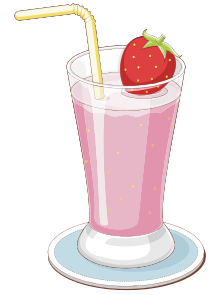


# Super Summer Smoothies!



The best way to get fresh fruits and veggies into your diet is through juicing and making smoothies. Smoothies allow you to maintain the soft fibers of the fruits and veggies and provide vitamins, minerals, and antioxidants. Smoothies can be a meal replacement or a delicious whole foods snack. **Enjoy!**

## Fruit Smoothies

### Apricot Pineapple Smoothie

1/4 cup crushed pineapple  
1 fresh apricot, diced  
6 strawberries  
1/2 banana  
1 1/2 cups water  
1 tbsp. skim milk powder  
1 heaping tbsp. high-quality protein powder (optional)  
1 tsp. flax seed oil (optional)

Blend and enjoy!  
-[www.healthrecipes.com](http://www.healthrecipes.com)

### Sludge “Milkshake”

1 cup almonds (soaked 24 hours)  
3 small bananas or 2 large ones  
8 dates pitted (I use Black Sphinx)  
1 1/4 cups purified water

Put ingredients in blender and blend on highest setting for about 20 seconds.  
-[www.thebestofrawfood.com](http://www.thebestofrawfood.com) Submitted by Brad Chatellier

### Healing Smoothie

*This is a great drink for anyone, especially those with ulcers. This drink has soothing qualities that protect and heal the stomach lining.*

1 firm kiwi fruit, peeled  
1/4 cantaloupe, with skin  
1 ripe banana

Blend and enjoy!  
-[www.thebestofrawfood.com](http://www.thebestofrawfood.com) Submitted by Cherie Calbom

### Hemp and Berry Smoothie

Serves 2  
1 banana  
2 tablespoons hulled hemp seed  
1 bag of frozen berries  
1 cup pure water

Blend and Enjoy! -[www.thebestofrawfood.com](http://www.thebestofrawfood.com)



### Strawberry Banana Smoothie

Serves 2  
3 cups frozen strawberries  
2 bananas  
1 cup water  
1 cup of ice cubes (optional)

Blend and enjoy!  
-[www.thebestofrawfood.com](http://www.thebestofrawfood.com)

### Energizing Smoothie

1/2 Cup Filtered Water  
1/4 of a whole pineapple, peeled and cut into pieces  
10 strawberries  
1 mango, peeled and cut into pieces  
1 banana  
3 ice cubes

Process in a blender until creamy. --  
[www.thebestofrawfood.com](http://www.thebestofrawfood.com) Submitted by Theresa

### Banana Orange Strawberry Fruit Shake

1/2 cup orange juice  
1/2 banana, frozen  
6 strawberries, frozen  
1/2 cup water  
1 tbsp. skim milk powder  
1 heaping tbsp. high-quality protein powder (optional)  
1 tsp. flax oil (optional)

Blend and Enjoy! -[www.healthrecipes.com](http://www.healthrecipes.com)

### Dreamcicle Shake

Juice together:  
2 nectarines or peaches  
1/2 cantaloupe  
2 apples  
1 inch ginger claw  
2 Tbs. ground flax seeds

Add 8 to 10 ounces frozen ice cubes and blend.  
[www.thebestofrawfood.com](http://www.thebestofrawfood.com)

## Bright Red Smoothie

1 banana  
5 strawberries  
2 medium chunks of pineapple  
1 large pinch of coconut  
5 fresh cherries, pitted of course  
3 oz. of freshly squeezed orange juice  
1 dozen ice cubes

Blend and enjoy!-[www.thebestofrawfood.com](http://www.thebestofrawfood.com)

## Clean-Eating Cinnamon Apple Smoothie

Makes 2 servings  
1 apple, chopped  
3/4 inch slice tofu (1/4 block)  
1/4 cup unsweetened apple juice  
3/4 cup unsweetened soy milk  
1 cup raw spinach  
1/2 tsp. cinnamon

(Okay, maybe this is a Super Fall Smoothie. . .) Blend and Enjoy!-[www.thegraciouspantry.com](http://www.thegraciouspantry.com)

## Peach and Almond Smoothie

4 large Medjool dates, pitted and chopped  
2 cups vanilla unsweetened almond milk  
1/4 teaspoon vanilla extract  
8-10 raw almonds chopped  
3 cups pitted chopped fresh peaches (remove skin) or frozen  
1-2 ice cubes  
1/4 teaspoon nutmeg

Place all ingredients in blender or food processor and blend on high for two or three minutes until smooth  
-adapted from *The Gluten-free Vegan* by Susan O'Brian

