



GREEN SMOOTHIE CHALLENGE

What Goes into A Green Smoothie?

Basic Green Smoothie

- 1-2 Cup clean filtered water
- 1/2 lb to 1 lb raw greens spinach, kale (Lacinato is less bitter than curly kale), collards, dandelion, arugula or mustard. (Depending on your blender you may need to add greens in batches to blend)
- 1-2 Cup blueberries - frozen berries are ideal. Gradually add to the greens.
- Agave Nectar or Stevia to taste

Mix till very smooth - 90 seconds. (Smoothie button on BlendTec) Enjoy!

Helpful Hints:

- If this blend seems too "Green" to you start with more fruit and increase your greens as you develop your taste for Green Smoothies.
- If you like your green smoothie cold, add some ice cubes or freeze your fruit
- If you have extra Green Smoothie, place in a safe container and refrigerate for later that day. Smoothies are best consumed right away but are ok the following morning.
- Add vegetables - close to over ripe tomato, left over herbs, don't waste anything!
- Add any type of fruit you love, especially ones that are heading to overripe status!

Green Smoothie Additions:

The sky is the limit on what you can add, but here are some serious nutritional boosters to add to your smoothie.

- **Liquid Flax Oil - 1-2oz Udo's Choice Liquid Oils are the best tasting! This omega 3-6-9 should be your first addition to your smoothie, you can't even tell the oil is in your smoothie, but your body will thank you!**
- Bee pollen granules - for immunity and energy
- Dulse flakes for natural -iodine and healthy sodium
- Peeled ginger chunk or a small beet
- Young tai coconut milk - and pulp
- Lemon or lime - (zest and fruit) The white pith can be bitter.
- Let us know what you like to add , we'll add it to the list!