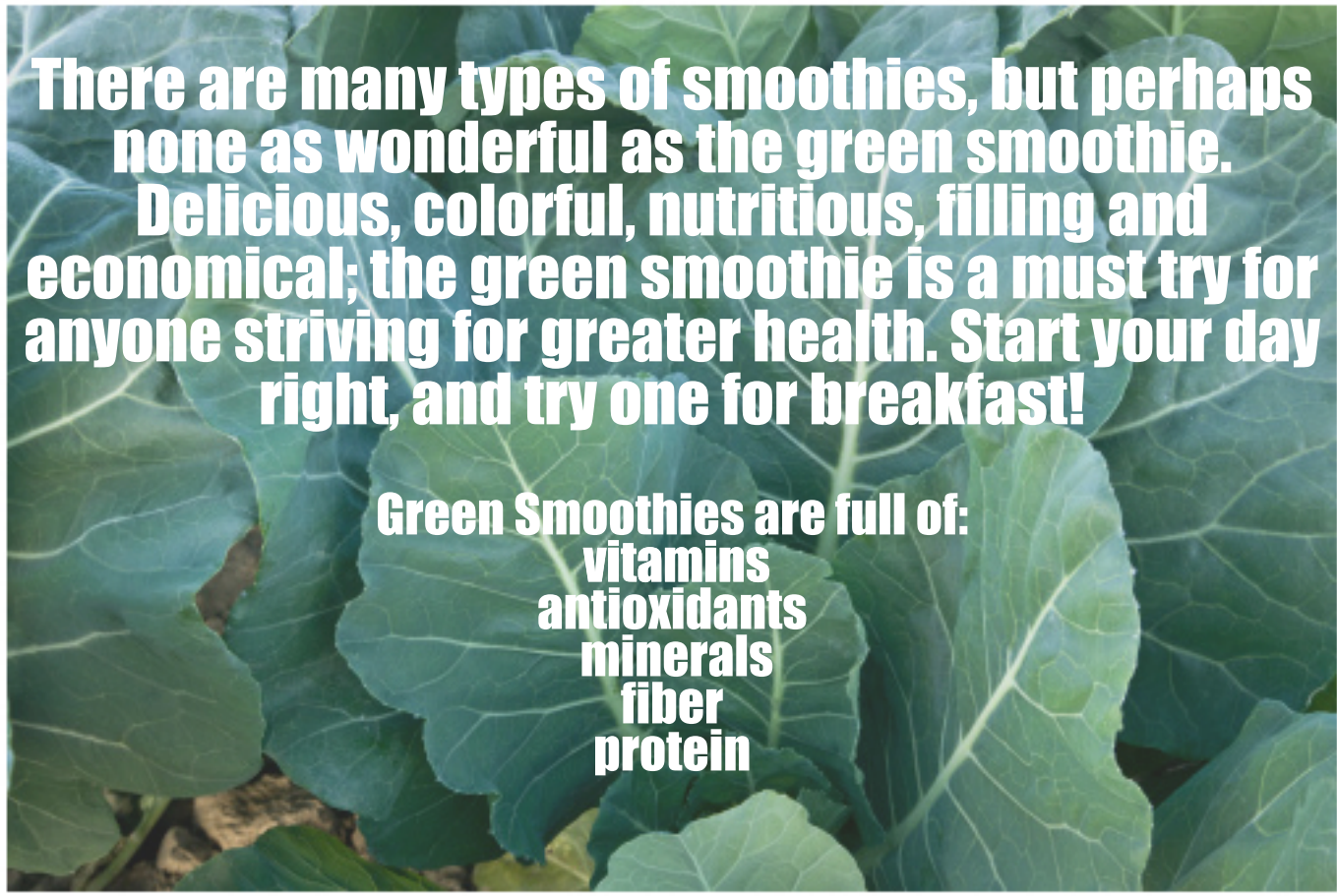


# 30-Day Vegan Challenge Green Smoothie Guide



by Jenné Claiborne

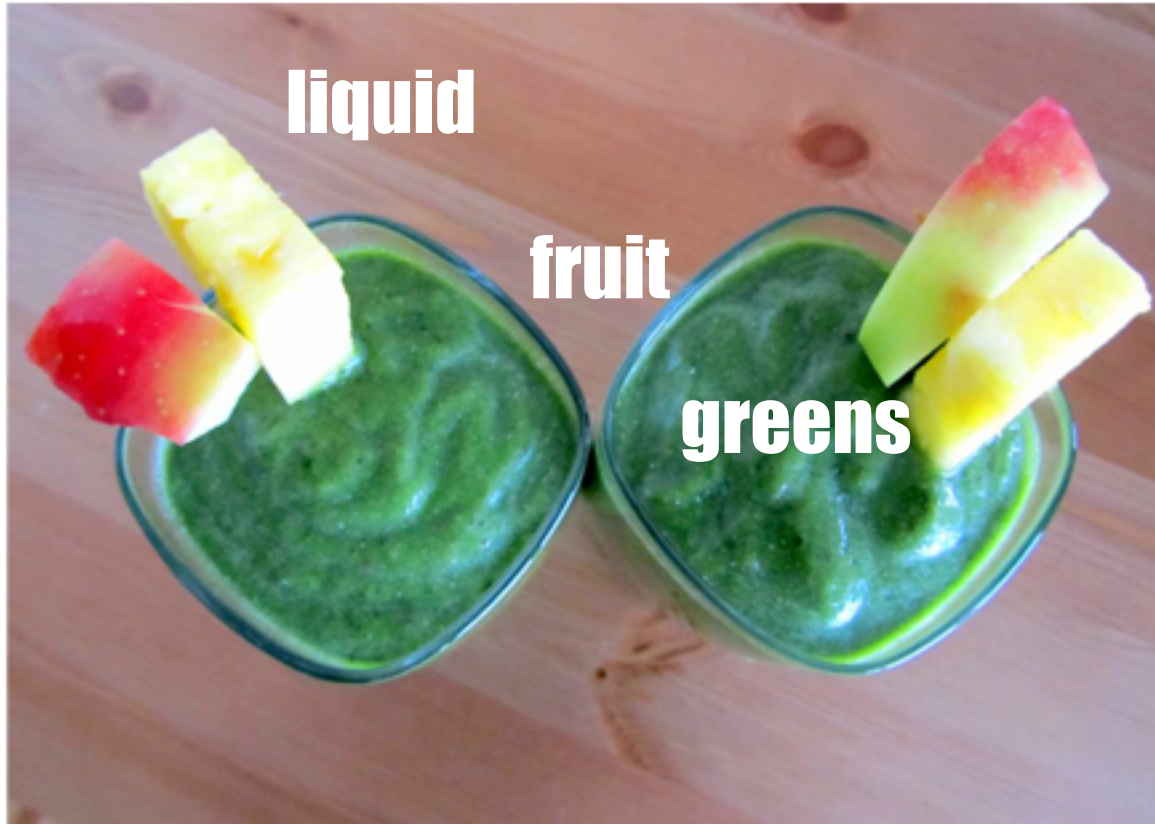




**There are many types of smoothies, but perhaps none as wonderful as the green smoothie. Delicious, colorful, nutritious, filling and economical; the green smoothie is a must try for anyone striving for greater health. Start your day right, and try one for breakfast!**

**Green Smoothies are full of:**  
vitamins  
antioxidants  
minerals  
fiber  
protein

# The anatomy of a green smoothie...



**the possibilities are endless!**



**STEP 1:  
LIQUID**

**almond milk  
orange juice  
cucumber  
coconut water  
plain water**

**STEP 2:  
FRUIT**

**banana  
apple  
orange  
pineapple  
kiwi  
berries  
mango  
pear**

**STEP 3:  
GREENS**

**kale  
collards  
spinach  
romaine  
chard  
arugula  
mint  
parsley**



## **Tasty and Health boosting additions could be:**

- **chia seeds**
  - **hemp seeds**
  - **flax seeds**
- } **protein, fiber & omegas**
- **spirulina**
  - **maca**
  - **cacao**
- } **energy turbocharge**

