



VEGGIE SHAKES

Broccoli Blueberry Smoothie

Ingredients:

- 1 cup of frozen blueberries
- 1/2 cup of steamed broccoli
- 1 cup of 100 percent cranberry juice
- 1/2 cup of low-fat plain yogurt
- Blend and combine to make 1 smoothie. Add strawberries or blackberries for an additional burst of nutrition.

Berry, Berry Good Smoothie

Ingredients:

- 1/2 raspberries
- 1/2 cup strawberries
- 1/2 cup blueberries
- 1 cup almond milk
- 1 cup apple juice (unsweetened)
- 2 cups ice
- 1 small carrot

Blend until the nutrients are singing.

Tomato Smoothie

Ingredients:

- 2 cups (chopped) tomatoes
- 1/2 cup tomatoe juice
- 1/4 cup apple juice
- 1/2 cup carrots
- 1/4 cup (chopped) celery
- Tabasco or hot sauce to taste
- 2 cups ice

Blend until mixed.

Spiced Carrot Smoothie

Ingredients:

- 1/2 cup apple juice (unsweetened)
- 1 cup cooked, chopped carrots
- 1/4 cup applesauce (unsweetened)
- 1/4 inch piece of gingerroot, peeled
- 1/4 tsp ground cinnamon
- 1/4 tsp salt, or to taste
- 1/8 tsp cayenne pepper, or to taste
- Add small amount of stevia to taste

Combine apple juice, carrots, applesauce, gingerroot and cinnamon and blend from low to high until creamy smoothie. Season with salt and cayenne pepper to your taste.

Spinach Shake

Ingredients:

- 1/3 bag of spinach
- 12 oz of green tea
- One cup of fresh/frozen blueberries
The frozen ones stay good longer, and chill the drink
- Stevia for sweetness

Veggie Shake

Ingredients:

- 1 vine ripe (roma?) tomato
- 1 stick of celery
- Large handful of fresh spinach
- Half of a bell pepper
- 1 cup of water
- Add each to taste; pepper, salt, Tabasco sauce, and some adobo seasoning.
Blend until very smooth, heat in microwave if desired



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Raw Vegan Spicy Vegetable Green Smoothie

Ingredients:

- 2 cups romaine lettuce (about 6 leaves) or baby spinach
- 1 cups tomato (about 1 tomato)
- 1 cup coconut water or filtered water
- 1 cup chopped carrot (about 1 carrot)
- 1 whole cucumber
- 1 avocado
- 1 whole lime peeled
- 2 garlic cloves
- ½ tsp Celtic sea salt
- pinch of cayenne pepper
- some ice cubes

1. Put all of the ingredients in your blender and puree until smooth and creamy.
2. Adjust salt quantities to taste.
3. Enjoy your daily dose of veggies for the day.

Vitamin Greens Energy Vegan Smoothie Recipe

Ingredients:

- Kale
- Mixed Greens
- 2 Carrots
- 2 Apples (core removed)
- 1 Cup Raspberries

You should have the mixed greens and kale to taste.

Veggie and fruit shake

Ingredients:

- Half a head of romaine lettuce
- Handful of spinach
- Handful of pineapple and strawberries
- Half cup water or ice

Blend ingredients very well.