

The Ultimate Green Smoothie Recipe

Sample Green Smoothie Recipe:

Pineapple Green Smoothie

- 1/2 cup unsweetened almond milk
- 1 cup frozen banana slices (roughly 1 medium banana)
- 1/2 cup frozen pineapple chunks
- approx. 1 cup of loosely packed baby spinach greens
- **Optional additions:**
- 1/3 cup plain Greek yogurt for added protein
- 1 tbsp chia seeds for an omega 3, protein and fiber boost



*Put all in a blender and blend together. Enjoy!

Experiment with Making Your Own Recipe!

Follow these guidelines for a simple formula to make a healthy power smoothie every time. You don't always need to follow a recipe, but if you're not careful even green smoothies packed with things like kale or bananas can easily turn into sugar- and calorie-bombs.

Liquids: You'll need some liquid to get everything whirring in your blender, but choose wisely. Skip juices, they're high in sugar (even when they're 100% fruit juice). **Try these:** unsweetened almond milk or other unsweetened nondairy milks (soy, rice, hemp), low-fat milk, coconut water, water.

Frozen Banana, 1 cup: For natural sweetness and always rich, creamy (not icy) body, frozen banana slices are a must. Another bonus: bananas are a relatively inexpensive fruit.

Additional Frozen Fruit, 1/2 cup: Frozen fruit makes a frosty smoothie without added ice (some blenders can't handle ice cubes). Buy already frozen fruit or freeze your own. **Try these:** Blueberries, cherries, strawberries, pineapple, mango, apples, raspberries, blackberries, grapes

Greens, 1 cup: Add 1 cup of greens to help meet your daily veggie quota without overpowering your smoothie. **Try these:** baby spinach, kale (stemmed and chopped).

Protein, 1/3 cup: To give your smoothie staying power add protein. Protein slows the digestion of carbs, keeping you full longer. **Try these:** nonfat or low-fat plain Greek yogurt, nonfat or low-fat cottage cheese, silken tofu.

Health Boost, 1 tbsp: Throw in chia seeds or flaxseeds, for a boost of omega-3s and fiber. Or add nut butters for healthy fats and a little more protein. **Try these:** chia seed, flaxseed, hemp seed,



Original Recipe found in an article at:

<https://www.eatingwell.com/article/284022/the-ultimate-green-smoothie-recipe/>