

# Green Smoothies

## **Tropical Green Smoothie**

1 cup of frozen pineapple  
1 cup of papaya or 1 banana  
1 cup of milk or juice  
2 cups of kale or spinach

## **Spinach Berry Banana**

### **Green Smoothie**

1 cup of mixed berries  
1 banana  
2 handfuls of spinach  
1 handful of parsley  
water

## **Spinach Apple Carrot**

### **Orange Smoothie**

2 apples  
1 carrot  
2 oranges, peeled  
1/2 lemon  
cinnamon to taste  
1 banana  
handful of spinach

## **Pineapple Pear Banana**

### **Parsley Green Smoothie**

2 ripe pears  
1/3 of a fresh pineapple  
1/2 frozen banana  
1/3 of a large bunch of parsley  
1/2-inch slice of fresh ginger  
1 cup of filtered water  
1 cup of ice cubes (optional)

## **Apple Orange Banana**

### **Green Smoothie**

6 oz apple juice  
2 oz orange juice  
4 oz milk  
1 frozen, ripe banana (sliced)  
greens of your choice

## **Banana Cantaloupe**

### **Green Smoothie**

1/2 sliced cantaloupe melon  
1 frozen, ripe banana (sliced)  
1 cup milk  
greens of your choice

## **Banana Mango Orange**

### **Green Smoothie**

1 large mango, cut in chunks  
1 frozen, ripe banana (sliced)  
1/2 cup yogurt  
1 cup orange juice  
greens of your choice

## **Banana Coconut Milk**

### **Green Smoothie**

2 frozen, ripe bananas (sliced)  
1-1/2 cup milk  
greens of your choice

## **Breakfast Green Smoothie**

1/4 cup uncooked, rolled oats  
1 cup milk  
1/4 cup yogurt  
1/4 cup frozen berries  
1 frozen, ripe banana (sliced)  
greens of your choice

**Spinach Celery Orange  
Apple Green Smoothie**

1 stem of celery  
1 orange  
1 granny smith apple, peeled  
1 handful spinach

**Spinach Romaine Ginger  
Green Smoothie**

handful romaine lettuce  
handful of spinach  
small piece of ginger  
1-2 teaspoon honey  
1-2 cups water

**Apple Carrot  
Green Smoothie**

8 oz apple juice  
4 oz milk  
3-5 carrots, chopped  
greens of your choice

**Berry Green Smoothie**

1 cup milk  
1 cup yogurt  
1/2 cup blueberries, raspberries or strawberries  
greens of your choice

**Cucumber Parsley Apple Banana Green  
Smoothie**

1 bunch fresh parsley  
1 cucumber, peeled  
1 Fuji apple  
1 frozen, ripe banana (sliced)  
1-2 cups water  
greens of your choice

**Apple Banana Green Smoothie**

8 oz apple juice  
4 oz milk  
1 frozen, ripe banana (sliced)  
greens of your choice

**Tropical Fruit Green Smoothie**

3/4 cup pineapple  
1 cup mango  
1 frozen, ripe banana (sliced)  
1/2 cup milk  
1/2 cup water  
greens of your choice



This institution is an equal opportunity provider.