## Coconut Smoothies



## Strawberry Coconut Smoothie

Serves 2  
3 cups fresh, organic strawberries  
2 bananas  
1 cup fresh young coconut water  
2 tablespoons of raw hulled hempseed  
1 cup of ice cubes (optional)

Place all ingredients a blender and puree well. Add more water if you like a thinner smoothie.  
-[www.thebestofrawfood.com](http://www.thebestofrawfood.com)

## The Real Deal Coconut Smoothie

Coconut water from 1 young coconut  
Meat from 1 young coconut  
5 or 6 medjool dates (chopped, seeds removed)  
Handful of raw almonds (I recommend pre-soaking them overnight to make them easier to digest)  
2 or 3 ice cubes



Blend in food processor or blender. Enjoy!

## Healthy Green Coconut Smoothie

2 bananas, frozen  
2 HUGE handfuls spinach  
1 cup coconut or almond milk  
1/4 teaspoon cinnamon  
1 teaspoon vanilla  
1 tablespoon coconut oil

Blend and enjoy!-[www.smoothieweb.com](http://www.smoothieweb.com)

## Paradise Piña Colada Smoothie

1/2 pineapple  
1 apple or mango  
3 Tbs coconut milk  
1 banana  
1 orange

It never has to be 5 O'clock to blend and enjoy!

## Pineapple, Banana, Coconut Smoothie

2 cups fresh pineapple, cut into chunks  
1 large banana, cut into chunks  
1/2 cup light coconut milk  
1/2 cup ice

Blend and enjoy!

## Clean-Eating Coconut Milk Smoothie

1 cup coconut milk (canned or fresh, not reconstituted)  
1 banana  
2 cups raw spinach

Blend and enjoy!-[www.thegraciouspantry.com](http://www.thegraciouspantry.com)

## Clean-Eating Coconut Banana Green Smoothie

1/2 cup quinoa, cooked  
1 medium banana  
1/4 cup unsweetened apple juice (omit for less sweetness)  
1 tbs. unsweetened, dehydrated coconut  
3/4 cup organic soy milk (or milk of choice)  
1 cup spinach, packed  
1/2 inch slice fresh ginger

Blend and enjoy!-[www.thegraciouspantry.com](http://www.thegraciouspantry.com)

## Deb's Seashore Pantry



### **Beach Wake-Up Smoothie**

2 bananas  
1/2 cup fresh pineapple  
1/2 cup raspberries  
1/2 cup peaches  
1/2 cup apple juice or 1 apple  
1/2 cup plain yogurt or 1 scoop protein powder  
12 ounces water (add more as desired)

Blend and take to the beach!

### **Deb's Sweet Dutch Chocolate Protein Smoothie**

1 scoop Dream Protein Chocolate Protein Powder  
1 scoop Green's First Dutch Chocolate or Vanilla BOOST  
5-6 raw almonds  
2 dates  
2 fresh or dried figs  
1/2 banana  
1 cup fresh or frozen berries  
1/2 cup ice cubes  
Handful of unsweetened organic coconut flakes

Blend all ingredients and Enjoy!

### **Cherry Fave Smoothie**

1 cup cherries  
2 bananas  
1 cup mixed berries frozen  
1/4 - 1/2 cup crushed pineapple  
1 scoop Chocolate or Vanilla Dream Protein  
1 scoop dark chocolate or vanilla Greens First BOOST  
1-2 tsp peanut or almond butter, no sugar  
2 tsp coconut oil  
16-24 ounces water

Blend and enjoy!

### **Deb's Delaware Delight**

1 banana  
6-8 large strawberries  
1 orange  
1/2 cup fresh pineapple  
1/2 cup fresh squeezed O.J.  
Optional: Add 1/2 cup plain Coconut yogurt  
Add 1 scoop protein powder  
Add 1 scoop Greens First Vanilla BOOST  
Blend and enjoy!

## **Raspberry Patch Breakfast**

1 banana  
1 orange  
1/2 bag frozen red raspberries  
1/4 cup fresh crushed pineapple  
1/8 fresh pineapple  
1/4 cup apple juice  
1/4 cup plain Coconut yogurt (optional)  
4-6 large strawberries  
1 scoop protein powder  
1 scoop Greens First Vanilla BOOST

Blend and enjoy!

## **Dancing with Gorillas Breakfast**

2 bananas  
1 tablespoon natural peanut butter  
1/2 cup frozen berries  
1 fresh peach  
1 scoop Dream Protein powder (or your choice protein powder)  
1 scoop Greens First Greens  
16 ounces water  
2 ice cubes  
Optional: Alternate with Chocolate Dream Protein or 2 T. pure unsweetened cocoa or carob.

