

The Daily Vitamin Green Smoothie E Book



Delicious Nutrient Rich High Fiber

10 Amazing

Green Smoothies



Smoothie # 1

Creamy and Delightfully Rich Yellow Green Smoothie

A Creamy Blend of Papaya & Pineapple with Kale.



The kale and turmeric in the Yellow Green Smoothie provide powerful cancer prevention – but you wouldn't know it from the taste! The pineapple, papaya, and banana give sweet, tropical refreshing tones that balance the warmth and spice of the turmeric.

Kids will love the Yellow Green Smoothie for the taste – and you can make up whatever stories you want about the color (it's yellow monster blood!) – all while knowing they're getting a healthy serving of protein, Omega-3 fatty acids and nutrition.

Recipe Ingredients:

1. 1 scoop of vanilla protein powder
2. ½ cup of pineapple
3. ½ cup of papaya, peeled, frozen
4. 1 banana, peeled, frozen
5. 1 cup kale
6. 2 Tbsp. flax seed oil
7. 1 Tbsp. turmeric
8. ½ tsp. ground ginger
9. 1/2 cup of water
10. 1 cup ice

PREP INGREDIENTS FIRST

Blend until Smooth, start on a low speed then increase to a higher speed to finish the blend.

Blueberry Rich & Creamy Blue Green Smoothie Recipe

A Fantastic Nutrient Rich Blend of Blueberries with Hemp Milk and Kale.



The Blue Green Smoothie is low in sugar, but absolutely delicious. Leave the banana out of the blue green smoothie recipe and add in a cup of ice cubes instead – and this green smoothie is suitable for diabetics or anyone else on a low Glycemic Index diet. The long burning protein and fat in the Blue Green Smoothie Recipe make it a great way to start your day, and if you're in a hurry you'll be amazed at how quickly you can have a fully nutritious meal in a cup using your Vitamix or Blendtec blender.

Recipe Ingredients

- 1 Scoop Vanilla Protein Powder (plant based)
- 1 Cup of Hemp Milk
- 2 Cups of Blueberries (Fresh or Frozen)
- 1 Banana Peeled & Chopped (Frozen optional)
- 1 Cup of Kale, Chopped
- 2 Tbsp Flax seed oil
- 1 Tbsp Cacao Powder

Blending Instructions:

1. Prep Recipe Ingredients
2. Place all ingredients into the blender jar
3. Blend on low speed for 15 to 20 seconds then increase to high speed for a smooth easily drinkable blend.
4. Pour into glass and enjoy.

Berry Rich & Nutrient Packed Purple Green Smoothie

A Nutritious Blend of Mixed Berries with Yogurt and Grape Juice.



The kale and cabbage in the Purple Green Smoothie provide powerful cancer prevention – but you wouldn't know it from the taste! There's enough berries packed into this deliciously sweet goodness to make anyone smile. Hiding colorful vegetables behind colorful berries is a great way to get kids to drink their nutrition, and a Vitamix or Blendtec blender turns 1/2 a head of cabbage into a surprisingly tasty liquid treat in minutes.

Recipe Ingredients

1. 1 serving of vanilla protein powder
2. 3 cups Concord grape juice
3. 2 cups plain whole yogurt
4. 2 cups blueberries, frozen
5. 1 cup raspberries, frozen
6. 1 cup strawberries, frozen
7. 1 banana, peeled, frozen, chopped
8. 1 cups kale, chopped
9. 1/2 head red cabbage, chopped

PREP INGREDIENTS FIRST

Add ingredients into jar

Blend on a low speed for 15 to 20 seconds then increase to a higher speed to finish the blend.

Pour into glass and enjoy!

Nutrient Rich & Savory Red Green Smoothie Recipe

A Great Blend of Raspberries with Apples and Protein.



We're used to smoothies being sweet – and this one can be, but it also has a very savory taste to balance the sweetness. This smoothie is low in sugar, to make it even more so you can leave out the apple. Without the apple this smoothie is suitable for diabetics. The red green smoothie is also very protective against cancer, with high levels of antioxidants and anti-inflammatory compounds.

