



**40
GREEN
SMOOTHIE
RECIPES
FOR WEIGHT LOSS
AND DETOX**

Jenny Allan

40 Green Smoothie Recipes for Weight Loss

By Jenny Allan



Smashwords Edition

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Introduction

Not a few people have found a mean adversary in usual weight loss diet programs. It's always a challenge to strike a balance between cutting down on caloric intake and enjoying what you actually ingest. A healthy and low-caloric meal after all is not always rich in taste.

Then there are the bouts with hunger that a dieter often meets along the way. Still hungry after eating just a tiny sliver of lean meat that lacks tastiness and flavorful appeal? Do not worry; you can

always chomp on as many crisp, raw vegetables! But you want to manage your weight and health to live a fuller life, how can you do that if you do not find joy in eating?

Because of the difficulties involved in adapting to a weight loss eating program, many have turned to a green smoothie diet in order to meet their needs. Incorporating healthy juices from fruits and vegetables in your diet has been proven to be an effective weight loss program that lets a dieter reap the benefits of a horde of essential vitamins and nutrients found in vegetables and fruits without dangerously starving oneself thin. Combining vegetables, fruits and sometimes grains into a

healthy, filling and tasty smoothie drink that packs in a high concentration of vitamins, minerals, dietary fibers and other healthy benefits proves to be a much better alternative.

Going green on your smoothie is simple. All you need are fresh greens and your preferred fruits. The general recommendation is to combine about 6 parts fruit with 4 parts greens, but no one is stopping you from taking it easy at first and then increasing the amount of greens later as you grow more accustomed to your greens. It is also up to you to use just water or concoct a creamier alternative by using non-dairy (and therefore non-fattening) milk or natural yogurt. Want a more filling

alternative? Add heaps of natural grains like oats, bran or muesli to load up your smoothie.

When preparing your smoothie, remember that some greens are stronger in flavor compared to others, and that some vegetables will taste better with certain kinds of fruits. The key here is to keep an open mind and experiment until you find what you like best. It is also important to use a variety of greens in your smoothie by alternating greens and fruit combinations. Doing so will not only give you a wider array of nutrients but also prevent alkaloid build-up in your system.

Drinking green smoothie for weight loss

is usually done either through fasting or by meal replacement. Fasting means you take in nothing else but smoothies for a whole week or two, and then return to your normal diet afterwards. While it is a fast and safe way to reduce weight, fasting is often not recommended for prolonged periods of time. If you want a more sustainable way to incorporate green smoothies in your diet, however, meal replacement is your better option. Here, you replace one or two of your full meals—preferably breakfast because this is the optimum time for your body to take in juice from greens and fruits—or that occasional heavy snack with juice. By replacing a meal with a green smoothie, you can actually do a

holistic lifestyle change for a healthier and fitter you now and in the years to come.

This recipe book, *40 Green Smoothie Recipes for Weight Loss*, aims to help you start on a diet filled with fresh greens. This book offers a variety of green smoothie recipes that incorporate only greens and fruits, those that use non-dairy milk and yogurt, and even grain-filled smoothies (sometimes called ‘thickies’) that are easy to follow and will hopefully encourage you to begin and carry on a healthy and effective way to lose weight.

Green Milk-Free Smoothies

Gleaming Green Spinach and Lettuce Smoothie

Yield: 2 glasses

Ingredients:

3 cups chopped romaine lettuce
(or about 1 head)

2 cups chopped spinach leaves
(about half of a large bunch)

½ cup sliced celery

½ cup diced apples (about ½ medium sized whole)

¼ cup diced pear (about 1 medium sized wholes)

½ cup sliced banana

½ tablespoon fresh lemon juice

1 cup water

Preparation:

1. Wash all vegetables and fruits thoroughly before handling them.
2. Put romaine lettuce, spinach and water together in a blender. Process at low speed until mixture becomes smooth.

3. Add celery, apple and pear. Blend mixture at high speed.

4. Lastly, add the banana and lemon juice and puree until well blended.

5. Pour into glasses and serve fresh.

Variation:

Add $\frac{1}{2}$ cup each of parsley and cilantro for an even greener smoothie. Using stems are okay, but chop them so they do not ruin your blender or smoothie maker.

Add an inch of ginger to recipe for an extra zing.

Smoothie fact:

This smoothie is 7 parts green vegetables and 3 parts fruit, so this will help you put more greens into your diet than you normally could in one sitting. This well-mixed green smoothie is easy to digest, which will make your body absorb more vitamins and minerals. Plus, this smoothie is amazingly filling, so it will keep you from reaching for that carbohydrate packed snack just to pacify your hunger pangs.

Energy Booster Spinach and Collard Greens Smoothie

Yield: 1 glass

Ingredients:

1 cup fresh spinach

1 cup fresh collard greens

4 whole medium sized oranges

3 cups pineapple chunks

Preparation:

1. Squeeze out the juice from the oranges. Use this fresh juice as liquid base for blending the spinach and collard greens together. Blend at slow speed until smooth.

