

# St. Patty's Day Smoothies

Here are some **great Green smoothies** plus a few bonus recipes to transform your St Patty's Day Celebration and not leave you with a hangover. We tried to find alternatives to the Shamrock Shake that will suit everybody's taste. If you are thinking about a Spring Cleanse, a good way to get started is to **Change your Breakfast and Change your life** by adding these nutritious smoothies to your diet. You can turn any of these shakes into a great meal, when you add whey protein powder such as our Dream Protein, Standard Process Whey Pro or SP Complete. Or enjoy a scoop of Green's First Greens or Berry to add the anti-oxidant rich benefit of 15 plus servings of vegetables and 54 Super foods. **ENJOY!**



## The Clean Sweep Smoothie

From Jennifer Kass

Blend all ingredients together and enjoy!

- 1 cup dandelion root tea (steeped for 10 mins., the night before, and chilled)
- 4-5 leaves of organic romaine lettuce
- 1 big handful of sprouts
- 1/2 cup chopped parsley
- 1 lemon (cut off the skin/ use the whole fruit; pits, pith, and all)
- 1 organic carrot, chopped
- 1 T bee pollen
- 1 T blue green algae (or spirulina or **Green's First Greens**)
- 2-3 ice cubes



This powerhouse smoothie is powered by dandelion root tea, a lymphatic-system kick starter with purifying properties for the liver, blood, stomach, colon, sinuses. Lemon and parsley help nudge the liver, blue green algae is purifying, and bee pollen adds a dose of buzzy energy.

## *Green Lemonade's Peanut Butter Smoothie*

### **Ingredients**

- 1 banana, peeled, frozen
- 2 T organic peanut butter, no sugar
- 1 cup of spinach
- 1 cup water
- 3-4 ice cubes

Simple, simple, simple! Just blend and enjoy!

**Spinach** Dark leafy greens, including spinach, are loaded with vitamins and minerals, antioxidants and blood alkalizers for superior health and energy.

These greens are also packed with chlorophyll, a natural detox (or “crud” removing) agent. Dark leafy green vegetables and juices are also great for reversing signs of aging and helping you to achieve a healthy glow.

**Organic peanut butter** Peanuts are often subject to a greater amount of pesticides to control mold which weighs on your toxic load. Try to use organic peanut butter or even organic almond butter when possible.



## *Really Healthy Vegan Shamrock Shake*

### **Ingredients**

- 1 very ripe, frozen, medium to large banana, broken into chunks
- 1 ounce avocado (about 1/4 of a small to medium avocado)
- 1-2 romaine lettuce leaves or a handful of baby spinach
- 1/2 cup unsweetened rice milk, almond milk, or coconut milk beverage, or more as needed
- 1/8 to 1/4 teaspoon peppermint extract
- 1/4 teaspoon vanilla extract
- Stevia to taste or scoop Vanilla Boost



### **Instructions**

1. Add all ingredients to your blender, ensuring that the avocado and lettuce are closest to the blades and the frozen banana is furthest from the blades.
2. Blend about 1 minute or until it is nice and smooth. If it gets too thick to blend, add a little more milk alternative to get things moving.

## *My Fussy Eater's Healthy Shamrock Shake*

### **Ingredients**

#### **Shamrock Shake:**

- 2½ cups milk (dairy or non-dairy)
- 1 cup spinach
- 1 banana
- ½ avocado
- 8 mint leaves / a drop of mint extract
- optional: honey or maple syrup

#### **Toppings:**

- whipped coconut cream (See below)
- 25g dark chocolate and 1tsp coconut oil
- cacao nibs
- mint leaves

### **Instructions**

1. Place the milk, spinach, banana, avocado and mint leaves / mint extract in a blender and blitz until smooth. Taste your shake and add honey or maple syrup if you prefer it to be sweeter.
2. Add any topping you like. You can make a chocolate sauce by melting the coconut oil and dark chocolate together in a saucepan.

-myfussyeater.com



## *Anne's Shamrock Alternative*

### **Ingredients**

- 1 cup vanilla almond milk
- 1 very ripe banana
- 1/2 teaspoon vanilla extract
- 10 fresh mint leaves
- 1/2 a ripe avocado
- 1 cup ice
- Instructions

Throw all the ingredients into a blender and blend! Serve garnished with mint and a small shake of cinnamon, if desired. –  
fannetasticfood.com



## *Kid's Favorite Tropical Shamrock Smoothie*

My kids love this green smoothie recipe, it has a kid-approved tropical flavor and is packed full of Vitamin C and healthy fats to keep them running all morning long.

### **Ingredients**



- 1 cup Peaches, fresh or frozen
- 1 Green Apple, cored
- 1 Banana
- 1 cup Mango, fresh or frozen
- 1 cup Pineapple, fresh or frozen
- 1 cup Green Grapes
- 2 Kiwis, peeled
- 1 cup Baby Spinach, packed
- 1/2 cup canned Coconut Milk or 1 avocado
- 2 1/4 cups Water (more or less,

Blend and watch your kids enjoy!

-adventuresofaglutenfreemom.com

## *Heather's Healthy Shamrock Shake Smoothie Bowl*

### **Ingredients**

- 1 very ripe frozen banana (cut into slices before frozen)
- ¼ cup raw cashews
- ½ cup milk (dairy, soy, almond)
- 1 mint tea bag
- approximately 15 fresh mint leaves
- 1 handful of spinach
- ½ of a medium avocado
- ⅛ the tsp peppermint extract
- 1-2 tsp maple syrup
- shaved chocolate to top



### **Instructions**

1. Heat milk in microwave or on stove until hot (don't boil) and add mint tea bag. Place in the refrigerator and let sit overnight.
2. Remove tea bag from milk. Place all ingredients in blender and blend on high to desired consistency.
3. Taste, add more mint or maple syrup to desired flavor preference.
4. Top with shaved chocolate if desired.