Blend, dance and enjoy!

## **No More Cravings Smoothie**

*This is a perfect way to tame sugar cravings.*

2 scoops SP Complete  
1-2 bananas  
1T peanut butter or almond butter  
16 ounces water  
Few ice cubes

Blend and enjoy!

### **The Dirty Dozen**

- |                 |              |
|-----------------|--------------|
| 1. Apples       | 7. Cherries  |
| 2. Peaches      | 8. Lettuce   |
| 3. Bell Peppers | 9. Grapes    |
| 4. Celery       | 10. Pears    |
| 5. Nectarines   | 11. Spinach  |
| 6. Strawberries | 12. Potatoes |

According to the Environmental Working Group, these are the 12 most pesticide-laden, conventionally grown fresh fruits and vegetables.



## Green Smoothies

### **Wheatgrass Smoothie**

1/2 cup water  
1 medium orange, peeled and halved  
1 medium apple, quartered  
4 strawberries fresh or frozen  
1/2 cup of wheatgrass  
1 cup ice cubes

Blend and enjoy! - *Vitamix*

### **Clean-Eating Green Tea Mango Smoothie**

1 cup raw spinach  
1 large mango, peeled and sliced  
1/2 cup unsweetened apple juice  
1 medium banana  
3/4 inch slice of tofu (1/4 block) or, 1/2 cup cooked quinoa  
1 cup brewed green tea (brew the night before and store in fridge so it's cold and ready to go)  
1/2 inch slice of fresh ginger, peeled (optional)

Blend and enjoy! - [www.thegraciouspantry.com](http://www.thegraciouspantry.com)

### **Arugula Lettuce and Pear Smoothie**

*You might try this combination in a salad too!*

1 banana  
2-3 pears  
2 tablespoons hulled hemp seed  
1 bag of frozen raspberries  
2 1/2 cups pure water  
1 teaspoon Greens First or super foods of choice  
small bunch of arugula lettuce leaves  
Liquid stevia to taste (optional)

Blend and Enjoy! - [www.thebestofrawfood.com](http://www.thebestofrawfood.com)

### **Summer Splendor Smoothie**

4 leaves chard, stems removed  
3 stalks celery  
1 head fresh parsley  
6 apricots  
3 peaches  
1/2 vanilla bean  
Yields 2 quarts

Blend and enjoy! - *By Sergei Boutenko*

### **Rocket Fuel Smoothie**

2 cups green or red seedless grapes  
3 golden kiwis, peeled  
1 ripe orange, peeled, seeds removed  
1 small leaf of aloe vera, with skin  
5 leaves red leaf lettuce  
2 cups water  
Yields 2 quarts

Blend and enjoy!

### **Party in Your Mouth Green Smoothie**

1 small pineapple, cored  
1 large mango, peeled  
1/2 head romaine lettuce  
1/2 inch fresh ginger root

Blend and enjoy! - *By Sergei Boutenko*

### **Morning Zing Smoothie**

4: 1/2 bunch dandelion greens  
2 stalks celery  
1/2 inch fresh gingerroot  
2 peaches  
1/2 pineapple

Blend and enjoy! - *By Victoria Boutenko*

### **Parsley Passion Smoothie**

1 bunch fresh parsley  
1 cucumber, peeled  
1 Fuji apple  
1 ripe banana  
1-2 cups water

Blend and enjoy! - *By Sergei Boutenko*

### **Kale and Banana Smoothie**

2 bananas  
2 tablespoons hulled hemp seed  
1 bag of frozen blue berries  
2 1/2 cups pure water  
1 teaspoon super foods of choice (optional)  
5 leaves of kale

Blend and enjoy! - [www.thebestofrawfood.com](http://www.thebestofrawfood.com)

### **Mango Bliss**

2 mangoes  
1 bunch chard, stems removed  
1 pear  
1 banana  
Serve with kiwi.

Blend and enjoy! - *By Victoria Boutenko*



### **The Laughing Gorilla**

1/2 head romaine lettuce  
2 ripe bananas, peeled and frozen  
2 oranges, peeled, seeds removed  
1 mango  
2 cups water  
Yields 2 quarts

*Warning: consumption of smoothie may result in spontaneously occurring, extremely contagious gorilla laughter!*



## Are You pH Balanced?

Acid      Healthy Body pH Range      Alkaline

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- Decrease Muscle & Joint Pain
- Reduce Inflammation
- Support Injury Repair
- Assist Weight Loss
- Increase Energy
- Gain Vitality

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