



*10 weight loss*  
**SMOOTHIE  
RECIPES**

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# Green No-Fruit Smoothie

## Ingredients:

1 cup spinach  
½ cup oats  
½ teaspoon vanilla extract  
A pinch of salt  
¼ cup unsweetened coconut milk  
1 ½ cups water  
½ cup ice cubes

Yield: 1 glass

## Preparation:

1. Blend the spinach and water.
2. When smooth, add oats, coconut milk, vanilla extract, salt, and ice cubes
3. Blend until fully mixed.
4. Pour into a tall glass and serve.

Coconut milk is a great alternative to other types of milk because the its medium-chain fatty acids are absorbed rapidly by the body and burned as fuel instead of being stored as fat.

# Green Spinach Yogurt Smoothie

## Ingredients:

2 cups chopped spinach leaves  
1 large whole orange  
½ cup sliced bananas  
1/3 cup strawberries  
1/3 cup plain yogurt  
1 cup ice cubes

Yield: 2 glasses

## Preparation:

1. Peel oranges and divide into segments. Remove seeds if there are any.
2. Put all ingredients into your blender.
3. Blend until smooth.
4. Pour into glasses and serve immediately.

Instead of strawberries, you can use other kinds of berries, too.

This smoothie is a great energy booster in the morning, thanks to the orange and the berries in it. If you put it in the fridge, just remember to thaw your smoothie from the freezer 30 minutes before you intend to drink it.

# Green Booster Smoothie

## Ingredients:

1 cup chopped kale leaves  
½ cup Brussels sprouts  
½ cup spinach leaves  
½ avocado  
1 medium sized green apple  
½ cup filtered water  
½ cup ice cubes

Yield: 1 glass

## Preparation:

1. Wash and prepare the greens.
2. Scoop out the avocado flesh. Discard the seed.
3. Without peeling, core the apple and cut into cubes.
4. Blend Kale, Brussels sprouts, spinach and filtered water until smooth.
5. Add avocado, apple and ice cubes.
6. Blend until smooth.

Add 1 teaspoon chia seeds for an added punch

Brussels sprouts contain more protein than other green vegetables and are rich in vitamins A, C, B1, B6, E and K. They are also a great source of dietary fiber, folic acid, iron and calcium.

# Apple Broccoli Smoothie

## Ingredients:

½ cup broccoli heads  
1 cup shredded romaine lettuce  
1 medium sized apple  
½ orange  
1 tablespoon of chopped parsley  
½ cup of water  
1 cup ice cubes

Yield: 2 glasses

## Preparation:

1. Rinse greens under running water.
2. Peel and core apple. Cut into cubes.
3. Peel orange. Remove seeds and separate into segments.
4. Put all ingredients into your blender. Blend on high speed until thoroughly combined.
5. Pour into a glass and serve.

This smoothie recipe is full of fiber, minerals, vitamins and phytochemicals that will rid your digestive system of toxins, improve your brain functioning.

# Papaya Spinach Mint Smoothie

## Ingredients:

3 cups spinach leaves  
2 cups cubed ripe papaya  
1 cup cubed pear  
2 tablespoons goji berries (dried or fresh)  
10 fresh leaves of mint  
1 cup filtered water

Yield: 1 glass

## Preparation:

1. Pour water into blender.
2. Add papaya first, followed by the pear, berries and then mint leaves.
3. Add the spinach last.
4. Blend on high speed for about 30 seconds or until the smoothie turns into an even and creamy consistency.
5. Pour smoothie into an airtight container and chill in the refrigerator overnight to make a refreshing morning smoothie meal replacement.

If Papaya is not available you can also use a banana for the creamy smoothie.

This smoothie offers a great amount of protein, folate, magnesium and potassium. It is also high in vitamins A, B1, B6, C and K.

# Ginger Kale Smoothie

## Ingredients:

1 cup kale leaves  
1 medium sized apple  
1 medium sized avocado  
¼ lemon fruit (or lime)  
1 tablespoon sliced ginger  
A pinch of salt  
½ cup filtered water

Yield: 1 glass

## Preparation:

1. Rinse kale in running water.
2. Tear leaves apart.
3. Without peeling, core and segment apples.
4. Cut avocado into halves, remove seed and scoop out flesh with a tablespoon.
5. Peel lemon and remove seeds.
6. Peel ginger and cut into thin slices.
7. Put all ingredients into your blender.
8. Blend on high speed until well mixed and smooth.
9. Pour the smoothie into a tall glass and enjoy!

Raw kale contains a high concentration of chlorophyll which helps purify and build the blood. It also helps boost your immune system and clear lung and intestinal congestion.



