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Easy Green Smoothies

FREE DOWNLOAD

Pineapple – Mango Green Smoothie

INGREDIENTS:

1 cup spinach (fresh)

1 cup water

1/2 cup pineapple*

1/2 cup mango*

1 banana (peeled)

INSTRUCTIONS:

Tightly pack spinach in a measuring cup.

Add spinach to blender with water. Blend together until all chunks are gone. (Should resemble green water when blended well).

Add pineapple, mango and banana to blender.

Blend all together until smooth and creamy. Depending on your blender, this could take as little as 30 seconds or as long as 2 minutes.

Pour into a glass and serve immediately.

From: <https://www.simplegreensmoothies.com/beginners-luck-green-smoothie>

2. Ginger smoothie

INGREDIENTS

2 cups spinach (fresh)

2 cups almond milk (unsweetened)

1 banana

2 apples (any variety, core removed)

1/2-inch ginger (peeled)

INSTRUCTION:

Blend spinach and almond milk together until smooth. Add remaining ingredients and blend again.

From: Simplegreensmoothies.com

3. Spinach Orange Green Smoothie

Serves 1

INGREDIENTS:

1 navel orange, peeled
1/2 banana, peeled
1 cup tightly packed organic spinach
1/4 cup coconut water, adjusted as desired
1 tablespoon hemp seeds, optional
Ice

INSTRUCTION:

Add all ingredients to a blender with a few ice cubes and blend on high to combine.

Add more coconut water as desired to reach desired consistency for smoothie.

Pour into a glass and enjoy!

<https://savvysassymoms.com/spinach-orange-smoothie/>

4. Orange Kale Protein Smoothie

INGREDIENTS:

2 scoops [protein powder](#)
1 cup water
1 cup raw chopped kale
1 orange, peel and seeds removed
1/2 teaspoon of spirulina powder
1 pinch of ground cinnamon
1 pinch of ginger powder

INSTRUCTION:

Combine all ingredients in a blender and mix until smooth.

5. Blueberry Mint Green Smoothie

INGREDIENTS:

2 cups spinach (These will blend better if you freeze them beforehand)
2 cups blueberry (I used 1 c. fresh and 1 c. frozen)
1 kiwi
3-4 large mint leaves
1 cup coconut water
1 cup ice

INSTRUCTION:

Put all ingredients in a blender and mix it up!

<http://themerrythought.com/recipes/blueberry-mint-green-smoothie/>

6. Peachy green protein smoothie

INGREDIENTS:

2 scoops [Organifi protein powder](#)
1 cup unsweetened almond milk or coconut milk
1 cup frozen peaches
1/2 cup frozen pineapple
1/2 banana
2 cups kale
1 tablespoon ground flaxseed

INSTRUCTION:

Add all ingredients to blender. Mix until smooth.

7. Cucumber, Apple and spinach smoothie

INGREDIENTS:

½ cucumber
¾ cup spinach
1 green apple or 1 kiwi
1 scoop [Organifi protein powder](#) (optional)
200 ml water

INSTRUCTION:

Add all ingredients in a blender and blend until smooth. Add more water if needed.

8. Refreshing green smoothie

INGREDIENTS:

½ cucumber

¾ cup spinach

½ cup pineapple

1 kiwi

1 scoop [Organifi protein powder](#) (optional)

200 ml water

INSTRUCTION:

Add all ingredients in a blender and blend until smooth. Add more water if needed.

9. Best Green Smoothie

INGREDIENTS:

1 1/2 cups water

2 cups kale

2 green apples, cored

1 medium cucumber, quartered

2 celery stalks, roughly chopped

1 (1-inch) piece of ginger, peeled / 1 carrot

2 Tablespoons lemon juice

INSTRUCTIONS:

Put all ingredients in the blender and blend until smooth. If you want it cold, you can use one or more ingredients frozen.

