

GG's top 10 Smoothies!



A smoothie a day keeps the doctor away!



JUST BLEND! - Option to add vegan protein powder to any of these recipes.

1. GREAT GREENS

- 1 large stalk of kale (leaves only)
- 1 handful of lettuce leaves
- handful frozen berries
- 1 cup coconut water
- 1/2 lemon, juiced
- 1 tsp spirulina
- 1/2 apple
- 1/2 tsp maca powder

2. KIWI DREAMER

- 1 bunch of spinach leaves
- 1 large lettuce leaf
- 1 small leaf of kales
- 1/2 frozen banana
- 1/2 kiwi fruit
- 1 cup coconut water
- 1/2 lemon, juiced
- 1 tsp spirulina

3. BERRY DELIGHT

- 1 large stalk of kale (leaves only)
- 1 large lettuce leaf
- 1/2 frozen banana
- handful of frozen berries
- small handful goji berries
- 1 cup coconut water
- 1/2 lemon, juiced
- 1 tsp spirulina
- 1/2 tsp maca powder

4. CHOCO CHUNKY GREENS:

- 1 large stalk of kale (leaves only)
- 1/2 frozen banana
- 1 TBS cacao powder
- 1 cup coconut water /or nut milk
- 1 tsp spirulina
- 1/2 tsp. maca powder
- 1 large stalk of kale (leaves only)
- 1/2 banana (not if on no sugar)
- 2 pieces of papaya
- 1/2 cup coconut water
- small piece of ginger

5. GREEN BELIEF

- 1 large stalk of kale (leaves only)
- 1/4 avocado (will slow down the cleanse – avoid fat if you can)
- 2 pieces of green apple
- 1/2 cup coconut water
- small piece of ginger
- bunch of cilantro

6. GREEN & RED

- 1 large stalk of kale (leaves only)
- 2 Tomatoes
- pinch of Himalayan salt

- 1/2 cup water
- pinch of cayenne
- bunch of parsley
- 1/2 cucumber

7. COCOCABANA

- ½ cup coconut water
- ¼ cup almond mylk
- meat of ½ coconut
- ½ tsp mesquite
- ¼ tsp vanilla powder
- 3 frozen coconut cubes (coconut meat + water blended & frozen)

8. TROPICAL GREENS

- ½ cup water
 - ¼ cup spinach
 - 1 frozen banana
 - ¼ cup nut mylk
 - 4-5 cubes pineapple
 - 2 small slices of fresh mango
- ~ top with goji berries

9. CHIA CHOCOLATE GREENS

- ¾ cup nut mylk
 - 1 TBS chia seeds
 - 1 TBS coconut oil
 - 1 TBS cacao powder
 - 1 frozen banana
 - 3 frozen strawberries or raspberries
 - ½ tsp 100% natural stevia
- ~ top with cacao nibs

10. CREAMY GREEN – high protein

- 1 cup almond mylk
- 3 TBS shelled hempseeds
- 1 frozen banana
- handful green leaves – spinach or kale