

# Green Is Good

A collection of green smoothie recipes



# Welcome to our first ebook

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There are plenty of green smoothie recipes out there, but you've been asking what we do at home with our own products. After all, we started Green Smoothie Co. because we needed a way of making our hectic lives healthier, in a convenient and consistent way that didn't require us handling big packets of superfoods and using every spoon in the drawer in the morning just to get all the ingredients we wanted in our smoothies.

Our lives haven't become any less busy since we launched Green Smoothie Co., but they have become healthier and easier, and 'work' for us is really a pleasure now because we are getting to help other people do the same.

We practice what we preach. We made a smoothie in four minutes flat this morning – it was a matter of ripping the top off the sachet, throwing in a pre-frozen banana, a cup of coconut milk, teaspoon of organic coconut water and... well, see recipe one for the rest ;) We love our Omniblend blender because it cleans itself in 35 seconds flat with the



Let food be thy  
medicine and  
medicine be thy  
food.

- Hippocrates

help of a little warm water  
and some washing up  
liquid.

When we're on the road, we  
use shakers or portable  
blenders – and so do you,  
Greenhearts! You've taken

us to Sydney, Uganda, Coral Bay, Melbourne, Singapore  
with you, and we've sent you to Indonesia, the UK, Canada  
and New Zealand. It's been a crazy and wonderful ride in  
our first four months.

Our superfood mixes are all organic and vegan, except  
those with bee pollen, because it's impossible to know  
exactly where the bees pollenate or collect the pollen. We  
use WA bee pollen because it's the best in the world (and  
happily it's also where we're based).

But enough about us! The smoothie recipes below are  
ones we use often. The basic smoothie recipe goes  
something like this: pick your greens, then your fruits,  
your liquid and then boost the nutritional content with  
superfoods. Make sure you wash your fruit and veg really

thoroughly before you blend it up – it's easiest to do this  
as soon as you get home from the markets / shops and  
then you don't have to worry about it for the rest of the  
week! The Instagrammers among us like to show off their  
creative decoration skills by using beautiful glass jars and  
straws and adding extra fruit or superfoods before  
posting their pics. We love seeing what you're up to, and  
encourage you to share your recipes with these hashtags:  
#makeyourownhealth #gscshare #greenhearts

In this ebook you'll find our top 10 favourite recipes!  
These all require a blender, except for number 8, which is  
designed as a post-workout drink and therefore just  
needs a shaker. Feel free to add a little bit of ice to any of  
them, but preferably just freeze your bananas, mangoes,  
berries and other fruits in advance to make the smoothies  
nice and creamy. Now go  
and get blending!

Lots of green love, Athanae  
and Todd

[www.greensmoothieco.com](http://www.greensmoothieco.com)





# Recipes

Green Smoothies are a quick, easy, and affordable way to boost the nutrition you're getting in your diet. No one wants to eat bowls and bowls of spinach, but blend them up with fruit and superfoods and you've got a meal that not only tastes good, but is fabulous for you too.



# The Tummy Flattener



This is one of the easiest smoothies to make and one of our all-time favourites. It's the perfect tonic to overindulgence. It's alkalising and a great source of anti-oxidants.

- 1 x **Green is Good** sachet
- 1 x frozen banana
- 1-2 generous handfuls flat-leaf (Italian) parsley – even better if you can grow this yourself
- 1 teaspoon organic coconut oil (Coconut Magic oil is available through our website)
- 1 cup coconut milk or coconut water

Optional: lemon and a handful GLV\*

\*What the heck are GLV? Green leafy vegies, of course... Think baby spinach, kale, spinach, lettuce and silverbeet.



# Mango Blueberry Banana



This is a beautiful summer smoothie. It's a bit lower on vegie content but is totally delicious and makes good use of seasonal fruit.

- 1 x **Power Hit** sachet
  - 1 x frozen banana
  - 1 x generous handful baby spinach or seasonal GLV
  - 1 x mango (extra points if you've chopped and frozen it before you blend - it will make it even creamier)
  - 1/2 cup organic or Australian blueberries (see page 20 to learn why)
  - 1 cup coconut milk or water
- Optional - 1 teaspoon organic coconut oil

# Berry Bliss Bomb

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Great as a summer holiday mid-morning breakfast, or a sneaky dessert after a light dinner.

- 1 x **Brain Food** sachet
- 1 x cup strawberries
- 1 x cup other mixed organic OR Australian berries
- 1 x cup home made almond milk
- $\frac{1}{4}$  or  $\frac{1}{2}$  avocado

Tip: freeze the berries prior to using them if you can - it will result in a creamier smoothie!

# Green Smoothie Co. 'Choc' Smoothie

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We all love a chocolate smoothie...but this one's got all the goodness of cacao, the stuff that chocolate comes from before it gets processed - it's said to be full of antioxidants and elements that help the production of feel-good chemicals like serotonin and dopamine. Winner!

- 1 x **Crazy for Cacao** sachet
- 1 x frozen banana
- 1 cup homemade almond milk or coconut milk
- dash of cinnamon

Optional: a dash of organic vanilla extract



# Watermelon Mint Refresher



Mint helps digestion, soothes the stomach, can assist with easing inflammation and can also help fight fatigue.

