



# Green Smoothie Guide

Green smoothies are an easy and delicious way of making sure you are getting loads of iron, magnesium, calcium, vitamin c and more into your day. They will boost your energy, weight loss and leave you glowing on the outside in! Just grab your blender or jug, and fill it with 1, 2, 3, (4 + 5 if you want!)



## 1. Green Goodness

1-2 Handfuls of Kale, spinach, romaine lettuce, third of cucumber, come celery, avocado, lemon, limes



## 2. Sweet!

These will make it taste less like a salad and more delicious.

1 - 2 portions/handfuls of either bananas, apples, dates, pears, mango, pineapple, kiwi, orange, melons, berries, tsp raw honey



## 3. Liquid Stuff

Aim for about 3-400ml of water, almond milk, half water half yogurt, homemade whey, organic milk (goat or cow), fresh fruit/vegetable juice coconut milk or coconut water



## 4. Hippy Additions

These are all purely optional, not necessary but they are fun!

Tsp of spirulina, bee pollen or chlorella, tbsp of cacao nibs, pumpkin seeds, peanut butter, almond butter, pecans or any nut you fancy.

**Chocolate Lover?** The why not add 1-2 tbsp of raw cocoa powder for chocolate antioxidant goodness.

**Protein Tastic?** Just add 1-2 tbsp of nut butter (cashew, peanut or almond)

**Then blend!**

(Use a fancy blender or a hand held blender in a tall jug)

**Hello Green Smoothie Goddess!**

