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GREEN SMOOTHIES

Notes/Tips:

- Chlorophyll is “liquefied sunshine”. All energy in food comes from the sun
- Greens are one of the most nutritious foods on the planet
- Green leaves are as essential for human existence as water, air, and sunlight
- Greens contain all essential minerals, vitamins, and even amino acids that humans need for optimal health. The only nutrient not found in greens is vitamin B12
- Greens help you digest other foods through stimulating the secretion of digestive enzymes
- We can assimilate several times more vital nutrients from blended greens than from chewing them
- We can get most of our protein from fresh greens, as they contain essential amino acids, which are the building blocks of protein, especially if we consume a variety of greens in our diets
- Rotate your greens (the more variety, the better)
- You can drink as many green smoothies as you like
- Make your smoothies first thing in the morning and consume during that same day, if possible. Keep in the fridge
- Drink by itself, not as a part of a meal
- Make sure your green smoothie tastes good!
- Choose organic as much as possible
- Children love green smoothies

Sample of Variety of Greens

- Amaranth, arugula, bamboo leaves, beet greens, bok choy, cactus, nopal leaves, carrot tops, celery, chard, collard greens, cucumber leaves, endive, escarole, frisee lettuce, grape leaves, kale, mache, mitsuna, mustard greens, lettuce, orach, pumpkin/squash leaves, radicchio, radish tops, romaine lettuce, spinach, turnip greens, wheatgrass

Green Smoothie Recipe (for 50 oz-blender full)

- 2 cups spring water
- 2-3 apples (or pears)
- 2-3 bananas
- 2 cups greens (spinach/lettuce/kale)
- 1 tbsp coconut oil
- Stevia (drops to taste)

Optional Ingredient Ideas:

- 2 tbsp chia seeds (soaked)
- 2 tbsp protein powder
- 1 tbsp green powder
- 1 cup fresh or frozen fruit
- 3 tbsp cacao powder/nibs

Recommended Books/Blenders:

- Green For Life by Victoria Boutenko
- The Green Smoothie Revolution by Victoria Boutenko
- Blenders: Blendtec or Vitamix



12 Most Contaminated Produce (should get organic)

- * Peaches
- * Apples
- * Sweet Bell Peppers
- * Celery
- * Nectarines
- * Strawberries
- * Cherries
- * Pears
- * Grapes (Imported)
- * Spinach
- * Lettuce
- * Potatoes

12 Least Contaminated Produce (Could get conventional)

- * Onions
- * Avocado
- * Sweet Corn (Frozen)
- * Pineapples
- * Mango
- * Asparagus
- * Sweet Peas (Frozen)
- * Kiwi Fruit
- * Bananas
- * Cabbage
- * Broccoli
- * Papaya