smoothie smooth with no ice crystals remaining, just keep blending until the frozen ingredients and ice crystals melt. After a bit of practice, you'll be able to tell by watching the top of your smoothie as it is blending - you'll see the rough texture of frozen bits smooth out and the top splashes around more when it is less frozen and more liquid...
Day 7 - Mango is Magnificent

Water - 1 cup
Mango - 1 whole or 2 cups frozen
Kale - 2 cups (stems removed)
Ice - 2 cups (unless mangos frozen, then 1 cup of ice and add an extra 3/4 cup of water)

Recipe Notes:

- Another SIMPLE Smoothie. Of course, use additional fruits if you'd like, but it is always nice to give a one-fruit smoothie a taste test, you might be surprised at how good they taste, and how nice it is to simplify smoothie making! This helps you stay out of ruts, and lets the taste of each fruit shine! It also allows you to get creative with flavors if you want more than just the one fruit.
- Make as stated, then taste. Might very well be sweet enough on its own. If not, try adding your sweetener of choice. Possible nice fruits to go with this would be Apple, or Green Grapes.
Day 8 - Ruby Raspberry

Water - 1 cup
Raspberry - 1 cup
Banana - 1
Iceberg Lettuce - 2 cups
Ice - 1-2 cups (1 cup if the Raspberries are frozen)

Recipe Notes:

- Don’t forget to process the Raspberries first, and alone in order to blast the seeds as taught in this tutorial found in the archives of the Vitamix Enthusiasts Yahoo Group, or if you prefer Facebook, you can find the same tutorial on “How to Blend Raspberry Seeds” in the Files of that group.
- The color won’t be as pretty and bright if you sub Avocado for the Banana, but that is a good switch for the Low Carb Crowd.
Day 9 - Minty Melon

Water – 1 cup
Watermelon – 2 cups fresh
Mint Leaves – 3-6 (to taste) start with 3, then taste, and add more if you'd like
Iceberg Lettuce – 2 cups
Ice – 1 cup OR this recipe would be great with 3 cups of Frozen Watermelon in place of Ice and Fresh Watermelon!

Recipe Notes:

● Very refreshing! Everything I mentioned about making Sorbets in the Day 4 "Melon Melody" recipe applies here. This can go from a thick sorbet to a thin refreshing summer drink all depending on how much frozen ingredients you begin with, and how long you blend!
● To freeze watermelon, just scoop into ice cube trays - no need to smash them down.
Day 10 - Two Recipe Bonus! 1) Monkey Milkshake, 2) Green Goddess

**Monkey Milkshake:**

Water - 1 cup (coconut water if you have it)

Banana - 1-2

Celery - 1-3 use stalks with lots of greens

Ice 1 cup

Recipe Notes:

- This recipe can be hard to get used to, but can suddenly become addictive! It has a very unique taste, and some may not like it at all. The celery is strong, somewhat salty, and of course the bananas are sweet.
- Monkey Milkshake is a great electrolyte replacement drink (especially if you make it with Coconut Water) as it is loaded with Potassium from the Banana, and Sodium from the Celery!

**Green Goddess:**

Water - 1 cup

Cucumber - 1/2 large, 1 small

1/2 peeled Lemon

Celery - use stalks with lots of greens (2)

Avocado - 1/2

Sea Salt - to taste

Ice 1-2 cups depending on how thick/thin you like your smoothie.

Recipe Notes:

- This is a simplified variation of my "Green V8" Juice Recipe.
- I'm thinking this would be good with at least 1/2 of an Avocado, I use at least 3/4 of a teaspoon of Sea Salt.
- I peel Cucumber if it is conventional, and don't peel if it is organic.
- I'd use at least 2 stalks of Celery – healthier if they have full, leafy, green tops.
Day 11 - The Grass is Greener

Water - 1 cup
Orange - 1 with white pith left on, and orange part cut off with a knife.
Banana - one
Pineapple - a wedge close to a volume of 1-2 cups - be sure to include the core!
Wheat Grass - 1-2 cups (or hands full) of fresh Wheat Grass. If you've never used Wheat Grass before, start with one cup, then taste to see if you want to add any more.
Ice - 1 cup

Recipe Notes:

- This isn't the best smoothie for the Low Glycemic crowd (me) but if you use this as a post-hard-workout smoothie, the carbs don't have as much of a negative effect on your insulin sensitivity. Also, I pop a couple of IC-5 about 15 minutes before I indulge in a high glycemic smoothie like this.
- YES you CAN put wheatgrass in a smoothie. There is a higher proportion of insoluble fiber to nutrients in wheat grass, so if you have IBS or gut issues that respond poorly to too much fiber, wheat grass is not going to be your friend. But, there is nothing especially different between the fiber from kale, and the fiber from wheat grass except you are going to get more fiber per ounce from the wheat grass.
- You can buy fresh wheat grass at many health food stores, if you can't get that, you can often find frozen wheat grass shots (fiber removed). Frozen wheat grass shots can be used in this recipe. If you buy fresh and have some left over, you can either freeze it for future smoothies, or you can juice it by blending it on high it with water and ice, then straining through a nut milk bag. Link to information on nut milk bags here: http://blenderlady.com/misc-information/
- Replace the Wheat Grass with Spinach, and this is actually my current show Green Smoothie.
- Because this smoothie has citrus in it, you should either:
  1) drink all of it shortly after making it, or 2) use only the juice of the citrus fruit in this recipe. If you use pith and seeds you will be getting the most bioflavanoids, calcium, and Vitamin C. Bioflavanoids help make the Vitamin C available to your body! The pith and seeds slowly turn bitter over time, so they aren't good ingredients for a smoothie that is going to be stored.
Day 12 - Green V8

Water - 1 cup
Tomato - an amount close to 1 cup
Cucumber - 1 small or 1/2 large (peel if conventional, don't have to peel if organic)
Celery - 1 stalk (dark leafy greens on top are good)
Lemon - 1/2 peeled
Avocado - 1/4 to 1/2 (1/2 will make this thick)
Swiss Chard - 2 cups (de-stemmed)
Sea Salt to taste (I use a teaspoon)
Ice - 1 cup

Recipe Notes:

- I like to cut the greens off of the stems of Swiss Chard with scissors. I use the Greens in my Smoothies, and then slice the stems and sauté with sliced celery and onions in either Coconut Oil, or if you eat pork, cook in a skillet with one slice of nitrite/nitrate-free bacon.
- If you include the Tomato, this won't be a pretty color. If you "eat with your eyes", consider subbing the tomato with a small wedge of green cabbage.
Day 13 - Green to Black

Water - 1 cup
Blackberries - 1 Cup
Pear - 1
Swiss Chard - 1 cup
Ice - 1-2 cups

Recipe Notes:

- If the Blackberries are frozen, you can use more Water, and less Ice.
- IMPORTANT: Blend the Blackberries and the Water, and if using fresh Blackberries, some Ice all by themselves long enough to REALLY get the Blackberry seeds blasted apart. The best I've been able to accomplish with Blackberry seeds is to get them into a fine sand consistency. Blending nothing but the Blackberries and water allows the seeds to hit the blades more often. After you've really hit this mixture hard, add the rest of the ingredients, and blend again. Be sure to add ice if you need to keep things cold, or run longer on high if you need to warm things up!
- This might do well with some Banana (or Avocado+Stevia for the low-carb crowd) to prevent separation, and add "creaminess".
- For those who "eat with their eyes", adding Cocoa to this might trick the mind into thinking it's ok, because Chocolate is "supposed" to be dark.
# Day 14 - Red Rover, Red Rover, send Raspberries Right Over

<table>
<thead>
<tr>
<th>Water</th>
<th>1 Cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beet</td>
<td>1/4 of a small, or 1/8 of a large Beet</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>Banana</td>
<td>1 very ripe</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>2 cups (stem removed)</td>
</tr>
<tr>
<td>Ice</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

**Recipe Notes:**

- If you don't like Banana here are some alternatives that add creaminess: Avocado + Sweetener of your choice, Pear, Mango, Papaya, Melons
- Blend the Raspberries with liquid to smash the seeds just like we did yesterday with the Blackberries.
- If you drink this and make fun of the name, it won't taste good!
- If you're not going the "hard core 'true' Green Smoothie" approach, I would consider trying this one with Coconut Milk in place of the water.
Day 15 - Playful Papaya

Water - 1 cup
Papaya - 1 Cup (NO Seeds or Skin)!
Pineapple - 1 Cup
Collards - 2 cups de-stemmed
Ice - 2 cups

Recipe Notes:

- Papaya makes things REALLY creamy and thick in texture. I'd make this as stated, then taste before adding a sweetener, this might be sweet enough on its own.
- Random Fact: Did you know that Papaya has enzymes that digest protein? So does Pineapple!
Day 16 - Green Orange Juice

Water - 1 cup

Orange - 1-2 Peeled. If you are going to drink it right away, you can use the seeds and white pith.

