



## SMOOTHIE RECIPES

These smoothie recipes make it easier to consume more healthy greens such as:

Celery	Spinach	Romaine lettuce	Parsley
Chard	Kale	Arugula	Beet Greens

You can use these recipes as they are, but feel free to experiment with your own ideas and combinations. **You can add SP complete to any of these recipes.** If the smoothies are too chunky you can add either filtered water or unsweetened almond milk (but no more than one cup per quart of smoothie). You can also add a tablespoon of flax seed oil for some healthy fats. These recipes are based on our own experimentation and Victoria Boutenko's book "Green for Life". Enjoy!

ADD 2 CUPS OF WATER TO EACH SMOOTHIE RECIPE			
2 cups greens 1 banana 1 mango	2 large mangoes 1 bunch of parsley	6 peaches 2 handfuls of spinach leaves	4 kiwis 1 banana 3 stalks of celery
1 stalk celery 1 cup greens 1 cup blueberries 1 banana	4 pears 4-5 kale leaves or greens Mint	4 mangoes 1 handful of greens	½ bunch of spinach 4 peeled apples 1 banana
8 romaine lettuce leaves or other greens 1 cup red grapes 1 medium orange 1 banana	6 to 8 romaine lettuce leaves or other greens 4 apricots 1 banana ¼ cup blueberries	1 cup apple juice 1 banana 1 mango 5 kale leaves or other greens	2 pears handful of raspberries 4-5 kale leaves or greens