Recipe Ingredients

1. 1 scoop of hemp protein
2. 1 red beet
3. 1 small apple, chopped
4. 1 cup frozen raspberries
5. 1 cup collard greens
6. 1/2 cup ice
7. 1 cup water

PREP INGREDIENTS FIRST

Add ingredients into jar

Blend on a low speed for 15 to 20 seconds then increase to a higher speed to finish the blend.

Pour into glass and enjoy!

Amazing Heart Healthy High Fiber Green Smoothie Recipe

A Tasty Nutrient Rich Blend of Fruits with Spinach and Dates.



What's not to love about the Heart Healthy High Fiber Green Smoothie Recipe? It hits so many of the important requirements for a filling snack or meal replacement. Protein, fiber, nutrients, vitamins and minerals. Aside from the Heart Healthy High Fiber Green Smoothie Recipe being good for your health, it's also good for your wallet. All ingredients can be found in the supermarket and if you shop during summer when some fruits are in season, you'll save quite a bit. The other great thing about the Heart

Recipe Ingredients

1. 2 Cups of Red Grapes
2. 3 Strawberries
3. 1 Orange
4. 1/2 Cup of Cantaloupe, with the seeds
5. 1 Cup of Organic Spinach
6. 1/2 Cup of Almonds/Cashews
7. 2 Dates
8. 1 cup of ice

PREP INGREDIENTS FIRST

Add ingredients into jar

Blend on a low speed for 15 to 20 seconds then increase to a higher speed to finish the blend.

Pour into glass and enjoy!

Smoothie # 6

Milky & Soft Mama Musa's Creamy & Rich Green Smoothie

A Creamy & Delicious Blend of Powerful Vegetables & Important Fruits with Hemp Milk.

It's super healthy and an excellent source of essential vitamins and minerals. The Mama Musa Green Smoothie Special is also helpful to calm an upset stomach, due to the ginger and creamy consistency that will coat



your stomach lining. The Mama Musa Green Smoothie Special is also easy to make because all ingredients can be sourced at your local grocer. Last but not least, The Mama Musa Green Smoothie Special is inexpensive. You can make a large batch for \$10 or less, which will last for a few days.

Recipe Ingredients

1. 1 Cup of Hemp Milk
2. 1 handful of organic Spinach
3. 1 handful of organic Kale
4. 1 Green Apple, Cored
5. 1 Avocado, peeled
6. 1/2 Cup Mango
7. 1/2 Cup Pineapple
8. 1 tsp of Ginger
9. 2 Cups of Ice

PREP INGREDIENTS FIRST

Add ingredients into jar

Blend on a low speed for 15 to 20 seconds then increase to a higher speed to finish the blend.

Pour into glass and enjoy!

Nutrient Rich Mixed Berry Green Smoothie Recipe

A Milky Smooth Blend of Berries with Hemp Milk & Leafy Green Vegetables.



The Nutrient Rich Mixed Berry Green Smoothie Recipe gives essential vitamins, minerals, antioxidants, and nutrients from berry fiber and green vegetable goodness. This is a thick creamy recipe which will fill you up and give you long lasting energy which will nourish your body. Drinking a healthy green smoothie with berry fruits helps your brain function as well as your body. Mentally you are feeding your brain nutrition with healthy

Recipe Ingredients

1. 1 Cup Hemp Milk
2. 1/2 Cup Blueberries
3. 1/2 Cup Raspberries
4. 1/2 Cup Blackberries
5. 4 Strawberries
6. 1 Banana
7. 1 Cup Spinach
8. 1 Cup Chard
9. 3 Dates
10. 1 Cup of Ice

PREP INGREDIENTS FIRST

Add ingredients into jar

Blend on a low speed for 15 to 20 seconds then increase to a higher speed to finish the blend.

Pour into glass and enjoy!

Simple & Easy Spinach Banana Green Smoothie Recipe

A Cost-Effective Simple & Delicious Green Smoothie Blend.



The Spinach Banana Green Smoothie Recipe is a great green smoothie recipe for starters just beginning to drink green smoothies, it has 2 simple ingredients, bananas and spinach. Try it and you'll see, the Spinach Banana Green Smoothie Recipe will become one of your favorite recipes to make. The low cost and simplicity of the nutritious great tasting Spinach Banana Green Smoothie Recipe is all the more reason to want to make it.