Collards - 2 cups de-stemmed

Ice - 2 cups

Recipe Notes:

- I LOVE Green Orange Juice! Depending on how sweet your Orange is, I often find that I need to add Stevia (you will use your sweetener of choice). Of course Banana or Pear are always good, sweet fruits to try in place of an added sweetener.
- If this separates, and you can’t stand that, adding 1/4 of an Avocado will cure this.
- Smoothies with the pith or seeds of Citrus are great if you drink them right away, but turn bitter over time. You can solve this problem by using the juice of citrus (and not the fiber or seeds) but the seeds and fiber and pith contain lots of bioflavonoid, calcium, and Vitamin C. When possible, include the seeds and fiber and drink right away!
Day 17 - Mango/Grape

Water - 1 cup
Mango - 1 fresh or 2 cups frozen
Grapes - Green or Red 1 cup (green will be a prettier color)
Collards - 2 cups de-stemmed
Ice - 2 cups

Recipe Notes:

- Try this recipe as stated, and taste to see if you like it. I'm hoping that you'll learn you can make SIMPLE Green Smoothies, and they can be GREAT! If you need to add something, consider adding a few strawberries, since we'll be using them in tomorrow's recipe.
- Of course sweetening is up to you. Are your tastes adapting to natural sweet yet?
Day 18 - Strawberry Mud

Water - 1 cup
Strawberries - 2 cups
Banana - 1 (or 1/4 Avocado + Stevia or other low-glycemic sweetener for the low-carb crowd)
Collards - 2 cups (stems removed)
Ice - 2 cups

Recipe Notes:

- Terrible name for this smoothie, but I'm warning you what it's going to look like - Red+Green=Brown. Add Cocoa Powder and call it, "Strawberry Mocha" and suddenly the same color looks like chocolate!
- You can include the green tops to the strawberries - wash them well.
Day 19 - Alcohol-Free Green Margarita

Water - 1 cup
Lime - 1 peeled
Lemon - 1 peeled
Orange - 1 peeled
Romaine Lettuce - 2 cups
Ice - 2 cups

Recipe Notes:

- This WILL need a sweetener of some kind, OR a Miracle Berry tablet. If you do the Miracle Berry, melt the tablet all over your tongue, then drink the smoothie right away. You'll be AMAZED at how sweet it is! Check out Miracle Berries in the section for Smoothie Additives on the Miscellaneous Information page of my Blender Lady website.
- Because this smoothie has citrus in it, you should either: 1) drink all of it shortly after making it, or 2) use only the juice of the citrus fruit in this recipe. If you use pith and seeds you will be getting the most bioflavanoids, calcium, and Vitamin C. Bioflav anoids help make the Vitamin C available to your body! The pith and seeds slowly turn bitter over time, so they aren't good ingredients for a smoothie that is going to be stored.
Day 20 - Fruit-n-Spices

Water - 1 cup
Apple - 1/2
Pear - one
Orange - one peeled. If you are going to drink it right away, you can use the seeds and white pith.

Cinnamon (start with 1/2 tsp. and then add more if your taste buds need it)
Fresh Ginger (very thin slice at first - add more after tasting)
Romaine Lettuce - 2 cups
Ice - 2 cups

Recipe Notes:

- Because this smoothie has citrus in it, you should either: 1) drink all of it shortly after making it, or 2) use only the juice of the citrus fruit in this recipe. If you use pith and seeds you will be getting the most bioflavanoids, calcium, and Vitamin C. Bioflavanoids help make the Vitamin C available to your body! The pith and seeds slowly turn bitter over time, so they aren't good ingredients for a smoothie that is going to be stored.
- Cinnamon helps regulate blood sugar levels, ginger is great for the stomach and digestive “issues”.
Day 21 - 3Ps and a C

Water - 1 cup
Pineapple - 1 cup
Peach 1 cup
Pear - 1 cup
Cilantro - 1/3 bunch or 1 cup loosely packed leaves
Ice - 1 cup

Recipe Notes:

- Cilantro can be something you really don't like, so if this is your first time putting Cilantro in a Green Smoothie, I recommend going light with the Cilantro, and doing a taste test...
- If making this for only one person, you can cut back on the amounts of everything listed. Try cutting it all in half and see if that is enough.
- Cilantro can detox heavy metals, and is reputed to be one of the few natural chelators that crosses the blood-brain barrier.
Day 22 - Sweet Peach Grass

Water - 1 cup
Cantaloupe - 1 cup
Peaches - 1 cup
Wheat Grass - 1 cup fresh, or 2 shots of Wheat Grass Juice
Ice - 1 cup

Recipe Notes:

