

Green Smoothies



The Do' and Don'ts

- We are blending not juicing! This means we will be consuming the whole plant including the fibre
- It is a good idea to chop things, such as kale, first across the stalk as this makes them easier to blend. It is also helpful to blend the greens well with the water, before adding the other ingredients.
- You can use any combination of greens
- You can add any other fruit or vegetable to suit your tastes. Using soft fruits such as banana, ripe mango or avocado in your smoothie gives a smoother consistency. It is essential to blend well.
- You can add as much or as little water as you like to make the smoothie a nice consistency for you. I have suggested 1 pint of filtered water in the recipes as I personally found this a good amount
- I have found that using ice cubes instead of or as well as water gives the smoothies a lighter texture, again it's a personal preference.
- If you find you need to reduce the amount of greens initially, again don't give up,
- **IMPORTANT** If you are diabetic or taking warfarin you must let us know so that we can tailor the smoothies to suit you

Recipes

The idea is definitely for you to enjoy drinking these smoothies! Below are some ideas for recipes but feel free to make up your own. If you create any masterpieces please let others know by posting them on our blog or face book page. If you find that you experience any unpleasant effects after drinking the smoothies please talk to us so that we can alter them to suit you.

You may find that you need to begin with slightly less greens, than the required 200g, as your body gets used to digesting them. I also recommend chopping the greens before blending them. Across the stalk is best so that the fibres don't get wrapped around the blades of your liquidizer or blender.

I have suggested using 1 pint of filtered water as I found this a good amount to blend 200g of greens, but feel free to use as much or as little water as you like. As well as chopping the greens across the stalk before blending I also find it beneficial

to blend the greens with water first before adding the other ingredients. Do blend well. The smaller the motor on your blender the longer you will need to blend for.

Try adding freshly squeezed lemon or lime juice for a slightly different flavour, the vitamin C is a natural preservative and citrus fruits are very alkalising for your body.

Green smoothies are said to be the most nutritious meal on earth. A good ratio is 40% greens to 60% fruit. Sweet fruit takes away the bitterness of the greens. If your smoothie is too bitter for your tastes try adding a little more fruit. Blend very well.

Sweet Green Smoothies

Wild Banango

200g of chickweed, lambs quarters or nettles
1 banana
1 small mango
1 pint water

Berry pudding

1 stalk of celery
200g chopped Spinach, kale or chard
Two cups of fresh or frozen berries (black, blue, strawberries)
1 banana
1 pint water

Twisting my melon

100g leaves romaine lettuce
5 cups water melon
1 cup water

Aloe Live

1 apple
1 banana
200g chopped spinach, kale or chard
1 small piece aloe
1 pint filtered water

Strawberry Field

200g chopped spinach kale or chard
1 cup fresh or frozen strawberries
1 banana
1 pint of water

Minty Thrill

2 large or 4 small ripe pears
100g chopped kale
80g mint
1 pint water

Banana Greens

200g kale, spinach or chard
2 large or 4 small bananas
1 pint filtered water

Cos your worth it

100g chard, kale or spinach
1 kiwifruit
1 mango (or avocado)
2 cups Cos lettuce
large handful of mint leaves
1 cup watermelon
2 cups water

Get Minted

150g kale, spinach, chard
2 grapefruits, peeled
2 tablespoons mint
6 ice cubes
Sweetener to taste (2 tsp raw
agave nectar or honey)

Shivering Popeye

100g spinach
100g chard
2 frozen bananas
1 apple
1 pear cored and diced
1 orange peeled

Savoury Smoothies

Green Thai

150g mixed leaves
50g coriander
1 clove garlic
½ red pepper
½ lime / lemon juice
3 small tomatoes
2 cups – 1 pint water

Green Dalek

150g mixed green leaves
50g dill
½ lime or lemon juiced
3 cloves garlic
¼ cup sun dried tomatoes
2 cups – 1 pint water

Lemon Jalapeno

200g spinach / chard
½ lemon juice
4 small tomatoes
½ inch jalapeno pepper
1 small clove garlic
2 cups – 1 pint water

Basil Fawly

100g spinach
6 leaves red lettuce
30g basil
½ lemon or lime juiced
½ red onion
2 celery sticks
¼ avocado
2 cups – 1 pint water

Bugs Bunny

150g mixed green leaves
2 stalks celery
1 medium carrot
2 inches cucumber
1 apple
1 pint water

What counts as a Green Leafy?

The plants listed below are considered dark green leafy vegetables. This is not a complete list, feel free to add others as you please. You can include any of these in your green smoothie creations. If you are picking weeds please make sure you know what you are picking. If in doubt please do not eat it!

Greens

Arugula
Asparagus
Beetroot greens
Bok Choy
Broccoli
Carrot tops
Celery
Chard
Collard greens
Edible flowers
Endive
Escarole
Frisee
Kale
Mizuna
Mustard greens
Radicchio
Radish tops
Romaine lettuce,
Green and red leaf
(not iceberg)
Spinach

Weeds

Chickweed
Clover
Dandelion (flowers
and greens)
Lambs quarters
Malva
Miner's lettuce
Plantain
Purslane
Stinging nettles

Herbs

Aloe Vera
Baby Dill
Basil
Coriander
Fennel
Mint
Parsley
Peppermint
Spearmint

Sprouts

Alfalfa
Broccoli
Clover
Fenugreek
Radish
Sunflower

Vibrant Life Chiropractic
Braunton, North Devon
01271 814 067

www.vibrantlifecentre.co.uk