2. Add the pineapples to the

orange and greens mixture and blend at high speed until well mixed.

3. Pour and serve immediately.

Variation:

Want this smoothie to double as a cold thirst quencher? Add 6 ice cubes into the mix and blend until smooth.

Can't find collard greens? Take it easy by replacing with a cup of chopped kale.

Smoothie fact:

Packed with fruits and vegetables that are rich in minerals, proteins and

vitamins A, C, E and K, this smoothie is a surefire energy booster that will allow your body to function at an optimal level. That's real, green and mean energy in a glass!

Minty *Papaya* *Green*
Smoothie

Yield: 1 glass

Ingredients:

3 cups spinach leaves

2 cups cubed ripe papaya

1 cup cubed pear

2 tablespoons goji berries (dried or fresh)

10 fresh leaves of mint

1 cup filtered water

Preparation:

1. Pour water into blender. Add papaya first, followed by the pear, berries and then mint leaves. Add the spinach last.

2. Blend on high speed for about 30 seconds or until the smoothie turns into an even and creamy consistency.

3. Serve fresh.

Variation:

Substitute papaya with an equal part of banana and you will still have a creamy smoothie.

Pour smoothie into an airtight container and chill in the refrigerator overnight to make a refreshing morning smoothie meal replacement.

Smoothie fact:

This smoothie recipe packs in an abundance of protein, folate, magnesium and potassium. It is also high in vitamins A, B1, B6, C and K.

Aside from its high nutritional value,

ripe papaya is also a good creamy fruit base to your smoothie.

Green Piña Colada Smoothie

Yield: 4 glasses

Ingredients:

1 cup chopped dandelion greens

4 cups fresh ripe pineapple
chunks

½ cup shredded coconut meat

4 tablespoons dried pitted dates

2 cups unsweetened coconut

water

2 cups ice cubes

Preparation:

1. Put all ingredients in a blender. Remember to put the liquid first and the greens last. Add ingredients in between.

2. Blend on high speed until a creamy and smooth puree is achieved.

3. Pour into glasses and serve.

Variation:

For a nutty taste, add 4 tablespoons raw cashew nuts to

the recipe. Just be sure to choose the right cashews (plump, uniform in color, smells nutty and sweet) and always soak them first to remove enzyme inhibitors and make them more digestible.

Smoothie fact:

Dandelion greens may be bitter when eaten raw, but adding this super green vegetable to the mix will make your smoothie taste like it has alcohol in it. Best of all, dandelion greens are said to be the ultimate detox and cleansing green because it is a great liver cleanser.

Kiwi Green Smoothie

Yield: 1 glass

Ingredients:

1 cup chopped kale leaves

1 cup chopped Romaine lettuce

1 cup chopped Swiss chard
leaves

½ cup sliced ripe bananas

½ kiwi fruit

Juice of ½ lemon

1 cup distilled water

1 teaspoon bee pollen

½ teaspoon maca powder

Preparation:

1. Wash all ingredients thoroughly. Prepare as directed in the recipe.
2. Put all ingredients in a blender. Blend at high speed until smooth.
3. Pour into a glass and serve immediately.

Variation:

Replace water with same amount of unsweetened coconut water for extra alkaline in your green smoothie.

If kiwis are not in season, substitute it with mango or papaya.

Smoothie fact:

Adding nutrition supplements like bee pollen and maca powder in your green smoothie will increase health benefits that your body will acquire from your mix.

Minty Green Smoothie

Yield: 2 glasses

Ingredients:

1 cup chopped spinach leaves

10 pieces mint leaves

2 whole pitted dates

2 tablespoons raw cashew butter

1 ½ cups distilled water

Preparation:

1. Put all ingredients in a blender. Whiz on high speed until smooth.
2. Pour into glasses and serve immediately.

Variation:

Substitute pitted dates with 1 tablespoon of raw coconut nectar

or raw agave nectar

Add 1 cup of ice cubes for a cold treat

Smoothie fact:

Mint not only triggers a feeling of satiety (it makes you feel full!) but also helps flush out toxins from the digestive tract. It also aids in proper digestion by soothing the intestines and loosening intestinal muscles, thus relieving cramps and other symptoms of disturbed stomach.

Avocado Lime Smoothie

Yield: 1 glass

Ingredients:

1 cup young spinach leaves

½ cup sliced cucumber

½ avocado fruit

3 whole limes

Sweetener (honey, agave or stevia) to taste

6 pieces ice cubes

Preparation:

1. Wash vegetables and fruits thoroughly.

2. Pluck out the leaves of the spinach. Discard stems.
3. Without peeling, cut cucumber into half-inch slices.
4. Remove seed of avocado. Using a spoon, scoop out flesh from the peeling.
5. Peel and quarter limes.
6. In a blender, place cucumber, avocado, spinach and lime. Add ice cubes and desired amount of sweetener.
7. Blend all ingredients until smooth.
8. Pour into a glass and drink

fresh.