**You'll find these superfood additions at your local health food store or Whole Foods. Even Trader Joes sells high quality superfoods for low prices!**

# MUST IT ALWAYS BE GREEN?

**kiwi**

**mango**

**chia seeds**

**beets**

**collards**





**cacao**

**banana**

**coconut water**

**blueberries**

**goji berries**

**Smoothies  
don't have to  
have greens  
to be healthy!**

**Just high quality  
nutrient rich  
ingredients.**

# A few recipes...



## TROPICAL GREEN SMOOTHIE

2-3 cups collard greens  
1 cup cilantro  
1 cup pineapple  
1 cup frozen mango  
1/2 cucumber, diced or 1/2 cup  
coconut water (or both...)  
juice of one lime  
1 tsp Spirulina powder

**BLEND**

## BEET POWER SMOOTHIE

1 small beet, peeled and diced  
4-5 cups kale  
1 cup coconut water  
1 kiwi, peeled and quartered  
1 cup frozen mango  
3/4 cup blueberries  
1 tbsp chia seeds

**BLEND**



## GOJI CACAO BLISS SMOOTHIE

1/4 cup dried goji berries  
3/4 cup frozen blueberries  
2 tbsp raw cacao powder  
1 frozen banana (not frozen  
is okay too)  
1/2 to 1 cup coconut water

**BLEND**



**Cheers  
to green smoothies!**



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