

A Guide to Creating Your Own Green Smoothies

Green smoothies are a luscious and refreshing meal option- chock full of vital raw nutrients and fiber and super easy to digest! Delight in one for breakfast or when you're on the go to enjoy the benefits of glowing skin and vibrant energy.

Smoothing Blending Tips

First blend 1 cup of liquid with some celery, watermelon, cucumber or other high water content food. Then add remaining ingredients in small increments to as not to overwhelm your blender. This helps blend more smoothly. Add water as needed to reach desired consistency.

Choose 2 1/2 –3 cups	1 fruit/sweet veg (or about 1-1/2 - 2 cups)	1 tsp – 1 Tbs of 3-4 of these (optional)
<ul style="list-style-type: none"> • Kale • Collards • Beet Greens • Dandelion Greens • Parsley • Mint • Fennel • Avocado • Cucumber • Zucchini • Spinach • Romaine Lettuce • Green Cabbage • Turnip Greens • Celery • Sprouts (Pea Shoot and/or Sunflower sprouts recommended) 	<ul style="list-style-type: none"> • Apples • Bananas • Pear • Blueberries • Strawberries • Raspberries • Blackberries • Pineapple • Papaya • Mango • Pomegranate • Cranberries • Kiwifruit • Figs • Watermelon • Lemon • Carrots • Sweet Potato • Beets 	<ul style="list-style-type: none"> • Raw Cacao • Flax/walnut/hemp/coconut Oil • Almonds/Sesame Seeds/Pumpkin Seeds **Nut/Seed Butters are good options if you have a weaker blender • Goji Berries • Dates • Bee Pollen • Coconut (fresh or dry) • Ground hemp/flax/chia seeds • Spirulina/chlorella powder • Ginger • Cayenne • Stevia

Additional Optional Liquids (usually need 1-2 cups)

- Ice (if you like it cold)
- Filtered water
- Vegetable Juice (100% veggie)
- Coconut Water
- Alternative Milk (almond, hemp, rice, coconut or soy)
- Herbal tea (such as green, peppermint or ginger)

Super Easy Beginner Smoothie (serves 2):

6 leaves of Romaine lettuce/kale
 5 inches of cucumber
 1 banana
 1/2 Tbsp ginger
 1-2 Tbsp ground flax seed
 1 Tbs raw honey/ 1 packet stevia
 2 cups water
 4 ice cubes

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Contact me to learn how to achieve optimum wellness naturally!

arholistichealth@gmail.com 🌿 902-440-2842