Variation:

Add $\frac{1}{2}$ teaspoon cinnamon powder to add zing to your smoothie.

If you find your smoothie too thick, add $\frac{1}{2}$ cup of cold distilled water and blend again before serving.

Smoothie fact:

The high pH level of limes help balance the body's alkaline levels and protects it from diseases and infections.

Tropical Smoothie

Kale

Green

Yield: 1 glass

Ingredients:

1 cup kale leaves

1 medium sized apple

1 medium sized avocado

¼ lemon fruit

1 tablespoon sliced ginger

A pinch of salt

½ cup distilled water

Preparation:

1. Rinse kale in running water. Tear leaves apart.
2. Without peeling, core and segment apples.
3. Cut avocado into halves, remove seed and scoop out flesh using a tablespoon.
4. Peel lemon and remove seeds.
5. Peel ginger and cut into thin slices.
6. Put all ingredients in a blender. Whiz on high speed until well mixed and smooth.
7. Pour into a tall glass and enjoy!

Variation:

Use limes instead of lemon for a slightly different taste.

Instead of adding sweetener like honey or agave nectar, you can make this smoothie taste sweeter by adding more apples.

Instead of avocado, you can also use equal part banana in this recipe.

Smoothie fact:

Like other green and leafy vegetables, raw kale contains a high concentration of chlorophyll which helps purify and build the blood. It also helps boost your

immune system and clear lung and intestinal congestion.

Summer Salad Smoothie

Yield: 1 glass

Ingredients:

10 leaves of mint

10 leaves of sweet basil

10 leaves of coriander

2 cups watermelon chunks

½ small avocado fruit

½ cup cucumber slices

Juice of ½ lime fruit

½ cup distilled water

Preparation:

1. Remove seeds from watermelon before cutting into chunks. Scoop out flesh from the avocado fruit. Slice cucumbers into half-inch thickness.

2. Put all ingredients in a blender in this order: mint, basil, coriander, water, watermelon, avocado, cucumber, lime juice. Blend on high speed until smooth.

3. Pour into a tall glass and

serve.

Variation:

Add $\frac{1}{2}$ teaspoon of fennel seeds and $\frac{1}{2}$ cup oats for a more filling version of this smoothie.

Put smoothie inside the freezer to cool it down for a few minutes before serving.

Smoothie fact:

Watermelon and cucumber are a good combination to make as base for your smoothie because they are filled with water.

Enjoy the goodness of this easy to prepare smoothie recipe that

incorporates common kitchen herbs like coriander, mint and basil.

Apple *Broccoli* *Detox*
Smoothie

Yield: 2 glasses

Ingredients:

1 cup shredded romaine lettuce

½ cup broccoli heads

1 medium sized apple

½ orange

½ cup distilled water

1 cup ice cubes

Preparation:

1. Rinse greens under running water.
2. Peel and core apple. Cut into 1-inch cubes.
3. Peel orange. Remove seeds and separate into segments.
4. Put all ingredients in a blender. Blend on high speed until thoroughly combined.
5. Pour into a glass and serve.

Variation:

Add 1 tablespoon of chopped parsley into the mix for added kick.

Smoothie fact:

This smoothie recipe is full of fiber, minerals, vitamins and phytochemicals that will rid your digestive system of toxins, improve your mental clarity and brain functioning, and revitalize your body. Truly a must-drink for a good detox diet!

Fig and Ginger Smoothie

Yield: 1 glass

Ingredients:

1 cup spinach

1 cup figs (about 4 medium sized fruits)

½ tablespoon chopped ginger

2 whole pitted dates (pre-soaked)

½ cup distilled water

1 cup ice cubes

Preparation:

1. In a blender, add spinach and water. Blend until smooth.

2. Add all remaining ingredients and process until blended

smoothly.

3. Pour into a glass and enjoy.

Variation:

Add a tablespoon of flaxseeds for added zing.

Smoothie fact:

Figs are packed full of dietary fiber, which makes them ideal for losing weight because you will feel full for longer.

Basic Banana Smoothie

Yield: 1 glass

Ingredients:

1 cup chopped kale leaves

2 cups diced ripe bananas

½ cup distilled water

½ cup ice cubes.

Preparation:

1. Rinse kale in running water and clean thoroughly.

2. Peel bananas and cut into 1-inch slices.

3. Put all ingredients in a blender and whiz until smooth.

4. Pour into a glass and enjoy.

Variation:

For a sweeter taste, add 1 piece apple (cored and cut into wedges) into the recipe. This will infuse your smoothie with the toxin removal properties of apples.

Smoothie fact:

Bananas are high in resistant starch, a type of fiber found in carbohydrate-rich foods, that enhances fat burning.

