

BASIC “GREEN POWER” SMOOTHIE

Excerpted from *Recipes for the Mind, Body & Adventurous Soul*,
part of Adventure Wellness’ Rejuvenate Kit: www.RejuvenateKit.com



These **delicious** smoothies combine fruit, greens, protein, and healthy fats to kick start your day!

They are:

- simple to make
- delicious (try one!)
- exceptionally nutritious
- especially effective at clearing toxins from the body
- and one of the best ways to get extra greens into your body ~ especially for picky eaters!

The non-green ingredients tend to:

- be sweet enough to “drown out” the green taste (but *not* the color!)
- curb sugar cravings
- and crowd out the desire to eat less nutritious foods!

Green Smoothies are the best part of detoxing!

Ingredients:

(use organic whenever possible)

2 cups filtered water (OR for a real nutritional boost, use Coconut Water)

1 banana

1 handful of your favorite berries, OR 1 apple OR 1 pear (opt for the berries for more antioxidants; opt for the apple or pear for more sweetness)

1 1/2 cups tightly packed romaine (most neutral tasting), spinach, chard, beet greens, or kale

2 Tbsp of Hemp Protein Powder OR 1 Scoop of Clearvite

2 Tbsp of Coconut Oil or Coconut Butter or Avocado

Continued on next page . . .

Optional ingredients to taste-test for your personal palate:

- fresh lemon juice
- parsley or cilantro ~ adds a bitter edge, but VERY detoxifying
- Spices to try (mix and match): 1 vanilla bean, 1 tsp cinnamon, 1 tsp cardamon, grated ginger (go easy to taste)
- Additional fiber: try ground flax seeds or Garden of Life's "Detoxifier"
- Nuts and Nut Butters: I like to mix things up and instead of using coconut butter every time, I'll throw in some walnuts, cashews, soaked almonds, or almond butter
- Seeds: If you'd like to try hemp seeds or chia seeds, add them to the blender first with only 1-2 ounces of water; blend until creamy, and then add the remaining liquid and solid ingredients. This insures the seeds actually become ground and don't just spin around in the mixture.

Important Tips

1. Drink your green smoothies on an empty stomach so they can digest properly (*first thing in the morning or mid afternoon are great times*).
2. Combining green smoothies with other foods (besides the ingredients already recommended) may cause gas, bloating and indigestion.
3. Drink at least 1/2 for a meal replacement; can be refrigerated for 1 day.
4. Green Smoothies can be made many different ways. Adjust recipes according to taste, availability of ingredients and how cleansing you want them to be!