



## Healthy Smoothies



### Lana's Green Smoothie

- Handful of spinach
- 3 slices of cucumber
- 1/2 stalk of celery
- 1 teaspoon of organic cinnamon
- 2 frozen strawberries
- 1 tablespoon of flax seed
- 1/2 cup of blueberries(frozen or fresh)
- 3 tablespoon of organic rolled oats
- 1 tablespoon of raw cacao
- 6 ounces of unsweetened almond milk

**+Calories: 343 | Fat: 12g | Protein: 13g | Carbs: 45g | Sugar: 10g | Calcium: 13% | Iron: 4.8mg | Vitamin A: 21% | Vitamin C: 41% |**

### Barbara's Green Smoothie

- 1 small orange, peeled
  - 2 big handfuls of spinach
  - 1 large kale or chard leaf or 2 baby bok choy (nutrition info is for 1 kale leaf)
  - 1/2 cup frozen mixed berries (nutrition info is for blueberries)
  - 1 serving vegan protein powder
  - 1 teaspoon goji berries, soaked for 10 minutes
  - 1 teaspoon chia seeds
  - 1 cup unsweetened organic coconut milk
- water to adjust consistency to personal preference

**Calories: 239 | Fat: 6g | Protein: 13g | Carbs: 39g | Sugar: 21g | Calcium: 15% | Iron: 3.2mg | Vitamin A: 91% | Vitamin C: 219% |**

- This makes approximately 4 cups of finished smoothie.

### Joann's Green Smoothie

- 2 cups spinach
- 1/2 cup strawberries, with tops still on
- 1/2 cup blueberries
- 1 scoop of sugar free chocolate protein powder
- 1 teaspoon ground cinnamon
- 1 tablespoon ground flax seed
- 1/4 cup soaked chia seed (it will be thick and gelatinous) [about 2 tablespoons dry seeds]
- A small handful of raw pumpkin seed or walnuts [nutrition information below is for 2 tablespoons walnuts]

***Calories: 275 | Fat: 13g | Protein: 18g | Carbs: 27g | Sugar: 13g | Calcium: 11% | Iron: 3.2mg | Vitamin A: 41% | Vitamin C: 89% |***

### Suzanna's Green Smoothie

- 2 ounces of spinach
- 2 ounces of kale
- 1 ounce of hemp seeds
- 136 grams of banana (1 large)
- 1 tsp of Stevia
- 1.5-2 cups of water

***Calories: 345 | Fat: 15g | Protein: 14g | Carbs: 41g | Sugar: 17g | Calcium: 14% | Iron: 4.1mg | Vitamin A: 79% | Vitamin C: 128% |***

### Chris' Green Smoothie

- 8oz unsweetened almond milk
- 2-3 cups spinach (or any green. I use Kale and arugula too) (recipe is for 2 cups spinach)
- 1 medium banana, peeled
- 1/2 small avocado

***Calories: 282 | Fat: 13g | Protein: 6g | Carbs: 36g | Sugar: 15g | Calcium: 6% | Iron: 2.4mg | Vitamin A: 41% | Vitamin C: 47% |***

### Sherri's Green Smoothie

- 2 cups Kale
- 1 cucumber
- 1 stalk of celery
- 2 cups frozen fruit chunks (peaches, mango, pineapple) (nutrition info is for 2 cups peaches)
- 1 frozen banana, peeled
- 1/2 small avocado
- 1 lemon, peeled
- 16 ounces water

Makes 2 quarts. Protein powder & Chia seeds added last.

*Calories: 476 | Fat: 15g | Protein: 14g | Carbs: 89g | Sugar: 47g | Calcium: 27% | Iron: 4.5mg | Vitamin A: 107% | Vitamin C: 309% |*

### Roz's Green Smoothie

- Handful dandelion greens\*
- Handful chickweed\*
- Several sprigs of mint and parsley\*
- 3 small leaves spinach\*
- Half large avocado
- Chia seeds – 2 teaspoons
- Plain yogurt – about 1/2 cup
- Frozen berries
- Ice water

Blend using more yogurt to thicken or more water to dilute as required.

### Strawberry-Banana

- 2 heads baby bok choy
- 1 medium banana, peeled
- 2 cups whole strawberries
- 1/4 avocado

*Calories: 296 | Fat: 9g | Protein: 6g | Carbs: 56g | Sugar: 31g | Calcium: 17% | Iron: 2.9 mg | Vitamin A: 270% | Vitamin C: 330% |*

### **Pineapple-Strawberry Green Smoothie**

- 1 and 1/2 cups kale
- 1/2 cup parsley
- 2 cups fresh pineapple
- 1 cups whole strawberries
- 1 medium banana, peeled
- 1 Tbsps. Hemp seeds

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***Calories: 449 | Fat: 8g | Protein: 14g | Carbs: 96g | Sugar: 54g | Calcium: 27% | Iron: 7.2mg | Vitamin A: 116% | Vitamin C: 605% |***

### **Pomegranate-Berry Smoothie**

- 1/2 cup(s) chilled pomegranate juice
- 1/2 cup(s) vanilla low-fat yogurt
- 1 cup(s) frozen mixed berries

***Calories: 250 / Fat 2g***

***Information obtained from: <http://www.incrediblesmoothies.com/green-smoothies/diabetes/green-smoothie-recipes-for-type-2-diabetes/>***