Poor Man's Green Smoothie

Yield: 1 glass

Ingredients:

2 pieces apples

1 piece banana

½ piece cucumber

1 cup water

Preparation:

1. Peel, core and cut apples into 1-inch cubes.
2. Peel banana and cut into 1-inch slices.

3. Without peeling, cut cucumbers into 1-inch cubes.
4. Place all ingredients in a blender and whiz until smooth.
5. Pour into a glass and serve immediately.

Variation:

To make a cold smoothie, use only $\frac{1}{2}$ cup water and add $\frac{1}{2}$ cup ice cubes. Blend well.

Smoothie fact:

Although cucumber contains a modest amount of nutritional benefits (vitamins A and C and some fiber), this member of the gourd family goes a long way in

bulking up food and drinks. It makes you feel full for just a few calories.

Green Chocolate Smoothie

Yield: 1 glass

Ingredients:

½ cup chopped kale leaves

1 cup chopped romaine lettuce leaves

½ cup Swiss chard

1 cup sliced ripe bananas

1 teaspoon unsweetened cacao

powder

1 tablespoon natural honey

1 cup unsweetened coconut water

Preparation:

1. Rinse and prepare greens and fruits.
2. Peel bananas and cut into 1-inch slices.
3. Put all ingredients in a blender and process until smooth.
4. Pour into a glass and serve immediately.

Variation:

Add juice of ½ lemon for extra kick.

Smoothie fact:

You can add unsweetened cacao into your smoothie. It will not only make your drink taste good but you will also benefit from the appetite suppression properties of cacao. Cacao has chemicals that increase the levels of the neurotransmitter serotonin in the brain, which creates a feeling of fullness for a longer period of time.

Super Green Smoothie

Yield: 1 glass

Ingredients:

1 cup chopped kale leaves

½ cup Brussels sprouts

½ cup spinach leaves

½ avocado

1 medium sized green apple

½ cup filtered water

½ cup ice cubes

Preparation:

1. Wash and prepare the greens.
2. Scoop out the avocado flesh.

Discard the seed.

3. Without peeling, core the apple and cut into 1-inch cubes.

4. In a blender, mix kale, Brussels sprouts, spinach and filtered water until smooth.

5. Add avocado, apple and ice cubes. Blend until smooth.

Variation:

Add 1 teaspoon chia seeds for an added punch

Add ½ cup broccoli or clover sprouts for extra greens

Smoothie fact:

Often overlooked as a weight loss food, Brussels sprouts contain more protein than other green vegetables and are rich in vitamins A, C, B1, B6, E and K. It is also a good source of dietary fiber, folic acid, iron and calcium.

Mango and Celery Smoothie

Yield: 1 glass

Ingredients:

1 cup chopped kale leaves

½ cup parsley leaves

1 medium stalk of celery

½ cup ripe mango chunks

1 cup coconut water

Preparation:

1. Wash and prepare greens.
2. Cut celery stalk into 1-inch strips to facilitate easier blending.
3. Put all ingredients in a blender and mix until smooth.
4. Pour into a glass and enjoy.

Variation:

If mangoes are not in season, substitute with another fruit like pineapple or strawberry.

Smoothie fact:

Loaded with kale, parsley and celery, this super green smoothie is packed full of nutrients and vitamins and tastes good.

Fruity Green Smoothie

Yield: 1 glass

Ingredients:

½ cup chopped kale leaves

½ cup baby spinach leaves

½ cup berries (raspberry or

strawberry)

1 cup sliced ripe banana

1 cup pear cubes

1 cup distilled water

Preparation:

1. Pour water, kale and spinach in a blender. Whiz until smooth.
2. Add remaining ingredients and continue blending until smooth.
3. Pour into a glass and serve immediately.

Variation:

Top with a dash of cinnamon for

an added kick.

If you want your smoothie cold, use only ½ cup of water and add ½ cup of ice cubes into the blend.

Smoothie fact:

It is nice to use berries in your green smoothie because they are high in antioxidants, which slows the aging process by blocking free radicals from the body's system.

Green Coconut Smoothie

Yield: 1 glass

Ingredients:

1 cup chopped kale leaves

1 cup sliced ripe bananas

1 teaspoon raw honey

1 cup coconut meat

1 cup coconut water

½ cup ice cubes

Preparation:

1. In a blender, mix all ingredients until smooth.

2. Pour into a glass and serve immediately.

Variation:

To make this smoothie even more nutritious, add 2 tablespoons of organic green barley powder and 1 tablespoon of chia seeds.

Smoothie fact:

Coconut is easy to digest because fewer enzymes are needed to break it down, thus improving the stomach's ability to absorb minerals and vitamins.

Banana Avocado Green
Smoothie

Yield: 1 glass

Ingredients:

1 cup baby spinach

1 cup Swiss chard leaves

1 cup unripe banana chunks

½ medium sized cucumber

½ avocado

1 whole lime

½ cup young coconut meat

1 cup unsweetened coconut water

Preparation:

1. Wash spinach, Swiss chard

and cucumber thoroughly in running water. Chop the leaves and cut the cucumber into 1-inch cubes.