- 1 x **Green is Good** sachet
- 1 x small handful of mint leaves (or more if you're mint fiends like us!)
- Flesh of 2 big slices of watermelon, seeds removed
- 1 x frozen banana
- 1 x big handful baby spinach or seasonal GLV
- 2-3 sticks of celery
- 2/3 cup coconut milk

Thanks to the lovely Kemi for this picture, taken on her recent trip to Uganda with The Hunger Project Australia.

# Breakfast Smoothie

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The perfect energy-filled start to the day. Bee pollen's 22 amino acids will have you buzzing and acai delivers calcium and fibre. Feel free to leave out the LSA or substitute it for half or a quarter of an avocado for extra creaminess.

- 1 x **Super Booster** sachet
- 1 x frozen banana
- 2 big handfuls of GLV of your choice
- 1 teaspoon LSA, soaked overnight if possible
- ½ cup frozen organic berries of your choice
- 2 tablespoons natural yoghurt

# Post Workout Choc-Hit (no blender required)

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When you don't have time to pull the blender out after a workout, pop these ingredients into a shaker and off you go!

- 1 x **Crazy for Cacao** sachet
- 1 serve vegan pea protein
- 1 cup dairy or other milk of choice, or coconut water

Pop into shaker and shake it up!



# Ginger Pear Calmer



Ginger is renowned for its ability to ease nausea, to aid digestion and soothe headaches and pears are a great source of fibre.

- 1 x **Green is Good** sachet
- 1 apple, quartered
- 1 pear, quartered
- 2 big handfuls baby spinach or other GLV
- 1 1.5cm knob ginger
- 1 cup homemade cashew milk\*

\*Why would I use cashew milk? And how do I make it? See page 17. It's easy, trust us.

# Simple Power Recovery

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One of our lovely #greenhearts Monica posted this recipe on Instagram and we loved how simple it was - we just added some GLV (of course...)

- 1 x **Power Hit** sachet
- 2 big handfuls GLV
- 1 cup coconut water or milk

# Brainiacs

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The perfect afternoon tea snack for kids, or big kids...

- 1 x **Brain Food** sachet
- 1 cup frozen organic raspberries
- 1 cup homemade almond milk
- 1 big handful GLV



# A Few Other things

A photograph of a green apple and a blue water bottle on a wooden surface. The apple is on the left, and the water bottle is on the right. The background is a light-colored wooden surface with a visible grain. The text is overlaid on a green semi-transparent rectangle on the left side of the image.

We're not qualified nutritionists, but we know what's worked for us. We've lost weight, we've got more energy, we feel healthier and better and we're more inspired than ever to lead active and full lives.

# How much fruit is too much?

We like to think that eating lots of fruit and veg means you're waaaaay ahead of the pack in the first place. But too much sugar, in whatever form, can still be a bad thing sometimes. Stick to low-sugar and low-GI fruits like kiwi, mango, banana, lemon, lime, papaya and strawberries to avoid a spike, and stick to bananas or berries when you're using Crazy for Cacao.

Making smoothies is not an exact science and there's no 'perfect' way to do it. We created Green Smoothie Co. partly from our own frustration at not being able to get a recipe downpat and tasting amazing more than once or twice in a row. Our products are designed to make being healthy and getting nutrition into you easier, because that's what we wanted for ourselves.

If you're a sweet tooth try using an apple or other sweet fruit like strawberry with up the sugar content in a healthier way than adding refined sugars. Otherwise add a teaspoon of raw honey to get your fix.



Thanks to #greenheart Kate for this picture of her amazing Green Smoothie Co. smoothie!



# Go Bananas!

We know not everyone likes bananas!

Substitute a quarter of an avocado and/or a mango, pear or other seasonal fruit with some extra ice to make your smoothie a little creamier. If you want some extra ‘bulk’, try soaking LSA overnight to add to your smoothie too.

And tip on freezing bananas...

Peel them first! We’ve heard about more than a few people who have put a bunch of freshly bought market bananas straight into the freezer, then wondered what on earth to do with them. These guys need peeling before they go in! Wrap them in gladwrap or pop them into a freezer bag, then all you need to do is pull them out and stick them straight into the blender when you need them. Simple!

\* A little note on sugar too: if you are concerned about sugar content, swap half the coconut water or milk you’re using for regular water, and use half a banana instead of a whole, or swap the banana out for half an avocado.





# Homemade Milk

Making your own milk is easier than you might think, and it's so much better for you.