# Cauliflower Grapefruit Smoothie

## Ingredients:

¼ cup broccoli florets  
¼ cup cauliflower florets  
½ pink grapefruit  
½ tablespoon linseeds  
½ tablespoon almond nuts  
2 tablespoons dried pitted dates (pre-soaked for a smoother blend)  
½ cup dried apricots  
½ cup non-dairy milk  
1 cup water

Yield: 2 glasses

## Preparation:

1. Put water, milk, broccoli, cauliflower and grapefruit in a blender. Blend until mixed thoroughly.
2. Add linseeds, almonds, dates and apricots.
3. Blend until smooth.
4. Pour into a tall glass and enjoy.

You can replace the grapefruit with equal part orange for a sweeter taste.

Cruciferous vegetables like cauliflower and broccoli are a great alternative to leafy vegetables when making green smoothies. They contain no fat, are rich in Vitamin C and are very low on carbohydrates.

# Muesli Mango Breakfast Smoothie

## Ingredients:

½ cup romaine lettuce  
½ cup ripe mango chunks  
½ cup diced ripe bananas  
½ cup muesli  
1 tablespoon sesame seeds  
¼ cup pitted dates  
½ cup non-dairy milk  
½ cup filtered water

Yield: 1 glass

## Preparation:

1. Place water, milk, muesli and lettuce in your blender.
2. Mix thoroughly.
3. Add remaining ingredients and continue blending until smooth.
4. Pour into a tall glass and enjoy.

Muesli contains every aspect of a healthy meal (fruits, fiber, calcium and protein), so drinking this smoothie for breakfast will give you a fresh and nutritious start of the day. Using muesli instead of the usual oats to make a filling smoothie will give your drink a rich, toasted taste.

# Green Tea Mango Spinach Smoothie

## Ingredients:

½ cup spinach  
½ cup sliced ripe mangoes  
1 tablespoon raw honey  
½ cup freshly brewed green tea  
½ cup low-fat yogurt  
1 cup ice cubes

Yield: 1 glass

## Preparation:

1. Cool brewed green tea to room temperature.
2. Peel mangoes, remove seed and slice.
3. In a blender, add spinach, yogurt and green tea.
4. Blend until smooth.
5. Add all remaining ingredients and process until smooth.
6. Pour into glasses and serve immediately.

You can also add berries or banana!

Because of the catechins and caffeine found in green tea this smoothie is not only delicious, nutritious and filling but also a great metabolism booster.

## Sweet Romaine Smoothie

### Ingredients:

1 cup romaine lettuce  
½ cup fresh strawberries  
½ medium sized banana  
½ apple (cored and chopped)  
¼ cup dried apricots  
1 tablespoon ground flaxseeds  
½ cup non-dairy milk  
½ cup ice cubes

Yield: 1 glass

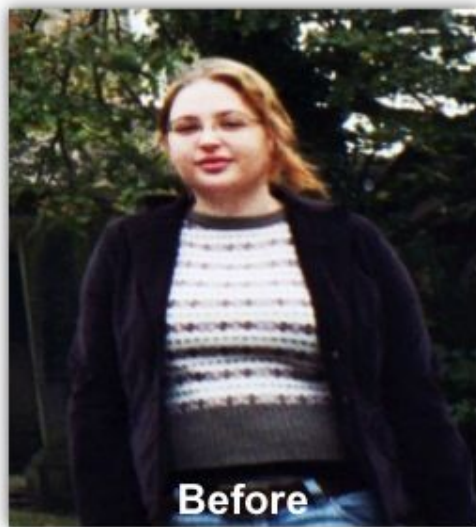
### Preparation:

1. Blend lettuce, strawberries and milk until mixed thoroughly.
2. Add in banana, apple, apricot and flaxseed.
3. Blend on high speed until smooth.
4. Blend in ice cubes last.
5. Pour into a tall glass and drink while cold.

Because romaine lettuce has a slightly bitter taste, it is best to blend it with sweet fruits. The Romaine lettuce is good for your heart. It is rich in beta-carotene and Vitamin C that it is good for preventing the accumulation of cholesterol in your heart's arteries. The folic acid in lettuce helps repair weakened blood vessels, while the potassium helps lower blood pressure. when making a smoothie.

## "Red" Smoothie Helps Alabama Girl Shed 80lbs!

Everyone knows green smoothies are healthy, right? However... Have you heard of a "red" smoothie? If not, check out this story...



=> ["Red" Smoothie Helps Alabama Girl Shed 80lbs!](#)