Recipe Ingredients

1. 1 1/2 Cups of Filtered Water
2. 2 Cups of Organic Spinach
3. 1 banana
4. 1 Heaping Tablespoon of Cinnamon
5. 1 cup of ice

PREP INGREDIENTS FIRST

Add ingredients into jar

Blend on a low speed for 15 to 20 seconds then increase to a higher speed to finish the blend.

Pour into glass and enjoy!

Super Delicious Mango Pineapple Madness Green Smoothie

A Refreshingly Delicious Blend of Kale & Spinach with Mango & Pineapple



Making the Mango Pineapple Madness Green Smoothie Recipe will surely satisfy your sweet tooth and help keep you full. No more going to the smoothie bar and paying an arm and a leg for smoothies. The Mango Pineapple Madness Green Smoothie Recipe is inexpensive to make, thus saving you money.

Recipe Ingredients

1. 1 Cup of Coconut Water
2. 1.5 Cups of Mango
3. 1 Cup Pineapple
4. 1 Banana
5. 1 Cup Kale
6. 1 Cup Spinach
7. Lime Juice, squeeze
8. Chia Seeds (Optional)
9. 1 Cup of Ice

PREP INGREDIENTS FIRST

Add ingredients into jar

Blend on a low speed for 15 to 20 seconds then increase to a higher speed to finish the blend.

Pour into glass and enjoy!

Refreshing Banana Spinach Kiwi Green Smoothie Recipe

A Savory Blend of Kiwi & Cucumber with Hemp Milk & Banana.



Are you a regular green smoothie drinker and sometimes get tired of the same old concoction of greens? Well, you need to try The Banana Spinach Kiwi Green Smoothie Recipe. It's a fresh take on the smoothie with a few unexpected ingredients that will pleasantly surprise you. The Banana Spinach Kiwi Green Smoothie Recipe uses the kiwi for an added tart taste and cucumber to mellow it out. And we know it gets tiring rinsing greens so we've included some pre-washed, bagged greens for you. Did we mention that you also don't have to peel the apples and cucumber (only if organic)? You're welcome!

Recipe Ingredients

1. 1 Cup of Hemp Milk
2. 1 Organic Banana
3. 1 Apple, cored
4. 3 Kiwi fruits, peeled
5. 1 Cucumber
6. 1 handful of Mixed Greens
7. 1 cup of ice

PREP INGREDIENTS FIRST

Add ingredients into jar

Blend on a low speed for 15 to 20 seconds then increase to a higher speed to finish the blend.

Pour into glass and enjoy!

Tips on making the Perfect Green Smoothies

“Oh man, my Green Smoothie recipes come out horrible, why do I keep making these horrible tasting green smoothies.”

Are you having Green Smoothie anxiety? Do your Green Smoothies keep tasting like Green Smoothies? Well than keep reading!

Drinking a green smoothie is the best way to add additional fiber to your diet and a great way to add needed antioxidants, nutrients, vitamins and minerals to your body. All you need is a blender, a sharp knife, and a cutting board. Now in order to really adapt yourself into the Green Smoothie lifestyle you'll have to start making Green Smoothies that actually taste good.

If it doesn't taste good, you probably won't drink it, and neither will your kids. So if you want to find out how to make amazingly delicious green smoothies everytime, than keep reading.

What is a Green Smoothie?

You can turn any Smoothie recipe into a green smoothie recipe just by adding in a green leafy vegetable like Rainbow Chard, Col-lards, Dandillions, Kale, or Spinach. This will turn the smoothie green and give it nutrients that fruits alone wouldn't provide. Green Vegetables are nutrient rich and contain protein, antioxidants, healthy fiber, vitamins, and minerals. The



Best part about making good green smoothies is that you don't taste the greens and your body can absorb around 95% of the nutrients because all the ingredients are liquified. When you eat foods raw your body only absorbs around 40% of the nutrition.

Alright are you ready to make a perfect Green Smoothie, here we go...

Step 1: Add a healthy liquid or a lot of Red or Black Grapes

So to start your Perfect Green Smoothie recipe you'll want to add 1 Cup of liquid or if you prefer you can add 1 Cup to 1 1/2 cups of Red or Black Grapes. If you start with grapes you won't need liquid because grapes contain a lot of liquid already along with resveratrol which has many health benefits.

