

Green Smoothies - 8 Great Recipes

Blend in your greens. Here are 8 Great Green Smoothie recipes your entire family will love! All have 5 ingredients or less. A delicious meal in a cup is just minutes away!

 **Total time:** 6 mins

 **Serving:** 1

 **By:** Jenny Ross



Directions

1. Add all ingredients from the recipe of your choice into your blending container.
2. Blend for 1 minute or until smooth.
3. Enjoy and serve!

Tips from Chef Jenny Ross

- Try other alternative milks- we used coconut milk for these recipes but you might enjoy variations with pumpkin seed milk, flax milk or almond milk!
- Add other superfoods for additional health benefits like maca root, plant-protein powders, maqui berry powder, moringa or chlorella!
- Pre-bag your smoothie ingredients for the whole week, everything except the liquid so that your blending time gets even shorter until you are used to the process of blending your breakfast each morning.

Recipe #1 - Super Green Smoothie



1 banana



1 cup frozen mango



1 cup spinach or kale



½ cup coconut water



1 Tbsp hemp seeds (optional)

Recipe #5 - Spirulina Green



1 banana



¼ avocado



2 dates



1 Tbsp spirulina



1 tsp cinnamon

Recipe #2 - Tropical Pineapple Smoothie



1 banana



1 cup frozen or fresh pineapple



1 cup spinach or kale



1 cup coconut milk



1 tsp chia seeds (optional)

Recipe #6 - Daily 5 Greens



1 banana



1 cup spinach



1 Tbsp coconut butter or oil



½ cup coconut milk



1 tsp spirulina

Recipe #3 - Vanilla Green Smoothie



1 banana



1 cup coconut milk



1 cup spinach



1 Tbsp almond butter



1 Tbsp vanilla bean or 1 scoop vanilla protein powder

Recipe #7 - Berry Greens



1 banana



½ avocado



1 cup spinach



½ cup frozen berries



1 Tbsp hemp or coconut oil

Recipe #4 - Cinnamon Green Smoothie



1½ frozen banana



1 cup coconut milk



1 cup spinach



1 tsp cinnamon



1 pinch pumpkin pie spice

Recipe #8 - Wheatgrass Greens



1 banana



½ avocado



½ cup frozen berries



½ cup coconut water



1 Tbsp wheatgrass powder

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