

Green Smoothies

Green Drink Recipes

A Grand Trine

2 cucumbers peeled
1/2 green apple
1/2 lemon, peeled and seeded
water to cover

Blend to your hearts content!

Sweet Tooth

2 bananas frozen or not
handful of green or pink grapes
handful of fresh mint (or any other fresh herb)
water to cover

Blend to your hearts content!

Ode to Popeye

2 bananas frozen or not
one orange peeled and seeded, cut into chunks
1/2 cup fresh or frozen mango pieces
handful of fresh spinach
water to cover

Blend to your hearts content!

ABCD

2 Apples cut into chunks
handful of fresh Basil
one piece of Celery
some Dandelion leaves from your yard
1 tbsp pumpkin seeds (soaked for couple hours)
water to cover

Blend to your hearts content!