-Heather Mason of nuttynutrition.com

# *Shamrock Shake with Vegan Coconut Whipped Cream*

## **Ingredients for Coconut Whipped Cream:**

- 1 cup full fat canned organic coconut milk, refrigerated overnight
- 1½ TB. honey
- 1½ tsp. vanilla extract

## **Directions for Coconut Whipped Cream:**

Carefully open the can of refrigerated coconut milk. Keeping can level, scrap out thick waxy top layer of coconut cream and place in a mixing bowl. Save leftover coconut water from can for the shake.

Using a hand or stand-up mixer on high speed, whip coconut cream for 3 minutes until it becomes light and fluffy.

Add in honey and vanilla and mix for 2 more minutes.

Place in refrigerator while preparing the shake.



## **Ingredients for the Shake:**

- 2 frozen ripe bananas (be sure to peel bananas before freezing)
- 1 heaping cup spinach, tightly packed
- ¼ cup fresh mint, stems removed, loosely packed (about 20 small leaves)
- 1 tsp. vanilla extract
- ½ tsp. mint extract
- 3-5 drops of stevia
- ½ cup unsweetened coconut milk
- ½ cup leftover coconut water from full fat canned coconut milk
- Cacao nibs for garnish (optional)

In a high-speed blender, combine bananas, spinach, fresh mint, vanilla, mint extract, stevia, coconut milk and coconut water until creamy. Pour into two glasses, top with coconut whipped cream and cacao nibs (optional) and serve with a straw immediately. Creamy and delicious! Serves 2

## *Crockpot Irish Oatmeal*

### Ingredients

- 3 cups water (or milk of choice, for a creamier and richer taste) Try Coconut milk
- 1 cup steel-cut oats
- 1/2 tsp plus 1/8 tsp salt
- add-ins of choice (See below)



### Instructions

Slow Cooker Oatmeal Recipe: Combine all ingredients in a slow cooker or crock pot, put on the lid, and cook on low heat for three hours. No need to stir or anything until the time is up! (If you don't own a slow cooker, you can of course still make steel-cut oatmeal. Just follow the cooking directions on the package of oats. I use a 3-quart slow cooker for this recipe; cooking times may vary if you use a much-larger size.) If you double the crock pot oatmeal recipe, cook for 5-6 hours on low. For crock pot oatmeal variation ideas, scroll further down this post.

Read more at <http://chocolatecoveredkatie.com/2012/11/11/how-to-make-oatmeal-in-the-slow-cooker-the-easy-way/#VCLPQHgBBwp814gf.99>

### Variations:

- **Cinnamon Raisin Crock Pot Oatmeal:** add raisins before cooking. Stir in ground cinnamon and sweetener of choice (and butter-type spread if desired) after cooking.
- **Mounds Bar Oatmeal:** add shredded coconut, sweetener, and chocolate chips after cooking. Use coconut milk when it calls for "milk of choice." Slivered almonds optional.
- **Apple Pie Oatmeal:** peel 2 small apples, chop, and add them to the uncooked ingredients along with 1/2 tsp to 1 tsp cinnamon or apple pie spice. After cooking, stir organic butter and sweetener of choice (good choices for this variation include chopped dates or raisins into hot oats.
- **Peanut Butter & Jelly Oatmeal:** stir 1-2 tbsp. peanut butter and 1-2 tbsp. jelly into each cooked serving of oatmeal. Pour some milk of choice (such as almond milk) over top just before serving. Everyone knows a Pb&j is nothing without the glass of (almond or coconut) milk!

-chocolatecoveredkatie.com

## *Healthy Mint Chocolate Chip Ice Cream*

(Makes 1 *huge* serving)

- 1/4 tsp pure vanilla extract
- scant 1/16 tsp salt (don't omit)
- pinch uncut stevia OR 1 tbsp. sugar
- 1 cup milk of choice
- 2 tbsp. chocolate chips OR unsweetened Carob or Lily chips with Stevia
- 3 drops pure peppermint extract
- optional: I like to add 1 tsp cocoa powder
- optional: pinch spirulina or green food coloring



This ice cream has a very light texture when made with almond milk. For a creamier texture that's more like real ice cream, try using *at least* 2/3 cup canned coconut milk or cashew cream. To make it look like real ice cream, scoop out with an ice-cream scoop.

Mix the ingredients together, and pour into ice cube trays or 2 shallow containers. Freeze. Once frozen, pop the blocks out of the container and blend in your Vitamix. (If you don't have a vitamix you'll probably have to thaw longer, but you can still get a yummy ice milk. Or try this healthy ice cream in your ice-cream maker.) Feel free to add more chocolate chips, post-blending. But be sure to add the 1-2 tbsp. *before* blending!

Chocolatecoveredkatie.com

## *Sexy Shamrockin' Shake*

**From Karen Young**

- 1/2 frozen banana
- 1 cup baby spinach leaves
- 1 cup coconut milk (or other nut milk)
- 2 drops best-quality vanilla extract
- 2-3 drops peppermint extract

Blend until smooth and serve this cup of cheer immediately. Enjoy!