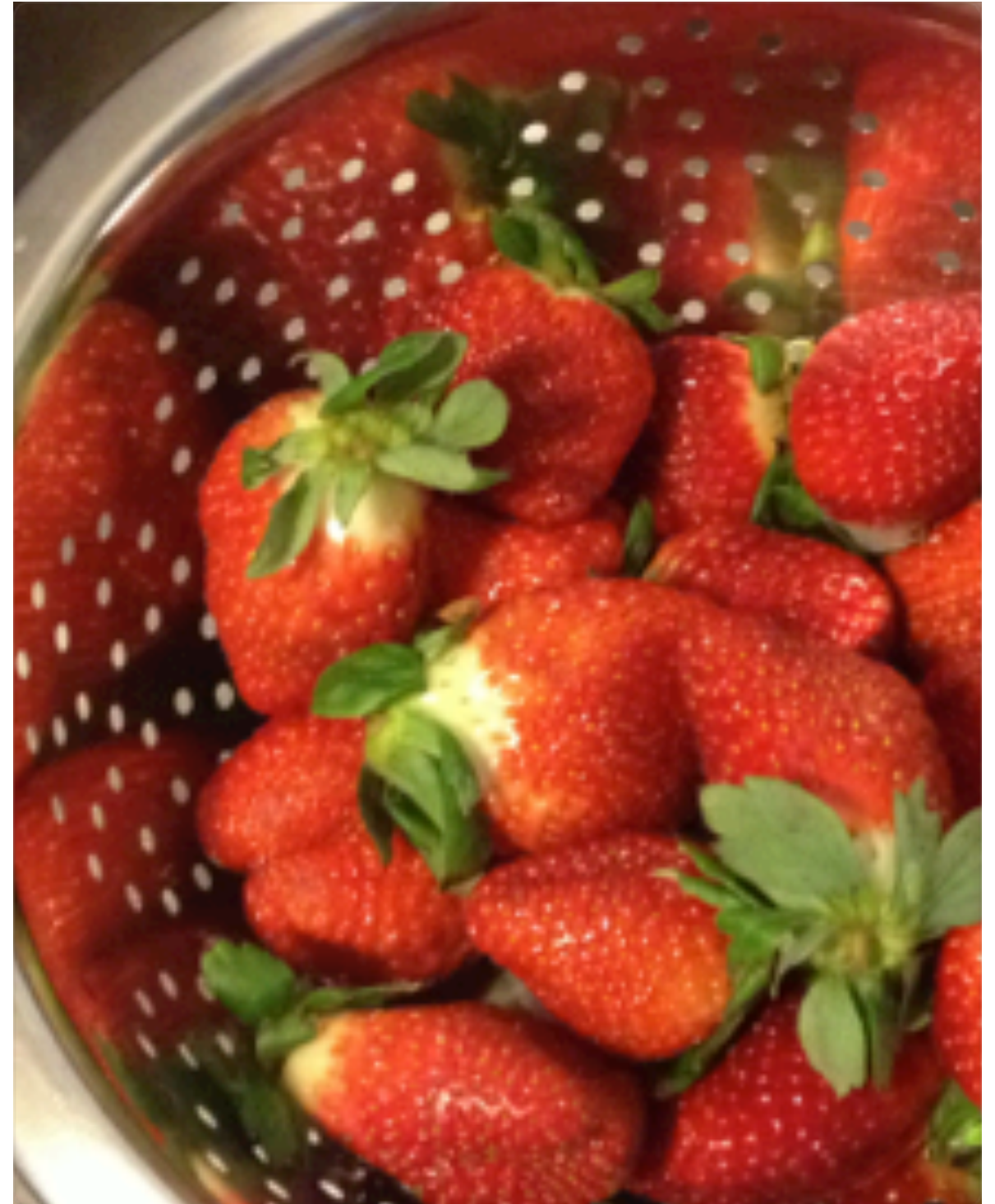
Seriously. If you haven't tasted the difference between store-bought and home-made almond milk, you haven't lived. Ok, maybe that's an exaggeration, but you know what I'm getting at. Nut-milk making kits are pretty cheap, it doesn't take that long to do, you can make it as creamy or watery as you like, and you know exactly what's gone into it (ie, nuts... ) Perth lady [Kavisha Jega](#) knows all about it, so if after reading [this](#) great guide you are still stuck, google her and get in touch.



# A Word on Berries and GLVs

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Because of the porous nature of the skin of berries and GLVs, it's easy for them to absorb pesky pesticides and other nasties. Buy organic where possible, and if you can't do that, make sure your berries and GLVs are Australian-grown. Rotate your greens every now and then - [this](#) article explains why better than we can, but it's all about avoiding alkaloid build up.





# Smoothies or Juices?

Why not both? Smoothies and juices serve different purposes. Smoothies can be a full meal – they fill you up and provide heaps of nutrients and minerals. They can help stabilize blood sugar too and kids love them! When you juice fruit and vegetables, you remove the fibre that makes them harder to digest, and get a direct hit of easily absorbable nutrients. Because it takes a lot of fruit and vegies to make a juice, it means you're getting a bigger hit of them too. Smoothies and juices are friends, not competitors. Each has their place in your pretty glass jar – they just need to share : )

## A final note

Every person and every body is different, so if you have any concerns or questions about what you should or shouldn't be eating or drinking, or about how to use our products, please consult your GP or health professional. We don't take responsibility for any actions undertaken as a result of receiving or reading this ebook and we don't endorse the content of external links provided in it.

