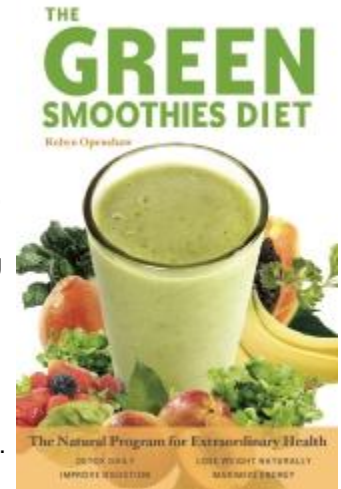


Ode To Green Smoothie

What do I mean by green smoothie?

Blended well. This smoothie looks very green, but it tastes like fruit. Green smoothies have numerous benefits for human health.

1. Green smoothies are very nutritious. The ratio in them is optimal for human consumption; about 60% ripe fruit mixed with about 40% greens.
 2. Green smoothies are easy to digest. When blended well, most of the cells in the greens and fruits are ruptured, making the valuable nutrients easy for the body to assimilate. Green smoothies literally start to get absorbed in your mouth.
 3. Green smoothies, as opposed to juices, are a complete food because they still have fiber. Consuming fiber is important for our elimination system.
 4. Green smoothies belong to the most palatable dishes for all humans of all ages. With a ratio of fruits to veggies as 60:40 the fruit taste dominates the flavor, yet at the same time the greens balance out the sweetness of the fruit, adding a nice zest to it. People who eat a standard American diet enjoy the taste of green smoothies. They are usually quite surprised that something so green could taste so nice.
 5. A molecule of chlorophyll closely resembles a molecule of human blood. According to teachings of Dr. Ann Wigmore, consuming chlorophyll is like receiving a healthy blood transfusion. Many people do not consume enough greens, even those who stay on a raw food diet. By drinking two or three cups of green smoothies daily you will consume enough greens for the day to nourish your body, and all of the beneficial nutrients will be well assimilated.
 6. Green smoothies are easy to make, and quick to clean up after. In contrast, juicing greens is time consuming, messy, and expensive. Many people abandon drinking green juices on a regular basis for those reasons. To prepare a pitcher of green smoothie takes less than 5 minutes, including cleaning.
 7. Green smoothies have proven to be loved by children of all ages, including babies of six or more months old. Of course you have to be careful and slowly increase the amount of smoothies to avoid food allergies.
 8. When you consume your greens in the form of green smoothies, you can greatly reduce the consumption of oils and salt in your diet.
 9. Regular consumption of green smoothies forms a good habit of eating greens. After a few weeks of drinking green smoothies, most people start to crave and enjoy eating more greens. Eating enough greens is often a problem with many people, especially children.
- While fresh is always best, green smoothies will keep in cool temperatures for up to three days, which can be handy at work and while traveling.



Start playing with green smoothies, and discover the many joys and benefits of this wonderful delicious and nutritious addition to your menu. You may find many more amazing facts about green smoothies in Victoria Boutenko's book, Green for Life, available at www.rawfamily.com.

Below are six green smoothie recipes. They are merely basic ideas for your green creations. Feel free substitute these ingredients with your own choice of greens and fruits. Enjoy!

Additional Resources: <http://www.greensmoothiegirl.com/>

Sample Green Smoothie Recipes	
The ratio in them is optimal for human consumption; about 60% ripe fruit mixed with about 40% greens.	
Frozen Fruit 2 handfuls raw spinach 2 cups of water 1 ripe banana frozen fruit (fill blender to almost full) several ounces of cranberry juice (filling the blender) Optional ingredient: Agave Syrup for sweetener.	Low Carb 2 cups spinach or kale 1 medium banana ½ apple 1 peach 1 pear ½ cup strawberries (8 or 9) ½ cup pineapple
Peach-spinach 6 peaches or 4 apples 2 handfuls of spinach leaves or kale 2 cups water	Strawberry-banana-romaine 1-cup strawberries 2 bananas ½ bunch romaine, spinach or kale 2 cups water
Mango-weeds 2 mangos 1 handful of edible weeds, such as lambsquarters, stinging nettles, purslane, etc 2 cups water	Pear-kale-mint 4 ripe pears 5 leaves of kale or spinach ½ bunch of mint 2 cups water