2. Peel bananas and cut into 1-inch slices.

3. Scoop out the flesh of the avocado. Discard the seed.

4. Peel the lime and quarter.

5. In a blender, mix spinach, Swiss chard and coconut water until smooth.

6. Add remaining ingredients and blend until smooth and mixed thoroughly.

7. Pour into a tall glass and enjoy.

Variation:

Add 3-5 mint leaves into the blend for an added punch and cooling effect.

If you want your smoothie cold, chill in the refrigerator before drinking.

To sweeten smoothie, add a bit of honey or mix a medium sized cored and cubed red apple when blending.

Smoothie fact:

Raw bananas have more resistant starch

than ripe ones. Resistant starch is an important component in weight loss because it inhibits digestion in the small intestines and helps block the conversion of carbohydrates.

Green Milk Smoothies

*Tropical
Smoothie*

Green

Kale

Yield: 1 glass

Ingredients:

3 cups chopped kale leaves

1 whole medium sized mango

½ cup sliced banana

½ lime fruit

1 cup unsweetened coconut milk

Preparation:

1. Wash and prepare all ingredients. Peel the mango, remove the seed and slice into 2-inch cubes. Juice the lime fruit.
2. Pour coconut milk into blender. Add mango, banana and lime juice. Add kale leaves last.
3. Blend all ingredients on high speed until smoothie reaches a creamy consistency (This will take about 30 seconds to process).
4. Pour into a glass and serve fresh.

Variation:

Serve chilled or over crushed ice for a refreshing drink perfect during hot days.

Do without the ice but use chilled or frozen chunks of mangoes instead. For a surprisingly cool twist, do not puree the mangoes and just add the mango chunks just before serving.

Smoothie fact:

The tropical flavors of coconut, mango and lime will make you think of a place under the sun and boost your mood. This smoothie recipe also gives a powerful dose of vitamins, minerals and dietary

fibers.

Spinach Yogurt Smoothie

Yield: 2 glasses

Ingredients:

2 cups chopped spinach leaves

1 large whole orange

½ cup sliced bananas

1/3 cup strawberries

1/3 cup plain yogurt

1 cup ice cubes

Preparation:

1. Peel oranges and divide into segments. Remove seeds if there are any.
2. Put all ingredients in a blender. Puree until smooth.
3. Pour into glasses and serve immediately.

Variation:

Although this recipe calls for strawberries, you can use other kinds of berries, too. Be not afraid, experiment!

Smoothie fact:

This smoothie is a great post-workout or morning drink energy booster, thanks to the orange and berries in it. You can even drink just a glass of this smoothie and store the remaining portion in an airtight container in your refrigerator or freezer for a later drink. Just remember to thaw your smoothie from the freezer 30 minutes before you intend to drink it.

Green Lime Pie Smoothie

Yield: 1 glass

Ingredients:

2 tablespoons lime juice

1 teaspoon lime zest

1 cup sliced ripe bananas

$\frac{1}{4}$ teaspoon pure vanilla extract
(alcohol-free)

1 tablespoon sunflower butter

2 cups shredded spinach leaves

1 whole pitted date

1 cup unsweetened non-dairy
milk

4 ice cubes

Preparation:

1. Prepare all ingredients.

2. Put everything in a blender and

whiz until smooth.

3. Pour into a tall glass and serve immediately.

Variation:

To make this dessert smoothie more even more enticing, top with whipped cream and graham cracker bits.

Use strawberries or blueberries instead of lime for a different taste.

Smoothie fact:

Green smoothies can also serve as a dessert with the right blend of sweetness from natural ingredients like fruits. Do

not mind the spinach because even if it gives a goblin green color to your smoothie, its slight taste will be masked by the fruits you blend it with.

Tropical Green Blast Smoothie

Yield: 1 glass

Ingredients:

2 cups spinach leaves

1 cup diced banana

1/3 cup diced ripe mangoes

1/3 cup pineapple chunks

1/4 cup orange juice

Preparation:

1. In this particular order, put spinach, banana, mango, pineapple and orange juice in the blender. Blend until ingredients are mixed (this will take about 90 minutes on high speed).

2. Add milk and blend again until mixed fully and smooth.

3. Pour into a glass and enjoy.

Variation:

Add a sprig of parsley

(approximately 3 whole leaves)
to add zing to your smoothie.

Smoothie fact:

When using milk in your smoothie recipe, it is best not to use dairy milk—even if it's low-fat—when using acidic fruits like pineapple and orange because it may result in curdling. It is best to use soy or coconut milk when using acidic fruits.

Caramel *Banana* *Green*
Smoothie

Yield: 1 glass

Ingredients:

1 cup spinach

1 cup sliced bananas

1 tablespoon caramel (store bought)

1 tablespoon walnuts

½ cup coconut milk

½ cup non-dairy milk (soya, oat, almond, hemp or rice)

Preparation:

1. Put spinach, coconut milk and don-dairy milk into a blender. Blend until thoroughly mixed.

2. Add bananas, caramel and walnuts. Blend until smooth.

3. Pour into a tall glass and serve.

Variation:

To make this smoothie into a cold drink, add $\frac{1}{2}$ cup ice cubes before blending or refrigerate before serving.