10. Cucumber and Carrot Green smoothie

INGREDIENTS:

1 cup of kale or spinach

1 cucumber

2 small carrots

2 apples

1 ½ cup of water

INSTRUCTIONS:

Put all ingredients in the blender and blend until smooth. If you want it cold, you can use one or more ingredients frozen.

11. Veggie-Banana Smoothie

INGREDIENTS:

1 banana

135g chopped cucumbers

100g chopped red capsicum

120ml unsweetened coconut water

65g chopped carrots

ice cubes

INSTRUCTION:

Combine banana, cucumbers, red capsicum, grapefruit juice and carrots in a blender; blend until smooth. Fill a glass with ice and pour smoothie over ice.

12. Spinach Watermelon Green Smoothie

INGREDIENTS:

1 cup of young spinach (about 10 leaves)

1 cup watermelon chunks

10 – 15 strawberries

INSTRUCTION:

Put watermelon and strawberries in the blender and blend. Then put in the spinach and blend until smooth. If you want it cold, you can use one or more ingredients frozen.

13. Carrot – Apple – Green Smoothie

INGREDIENTS:

- 1 cup spinach or chopped kale
- 1 small carrot
- 1 green apple
- 1 banana
- 1 ½ cup of water

INSTRUCTIONS:

Put all ingredients in the blender and blend until smooth. If you want it cold, you can use one or more ingredients frozen.

14. Chocolate Berry Green Smoothie

INGREDIENTS:

- 10 strawberries
- 1/2 cup blueberries
- 1 banana, peeled
- 3 cups baby kale
- 1 tablespoon raw cacao powder
- 1 cup unsweetened almond milk

INSTRUCTIONS:

Start by adding the liquid to your blender, followed by the soft fruit. Blend on high for 30 seconds or until the smoothie is creamy.

15. Chocolate-Orange Iron-Rich Green Smoothie

INGREDIENTS:

- 1 and 1/2 oranges, peeled
- 1 banana, peeled
- 1 tablespoon (5 grams) raw cocoa powder
- 2 tablespoons (about 17 grams) raw cashew nuts
- 2 cups (60 grams) baby spinach
- 2 ounces of water if needed (or try coconut water)

INSTRUCTIONS:

Start by adding the liquid to your blender followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

<https://davyandtracy.com/recipes/chocolate-orange-iron-rich-green-smoothie-recipe/>

16. Immune-Boosting Chocolate-Cherry Green Smoothie

INGREDIENTS:

- 8 ounces (236 ml) [homemade almond milk](#)
- 1 banana, peeled
- 1 cup (154 grams) frozen cherries, pitted
- 1 scoop [Organifi protein powder](#)
- 1 tablespoon (5 grams) [cacao powder](#)
- 3 cups (90 grams) fresh or frozen baby spinach

INSTRUCTIONS:

Start by adding the liquid to your blender followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

<https://davyandtracy.com/recipes/chocolate-cherry-green-smoothie/>

17. Chocolate Strawberries and Cherry Green Smoothie

INGREDIENTS:

- 10 strawberries
- 1 cup Bing cherries, pitted
- 1/4 avocado (without peel, pit)
- 1 small raw beet, peeled and cubed
- 1 tablespoon cacao powder
- 3 cups fresh baby spinach
- 8 ounces unsweetened almond or coconut milk

INSTRUCTIONS:

Start by adding the liquid to your blender followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

How To Blend Beets: Raw beets will blend just fine in a high-end Vitamix blender. If you have a typical department store blender, I recommend steaming and then cooling the beet before attempting to blend it. Steaming will soften the beet, while preserving most of the nutrients.

18. Refreshing Green Smoothie

INGREDIENTS:

- 1 celery stick
- 1 apple
- 1 kiwi
- 1/2 cup of spinach
- ½ cup of kale
- 1 cup of water
- ½ banana (optional, for sweeter, creamier smoothie)

INSTRUCTIONS:

Start by adding the liquid to your blender followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.