

SMOOTHIE 101

Making a smoothie is as easy as 1, 2, 3 ...4.
Just take it step by step:



Add your
fruit and veggie
ingredients



Add liquid



Add superfood
boosts



Blend

A little of this plus a little of that. It all adds up to yummy! Here's a look at some of my favorite smoothie ingredients:

Fruits

- Banana
- Mango
- Blueberries
- Strawberries
- Pear

Veggies

- Spinach
- Romaine
- Kale
- Chard
- Parsley
- Celery

Liquids

- Water
- Coconut Water
- Coconut Milk
- Nut Milk
- Rice Milk

Superfood Boosts

- Raw Cacao
- Chia
- Flax
- Maca
- Chlorella

RECIPES

Or try one of my favorite recipes!

BASIC FRUIT SMOOTHIE

1 cup rice milk
1 small banana, peeled
1 inch thick slice pineapple with core, halved
¼ cup frozen strawberries

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

SUPER GREEN SMOOTHIE

½ cup water
1 ½ cups pineapple
1 cup frozen mango (thawed)
1 banana, peeled
½ orange, peeled
2 cups fresh spinach, packed
1 tb basil
1 tb parsley
1-1 ½ cups of ice

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

NUTBUTTER BANANA SMOOTHIE

1 cup rice milk
1-1 ½ bananas
1-2 Tablespoons Almond Butter, Peanut Butter or Sunflower seed butter
½-1 teaspoon of agave (optional)
½ cup ice

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

JILL'S GREEN SMOOTHIE

1 small banana
¼ cup frozen strawberries
½ cup water or milk substitute (soy, almond, coconut, rice)
A few big fistfulls of spinach (I really pack it in!)
A big squeeze of lime or lemon juice
1 scoop of Vega One Protein Powder

Place all ingredients into the Blender and mix until blended.

Makes 1 to 2 servings

TRIPLE BERRY SMOOTHIE

1 cup rice milk
1 banana, peeled
1 ½ cups mixed frozen berries

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

TROPICAL SMOOTHIE

¼ orange juice
¾ cup water
¼ cup rice milk
1 small lime, peeled
1 banana, peeled
½ cup frozen mango chunks
½ cup frozen pineapple chunks
2 cups ice

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

BASIC GREEN SMOOTHIE

½ cup frozen mango (thawed)
1 banana, peeled
1 medium orange, peeled
1 inch thick slice pineapple with core, halved
2 cups fresh spinach, packed
1/8 teaspoon grated lime or lemon peel
1 cup of ice

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

GOLD MEDAL SMOOTHIE

½ cup water
1 banana, peeled
½ cup diced cantaloupe
¼ cup chopped carrots
¼ cup orange segments
¼ lemon, peeled and seeded
½ cup pineapple chunks
2 cups ice

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

CHOCOLATE BANANA SMOOTHIE

1 cup rice milk
1-1 ½ bananas, peeled
1 Tablespoon unsweetened cacao powder
½ teaspoon agave (optional)
1 cup ice

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

AVOCADO BANANA BERRY SMOOTHIE

Half a ripe avocado
1 to 1 ½ frozen bananas
4 to 5 frozen or fresh strawberries
Splash of rice milk
Pinch cardamom (optional)
Pinch allspice (optional)

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

BLUEBERRY SUPERFOOD SMOOTHIE

1 cup rice milk
½ cup frozen blueberries
½ banana
1/2 cup frozen spinach
1 TB almond butter
1 TB raw cacao powder
1 TB maca root powder
1 TB ground flax seeds
½ cup ice

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings

AVOCADO GREEN SMOOTHIE

¼ cup water
½ cup pineapple juice
1 banana, peeled
½ avocado pitted and peeled
½ orange, peeled
1 cup fresh spinach, packed
1-1 ½ cups of ice

Place all ingredients into the Blender and mix until blended.

Makes 2 to 3 servings