Make your own healthy caramel by boiling apple juice and putting it into a simmer until it caramelizes.

Smoothie fact:

Spinach is a versatile green that is

healthy yet mild in tasted. If you have your own favorite fruit smoothie recipe, just add 1 cup of spinach for every glass of yield to turn it into a green smoothie.

Mango Spinach Green Smoothie

Yield: 1 glass

Ingredients:

1 cup spinach leaves

1/2 cup fresh ripe mango chunks

1/2 tablespoon linseeds

2 tablespoons desiccated coconut

2 tablespoons raisins

$\frac{1}{2}$ cup oat milk (can be substituted with any non-dairy milk)

$\frac{1}{2}$ cup water

Preparation:

1. Blend spinach, oat milk and water together until mixed well.

2. Add mangoes, linseeds, desiccated coconut and raisins and blend on high speed until mixture becomes smooth.

3. Pour into a tall glass and

serve.

Variation:

Add $\frac{1}{2}$ cup instant oats to the recipe to make a more filling smoothie.

Add $\frac{1}{2}$ cup ice cubes for a cooler alternative.

Smoothie fact:

Mangoes are an unsung hero in weight loss. Packed with more than 20 vitamins and minerals that protect the body against diseases, mangoes are a rich source of fiber and give a feeling of fullness in the belly. Plus, it tastes deliciously sweet so it will help you

lose weight without depriving yourself of the good stuff.

Zucchini Vanilla Green
Smoothie

Yield: 1 glass

Ingredients:

1 cup chopped zucchini

1 cup baby spinach

1 small banana

2 tablespoons pecan nuts

2 tablespoons pitted dates

1 cup non-dairy milk

½ teaspoon pure vanilla extract

A pinch of salt

Preparation:

1. Wash zucchini and spinach thoroughly. Without peeling, slice zucchini into half-inch thickness.

2. Peel banana and cut into half-inch slices.

3. Put zucchini, spinach, vanilla extract and milk in a blender and process until smooth. Add all the remaining ingredients and blend

on high speed until smooth.

4. Pour into a tall glass and drink.

Variation:

For a more filling smoothie, add 1 cup of quinoa or oats into the recipe.

Want a cooler smoothie? Add $\frac{1}{2}$ cup ice cubes or $\frac{1}{2}$ cup cold water into the blend.

Smoothie fact:

Zucchini aids in weight loss because it is packed full of important nutrients, dietary fibers, antioxidants and vitamins A and C. Despite that, it is low in calories, which means it is a good

substitute for filling you up.

No-Fruit Green Smoothie

Yield: 1 glass

Ingredients:

1 cup spinach

½ cup oats

½ teaspoon vanilla extract

A pinch of salt

¼ cup unsweetened coconut milk

1 ½ cups water

½ cup ice cubes

Preparation:

1. Blend spinach and water first.
2. When smooth, add oats, vanilla extract, salt, coconut milk and ice cubes and blend until fully mixed.
3. Pour into a tall glass and serve.

Variation:

If you are not drinking this smoothie right away, you can remove the ice cubes from the ingredients and just chill in the refrigerator to cool down the drink before serving.

Smoothie fact:

Coconut milk is a great weight loss alternative to other types of milk because the medium-chain fatty acids it contains are absorbed rapidly by the body and burned as fuel instead of being stored as fat.

Pineapple and Coconut Spinach Smoothie

Yield: 1 glass

Ingredients:

1 cup spinach

2 cups pineapple chunks

$\frac{1}{4}$ cup coconut milk

$\frac{1}{2}$ cup water

$\frac{1}{2}$ cup ice cubes

Preparation:

1. Place all ingredients in a blender. Blend until mixed thoroughly.
2. Pour into a glass and serve immediately.

Variation:

For a chunkier smoothie, substitute coconut milk with $\frac{1}{2}$ cup shredded coconut.

You can also use romaine lettuce or any other mild green vegetable instead of spinach

Smoothie fact:

This is a refreshing smoothie that packs in dietary fibers, antioxidants and vitamins A and C. Each serving contains only 110 calories and 21 grams of carbohydrates.

Sweet Lettuce Punch *Smoothie*

Yield: 1 glass

Ingredients:

1 cup romaine lettuce

½ cup fresh strawberries

½ medium sized banana

½ apple (cored and chopped)

¼ cup dried apricots

1 tablespoon ground flaxseeds

½ cup non-dairy milk

½ cup ice cubes

Preparation:

1. Blend lettuce, strawberries and milk until mixed thoroughly.

2. Add in banana, apple, apricot and flaxseed. Whiz on high speed until smooth.

3. Blend in ice cubes last.

4. Pour into a tall glass and drink while cold.

Variation:

Pre-soak apricots before blending for a smoother blend.