- This might be sweet enough for many people without added sweeteners.
- Feel free to use some of the seeds from the Cantaloupe!
- If you use Wheat Grass shots, you might want to add some additional greens so you get some fiber
Day 23 - Black is Beautiful

Water - 1 cup
Blackberries - 1 cup
Banana - 1
Beet Greens - 2 cups
Ice 2 cups

Recipe Notes:

- Don't forget to process the Raspberries first, and alone in order to blast the seeds as taught in this tutorial found in the archives of the Vitamix Enthusiasts Yahoo Group, or if you prefer Facebook, you can find the same tutorial on “How to Blend Raspberry Seeds” in the Files of that group.
- I LOVE Beet Greens. Beet Greens don't make a pretty green smoothie though, because the red stem + the green leaves = an "army green" color. Add anything else red like strawberries and you get brown. But the ugly color is hidden in the black of the blackberries in this one!
- Don't forget the option to drink from a stainless steel smoothie cup with a stainless steel straw for those who can't handle ugly colors!
- Beet Greens can go bad quickly. Choose your greens carefully in the store before you bring them home to get the freshest, brightest greens possible.
- I like to cut off the tip and the top, then roast the beets in their skin, in a 350° oven, unwrapped, for about an hour. When you cook them this way, the skins are dry and don't stain your hands and it's easy to peel them by just giving them a good squeeze until the cooked beet pops out of its skin!
Day 24 - Red is Beetiful

Water - 1 cup
Beets - 1/2 cup diced, or a small wedge or slice of a Beet that you think would be the equivalent of 1/2 cup of Beet
Strawberries - 1 cup
Papaya - 2 cups
Beet Greens - 2 cups
Ice 2 cups

Recipe Notes:

- This could very well need a sweetener. If I could do sugar, I would choose dates, but I use Stevia.
- This is a pretty big recipe, so feel free to freeze excess in an ice cube tray, save some for later, or feed the extra to a loved one!
Day 25 - Limeade Green Smoothie

Water - 1 cup
Lime - 1/2 peeled
Lemon - 1/4 peeled (if a large Lemon) 1/2 peeled (if a small Lemon)
Avocado - 1/2
Bok Choy - 2 cups
Ice 2 cups

Recipe Notes:

- I like to strip or cut the greens off of the Bok Choy Stem, then slice the stem up and saute it with onion and sometimes other veggies added for a nice vegetable side dish. I use the Greens of course for the day's Green Smoothie!
- This recipe will have to be sweetened – unless you use a Miracle Berry. No sweetener is needed at all if you use a Miracle Berry! Go to the Miscellaneous Information page of my Blender Lady website to find a link to Miracle Berries. Be sure to read the reviews on Amazon.com to learn more!
- I use Stevia to sweeten when I'm not using Miracle Berries. Dates are great too.
- Because this smoothie has citrus in it, you should either: 1) drink all of it shortly after making it, or 2) use only the juice of the citrus fruit in this recipe. If you use pith and seeds you will be getting the most bioflavanoids, calcium, and Vitamin C. Bioflavanoids help make the Vitamin C available to your body! The pith and seeds slowly turn bitter over time, so they aren't good ingredients for a smoothie that is going to be stored.
Day 26 - Coconut Mango Cardamom Greensicle

Coconut - 1 cup full-fat from a can
Mango - 1 whole or 2 cups frozen
Orange - 1 peeled (white pith can remain)
1/2 tsp. of Cardamom (Optional)
Bok Choy - 2 cups
Ice - 1 cup (but 1 cup of frozen Coconut Milk would be even better)!

Recipe Notes:

- This is not a "true" Green Smoothie because it contains Coconut Milk instead of water, but sometimes it's fun to "bust out" and "walk on the wild side"!
- This will likely need a sweetener.
- If you don’t like Cardamom, try Cinnamon and/or Pure Vanilla Extract
Day 27 - All is Green Green Smoothie

Water - 1 cup
Kiwi - 1 (peeled or not peeled - it's a personal preference)
Mint - 5 leaves
Bok Choy - 2 cups
Honey Dew Melon - Frozen - 3 cups

Recipe Notes:

- I peel Kiwi but you don't have to peel organic. I would recommend peeling conventional Kiwi.
- This will likely need a sweetener of some kind.
Day 28 - Creamy and Dandy Green Smoothie

Water - 1 cup (1 cup of coconut milk would make this even creamier) ;-)

Pear - one

Peach - one fresh, or 1.5 cups frozen

Banana - one

Dandelions - 1-2 cups (depending on your tolerance)

Ice - 1 cup

Recipe Notes:

- Dandelions can be bitter, but are REALLY good for you!
- This should be a pretty creamy, and a fairly naturally sweet Green Smoothie.
Day 29 - Fruity Tutti Green Smoothie

Water - 1 cup
Pineapple - 1 cup
Grapes - 1 cup
Banana - one
Apple - 1/4 to 1/2 (seeds can be included)
Lemon - very thin slice (rind can be left on if very little is used)
Dandelions - 1-2 cups (depending on your tolerance)
Ice - 1 cup

Recipe Notes:

- Remember to be cautious with the Dandelion Greens - they can be on the bitter side, but they are SO GOOD FOR YOU!
- Another Green Smoothie that some will be able to drink without sweetener added.
Day 30 - Sweet and Sour Parsley

Water - 1 cup
Banana - one
Mango - one whole, or 2 cups frozen
Lemon - 1/4 peeled (if a large Lemon) 1/2 peeled (if a small Lemon)
Parsley - 1-2 cups depending on your tolerance
Ice - 2 cups

Recipe Notes:

- Parsley can be very strong. Go easy in the beginning, you will be amazed at what your taste buds can adapt to!
Green Smoothie Chart

Here is a chart you can use to help you remember to rotate your greens between the families, and to give you inspiration and ideas for endless combinations of fruits and greens to make Healthy, and Simple Green Smoothies.

![Green Smoothie Chart](image)

- **Liquids** (Choose One)
  - Water
  - Herbal Tea
  - Coconut Water
  - Regular Tea
  - Milk
  - Milk Substitute
  - Yogurt
  - Kefir

- **A Fruit/Veggie High in Soluble Fiber** (Choose One)
  - Banana
  - Mango
  - Papaya
  - Peach
  - Avocado
  - Glucomannan Powder* (Not a Fruit or Veggie, but if you are on a low glycemic diet, you can add 1-2 tsp. of Glucomannan Powder to a smoothie which also helps prevent separation. Link to buy Glucomannan Powder can be found on the Misc. Information page of my [website](https://www.BlenderLady.com)).

- **FRUITS** (Choose 1-2)
  - Apple (Red)
  - Apricot
  - Blackberry
  - Blueberry
  - Cantaloupe
  - Cherries
  - Cranberry
  - Grapes
  - Green Apple
  - Honey Dew
  - Kiwi
  - Lemon
  - Lime
  - Orange
  - Pear
  - Pineapple
  - Plum
  - Pomegranate
  - Raspberries
  - Strawberries

- **VEGGIES**
  - Cucumber
  - Tomato
  - Sweet Peppers
  - Carrot

- **Frozen Item** (Choose One)
  - Ice
  - Liquids*
  - Fruit
  - Puree Cubes
  - Smoothie Cubes

- **Greens** (Choose One)
  - **Brassica (Crucifers)**
    - Kale
    - Collards
    - Arugula
    - Cabbage
    - Bok Choy
    - Radish Greens
    - Broccoli
    - Mustard Greens
  - **Amaranth**
    - Spinach
    - Swiss Chard
    - Beet Greens
  - **Asteracea**
    - Romaine
    - Leaf Lettuces
    - Dandelion
    - Escarole
  - **Aplacaeae**
    - Parsley
    - Cilantro
    - Carrot Greens
    - Celery Greens
  - **Poacea**
    - Wheat Grass
About the Author

I am a Vitamix Show Demonstrator who "got into the business" because Green Smoothies helped bring me out of 7-years of debilitating, life altering "Chronic Fatigue". I am a teacher by nature, and in the early days of my Vitamix career, I did not want my customers to just buy a machine then be on their own without the support that I knew I could offer, so I created a small website to give customers my recipes, and my contact information. That was back in 2008, and over time, the information I was able to provide in that small website grew, and the ways that I supported my customers expanded.

When I am at a show, and at the end of a demonstration someone says, "you sold me, I'll buy one", I always say, "NO! I Taught you what the machine can do, and the machine sold itself!" My passion for teaching has expanded beyond my own customer base, and now I offer support to Vitamix Enthusiasts all over the world via my Blender Lady website, my Yahoo Group, and my Facebook Group. I also offer Personalized Buying Assistance through www.BlenderBuyingHelp.com
I hope that these recipes have inspired you to drink a Green Smoothie Daily. I KNOW from first hand experience, that The Daily Green Smoothie Habit can change your life!

If you did a “30-Day Green Smoothie Challenge” using this eBook, how did it go? Did you experience any health benefits? Were the recipes simple, easy, and delicious? I would love it if you shared your positive experiences in the comments on the 30 Green Smoothie Recipes page of my website!