My favorite choices of liquids for green smoothies are:

- Organic Apple Juice
- ACAI Juice
- POM Juice
- Coconut Water
- Organic fruit juice blends
- Nut Milks (Almond Milk, Hemp Milk, Coconut Milk, or Cashew Milk)

You'll want 8 ounces of liquid, which is 1 Cup, for a normal Green Smoothie recipe. The more liquid you add the thinner the consistency will be so I would recommend no more than 1 Cup.

Step 2: Add a Good Base Fruit

To get a nice creamy texture pick some solid base fruits to add into the smoothie recipe, ingredients do matter and will affect the taste of your smoothies.

My favorite base fruits are:

- Apples
- Bananas
- Peaches
- Pears
- Mangos
- Durian
- Papayas
- Avocado

All of these Base fruits will give your green smoothies a rich and creamy texture. Choose 1 or 2 of these selections per recipe.

Step 3: Add a flavorful Fruit

Here is where you give your green smoothie a good taste, What you want to do is pair your Base Fruit up with a nice flavorful fruit for the ultimate mouth watering satisfaction.

Fruits for a good flavor include:

- Pineapples
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Oranges
- Dates

Add 1/2 cup of flavorful fruit.

Note: You can also add in protein powders, Cacao, and other sweeteners such as Cinnamon(good for diabetics), Stevia and honey to help hide the taste of the green vegetables in your green smoothies.

Step 4: Blend your Ingredients

So unless you own a High powered Vitamix or Blendtec or BL 630 Omega blender, than what you'll want to do right now is blend up the ingredients in the jar. You can do this by using the pulse feature on your blender and pulsing the ingredients until they are blended thoroughly. Or if your blender doesn't have a pulse feature just simply run the blender for 10 to 15 seconds.

Skip this step if you own a Vitamix, Blendtec, or BL630 Omega blender or any high powered blender. High powered blenders are able to liquify your ingredients much easier and produce better tasting green smoothies.

Step 5: Add your Leafy Greens

The Best ratio to use for your Green Smoothies is a 60/40 fruit to Leafy greens ratio. You want to have a little more fruits in the smoothie in order to hide the bad taste of the green vegetables you are about to put in there. This way you won't taste any of the greens.

The best leafy green to start with is organic baby spinach. Get used to making your green smoothies taste good and then work your way into adding other healthy leafy greens like

- Kale
- Spinach
- Chard

- Romaine
- Parsley
- Dandillions

Step 6: Add Ice

Your almost there, your so close to having a mouth watering perfect green smoothie. The last step is to add ice.

Ice will determine your consistency, the more ice you add the thicker the smoothie will become. I would recommend adding in 2 cups of ice for a nice creamy smoothie texture. Each blender breaks down ice differently so it's up to you if you want a more juicy consistency or a thicker smoothie consistency.

Step 7: Optional Step for High Powered Blender Owners

(Add an extra boost to your smoothie)

You can give yourself an extra kick of health benefits by adding freeze dried powders into your smoothies, or by adding any type of Nuts(Almonds or Cashews) or Seeds(Flax Seeds or Chia Seeds). If you own a high powered blender such as a Vitamix or Blendtec you are able to do this, if you own a regular blender your blender will not be able to liquify the nuts and seeds for easy digestion. A few great add ons to your green smoothies for an extra kick of nutrition are:

- E3 Live
- Spirulina Powder
- Mushroom Powder
- Moringa Powder
- Barley Grass Powder
- GOGI Berry Super Food Powder
- ACAI Super Food Powder
- Alfalfa Powder
- Apple Powder
- Beet Powder
- Blueberry powder
- Broccoli Powder
- Carrot Powder
- Hemp Protein
- Pea Protein
- Raspberry Powder

Step 8: Blend it

Finally, you have your perfect Green Smoothie ready to go, all you have to do now is push the blend button.

Don't over blend the smoothie because you can lose nutrients by blending it to long. The optimal blending time is 30 to 60 seconds.

If you have a high powered Vitamix or Blendtec blender and you run the blender on it's highest speed for more than a minute, the blades will cause friction and heat up the ingredients inside the jar which will kill the live enzymes in the fruits and vegetables.

Make sure to add 2 cups of ice if using a high powered blender to keep the smoothie cold.



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