Add $\frac{1}{2}$ cup of oats for a more filling alternative.

Smoothie fact:

Romaine lettuce is good for your heart. It is rich in beta-carotene and Vitamin C

that it is good for preventing the accumulation of cholesterol in your heart's arteries. The folic acid in lettuce helps repair weakened blood vessels, while the potassium it contains helps lower blood pressure.

Because romaine lettuce has a slightly bitter taste, it is best to blend it with sweet fruits when making a smoothie.

Sweet and Sour Green Smoothie

Yield: 2 glasses

Ingredients:

¼ cup broccoli florets

¼ cup cauliflower florets

½ pink grapefruit

½ tablespoon linseeds

½ tablespoon almond nuts

2 tablespoons dried pitted dates
(pre-soaked for a smoother
blend)

½ cup dried apricots

½ cup non-dairy milk

1 cup water

Preparation:

1. Put water, milk, broccoli,

cauliflower and grapefruit in a blender. Whiz until mixed thoroughly.

2. Add linseeds, almonds, dates and apricots. Blend until smooth.

3. Pour into a tall glass and enjoy.

Variation:

If you find the taste of grapefruit too sharp for your liking, you may substitute it with equal part orange for a sweeter taste.

Add more water if you find your smoothie quite thick.

Smoothie fact:

Cruciferous vegetables like cauliflower and broccoli are a great alternative to leafy vegetables when making green smoothies. They contain no fat, are rich in Vitamin C and are very low on carbohydrates.

Orange Julius Green Smoothie

Yield: 2 glasses

Ingredients:

2 cups spinach

1 ½ cups freshly squeezed orange

juice

1 piece pitted date (pre-soaked)

¼ teaspoon vanilla extract

½ cup almond milk

½ cup ice cubes

Preparation:

1. Blend spinach, milk and water until smooth.
2. Add in the rest of the ingredients and continue blending until thoroughly mixed.
3. Pour into tall glasses and serve immediately.

Variation:

Add ½ tablespoon of orange zest (grated orange rind) for an added zing to your smoothie.

Smoothie fact:

This recipe will give you a refreshing smoothie packed with Vitamin C that will help arm you against harmful free radicals that cause diseases. Plus, it is a filling alternative to eating a full meal. Great as a meal replacement or a breakfast power drink.

Mango Green Tea Smoothie

Yield: 1 glass

Ingredients:

½ cup spinach

½ cup sliced ripe mangoes

1 tablespoon raw honey

½ cup freshly brewed green tea

½ cup low-fat yogurt

1 cup ice cubes

Preparation:

1. Cool brewed green tea to room temperature.
2. Peel mangoes, remove seed

and slice.

3. In a blender, add spinach, yogurt and green tea. Blend until smooth.

4. Add all remaining ingredients and process until smooth.

5. Pour into glasses and serve immediately.

Variation:

You can use flavored yogurt in vanilla or in any flavor that would complement mangoes—try berries or banana!

Smoothie fact:

This tea-based smoothie is not only delicious, nutritious and filling but also a great metabolism booster because of the catechins and caffeine found in green tea.

Peach Yogurt Green
Smoothie

Yield: 1 glass

Ingredients:

1 cup spinach

3 small whole peaches

1 tablespoon sesame seeds

¼ cup dried apricots (pre-soaked for a smoother blend)

½ cup non-dairy milk

½ cup non-dairy yogurt

½ cup ice cubes

Preparation:

1. Blend in spinach, milk and yogurt until smooth.
2. Add all remaining ingredients and process in the blender until thoroughly mixed.
3. Pour into a tall glass and drink immediately.

Variation:

For a more filling drink, add $\frac{1}{2}$ cup instant oats when blending.

Add a dash of cinnamon before serving.

Smoothie fact:

Try a sugar-free soy yogurt as an alternative to non-dairy milk. Yogurt contains healthy bacteria from probiotics that strengthens the immune system and aids in digestion.

Green Thick Smoothies

“Pistachio Ice Cream” Kale Smoothie

Yield: 2 glasses

Ingredients:

1 cup green kale leaves

2 cups diced ripe bananas

½ cup raw cashew nuts

1 tablespoon maple syrup

1 teaspoon pure vanilla extract

(alcohol-free)

½ teaspoon chopped ginger

½ cup filtered water

2 cups ice

A pinch of salt to taste

Preparation:

1. Put all ingredients in a blender. Remember to put the liquid first and the greens last. Add ingredients in between.

2. Blend on high speed until a creamy and smooth puree is achieved.

3. Pour into glasses and serve.

Variation:

If you do not like the taste of banana in your smoothie, substitute it with chia seeds for this recipe. Soak 6 tablespoons of chia seeds in 2 cups of filtered water overnight and blend drained chia seeds to your smoothie the following morning.

