

# 5 Delicious Green Smoothie Recipes



If you're not a fan of vegetables or if you know you do not consume enough veggies during the day, the best way to solve this problem is to get familiar with green smoothies. They are easy to make and will only take a few minutes of your time.

## Cherry Green Smoothie

### Ingredients:

- 1 cup fresh or frozen cherries (pitted)
- 1 cup natural almond milk (unsweetened)
- 1 tbsp. natural almond butter
- 1 tsp. flax seeds
- 1 tbsp. rolled oats
- 4 fresh kale leaves
- 1 tsp. vanilla extract

Directions: First remove kale leaves from their center stalk. Put them into your blender and add almond milk. Blend for a few minutes until smooth. Add all the other ingredients. Blend once again for at least a minute until smooth.

## Green Parsley Smoothie

### Ingredients:

- ¼ cup fresh parsley (chopped)
- 2 fresh or frozen mangos (pitted and sliced)
- ½ fresh cucumber
- 1 cup unsweetened coconut water
- 1 tbsp. lime juice (freshly squeezed)
- 1 tbsp. coconut flakes

Directions: Put all the ingredients to a blender and blend until smooth. Sprinkle with some extra coconut flakes.

## Green Ginger Smoothie

### Ingredients:

- 1 handful fresh spinach (chopped)
- 1 inch fresh ginger (chopped)
- 1 ¼ cup fresh or frozen peaches
- ½ cup fresh or frozen cherries (pitted)
- ½ cup cold water
- 1 cup orange juice (freshly squeezed)

Directions: Put all the ingredients to your blender and blend until smooth.

## Basic Blueberry Smoothie

### Ingredients:

- 1 cup fresh or frozen blueberries
- ½ cup fresh baby spinach
- ½ cup dried cranberries
- 5 fresh basil leaves
- 1 ½ cup natural almond milk (unsweetened)
- 1 tbsp. natural almond butter

Directions: Put all the ingredients to your blender and blend until smooth.

## Morning Green Breakfast

### Ingredients:

- 1 cup fresh spinach
- ½ cup chopped kale (stems removed)
- ½ cup fresh cucumber (diced)
- fistful fresh parsley (chopped)
- ½ avocado (pitted)
- 1 pear (cored)
- 1 tbsp. fresh orange juice
- 1 tbsp. fresh lemon juice

Directions: Put all the ingredients to your blender and blend until smooth.



I hope you enjoy your new green smoothie recipes!

Please check for more, and remember, you can find me here:

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