Smoothie fact:

The interesting mix of kale, bananas, nuts, vanilla, maple syrup and ginger in this recipe makes it taste like pistachio ice cream. Best of all, it has all the goodness of fresh kale, which is rich in calcium, manganese, fiber and vitamins

A, C and K.

Strawberry and Oats Smoothie

Yield: 1 glass

Ingredients:

½ cup fresh strawberries

1 large stalk of celery

1 tsp Barley powder

½ cup instant oats

1 tablespoon pumpkin seeds

½ cup oat milk

½ cup distilled water

½ cup ice cubes

Preparation:

1. Cut celery into 2-inch strips so it becomes easier to process.
2. Put celery, oats, ice cubes and water in a blender and whiz on high speed until smooth. Add strawberries, pumpkin seeds and milk and blend until smooth.
3. Pour into a tall glass and serve.

Variation:

Add ½ cup pineapple chunks to the recipe for a refreshing twist.

Smoothie fact:

Strawberries are high in antioxidants, which slows the aging process by blocking free radicals from the body's system.

Broccoli and Blueberry Super Smoothie

Yield: 1 glass

Ingredients:

½ cup broccoli

½ cup blueberries

½ cup sliced bananas

½ cup oats

1 tablespoon sunflower seeds

½ cup non-dairy milk of your choice

½ cup water

½ cup ice cubes

Preparation:

1. Put ice cubes, water, broccoli and oats in a blender. Blend on high speed until mixed.

2. Add milk, blueberries, bananas and sunflower seeds. Blend until smooth.

3. Pour into a tall glass and serve.

Variation:

Add $\frac{1}{4}$ cup raisins (or any other dried fruit) for a more fiber packed smoothie.

Smoothie fact:

Blueberries are an excellent fruit for weight loss because it helps get rid of belly fat and accelerates the reduction of overall body weight.

Broccoli is an excellent vegetable for

losing weight because it is rich in foliate, manganese and vitamins A and K. It is also high in fiber and very low in cholesterol. You can help yourself with almost an unlimited serving of raw broccoli and you will feel satiated without having to gain hard-to-burn calories!

Orange *Strawberry*
Dandelion Smoothie

Yield: 1 glass

Ingredients:

1 cup dandelion leaves

¼ cup orange juice (squeezed out from 1 medium sized orange)

2 cups strawberries

1 tablespoon pecan nuts

½ cup dried pitted dates

½ cup oats

½ teaspoon ground vanilla

½ teaspoon cinnamon

½ teaspoon Barley Powder

¼ cup water

Preparation:

1. Place water, orange juice, strawberries and dandelion

leaves in a blender. Blend until mixed thoroughly.

2. Next, add the rest of the ingredients. Blend until smooth.

3. Pour into a tall glass and serve.

Variation:

When incorporating nuts and oats in a smoothie, pre-soak them before preparing your drink to create a smoother blend.

Chill in the refrigerator or freezer before drinking for a cooler smoothie.

Smoothie fact:

There are many benefits that can be derived from dandelions, such as weight loss, improvement of digestion, blood purification, liver detoxification and even acne reduction. So even if it tastes a little bitter than other greens, think of all the health benefits you can get when you take a swig of this smoothie.

Green Muesli Smoothie

Yield: 1 glass

Ingredients:

½ cup romaine lettuce

½ cup ripe mango chunks

½ cup diced ripe bananas

½ cup muesli

1 tablespoon sesame seeds

¼ cup pitted dates

½ cup non-dairy milk

½ cup distilled water

Preparation:

1. Place water, milk, muesli and lettuce in a blender. Mix thoroughly.

2. Add remaining ingredients and continue blending until smooth.

3. Pour into a tall glass and enjoy.

Variation:

If you want a cold smoothie, use only $\frac{1}{4}$ cup water and add 6 ice cubes. Another alternative is to just pop the smoothie for a few minutes into the freezer before drinking.

Smoothie fact:

Using muesli instead of the usual oats to make a filling smoothie will give your drink a rich, toasted taste. Muesli contains every aspect of a healthy meal (fruits, fiber, calcium and protein), so drinking this smoothie for breakfast will

give you a fresh and nutritious start to your day.

Conclusion

Being fit and trim does not necessarily mean depriving yourself of essential nutrients and the actual joy of eating. Reduce your caloric intake but take in as much nutritious, satisfying and delicious foods as you can lay your hands on. The journey to weight loss *can* be done with green smoothies that will keep you satiated and healthy.

Drinking a green smoothie regularly can help restore your optimum health. A green smoothie is a powerful tool for shedding pounds, strengthening your

immune system, ending food cravings and bringing about a general sense of better well-being.

Let's hope that this green smoothie for weight loss recipe book help you get on to your healthy voyage and may the recipe suggestions here be just the beginning of your lifelong affair with green smoothies. The road to a trim and healthy you is fast and easy with green smoothies. Explore more greens, fruits and grains, try a new mix here and there, and say hello to your new and healthy lifestyle!

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