

7 Smoothie Recipes

That Give You Your

Complete Daily Fruit and Veggie Requirement



Warning!!!

These smoothies are designed for maximum health. So some of them will also be maximum ugly. That's what happens when you combine lots of colors, especially when one of the colors is green. Just remember – uglier colors = healthier smoothie.

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Benefits of a 5 a day complete smoothie

Only 10% of Americans get the daily recommended amounts of 5 servings of fruits and veggies. Just drinking one of these smoothies in the morning will move you into that elite class. You get health benefits without having to worry where you are going to fit those into your diet every day.

What does 5 a day mean?



5 a day means 2 servings of fruit, and 3 servings of vegetables.



1 serving of fruit is

- one cup of fresh fruit (leave the skin on, except for bananas and fresh pineapple)
- one cup of frozen fruit
- one cup of canned fruit, drained
- ½ cup of fruit juice
- one cup or less of fruit powder (see the powder smoothie recipe for more details)



1 serving of vegetables is

- 2 cups of fresh leafy greens, torn into pieces
- 1 cup of non-leafy vegetables (fresh or frozen)
- 1 cup of canned vegetables, drained
- 2 teaspoonfuls to 2 tablespoonfuls of vegetable powder (depending on the vegetable - see the powder smoothie recipe for more details)

What You Will Need

Blender

You will get the best results with a high-end, high-tech blender such as Blendtech or Vita Mix. For most recipes, less expensive blenders will not give you the really smooth result that a smoothie is noted for. (Hint: the powders recipe work for all blenders.) If you don't mind that granular texture, a less expensive brand of blender might work for you. It can work ok for testing recipes, but it won't last as long with daily use.

Ingredients

These recipes contain the right amounts of fruits and veggies for 5 daily servings in your smoothie. Depending on the ingredients, most smoothie recipes will make up to 3 ½ cups, sometimes more if you add more ice or liquid.

Rinse all fresh fruits and vegetables well. Cut into smaller pieces if necessary, to be able to fit more into your blender. Hint: if you have trouble fitting everything in at once, blend about half of the ingredients, then add the rest and blend again.

Ice makes your smoothie thicker, but it doesn't add any nutrition. Avoid the need for ice by freezing ingredients for a few hours or overnight before using.

See the tips at the end for how to adjust a recipe to suit your taste.

The Recipes

Instructions

These instructions are the same for every recipe. The recipes have the ingredients, and you mix them the same, every time.

Place the ingredients in your blender in the order that they are in your recipe. In general, that means liquids on the bottom, non-leafy fruits and veggies in the middle, leafy greens on top. Ice (if you use it) goes on top of that.

Start your blender on the lowest setting. Gradually increase to maximum speed. Blend at maximum for at least 45 seconds.

Tips for adjusting the recipes to your taste are at the end.

Ingredients

1. Strawberry, carrot, OJ and kale



Hint: this smoothie is the consistency of a melted milk shake. Omit the rice milk and freeze the kale for a thicker consistency.

1/2 cup orange juice

1/2 cup rice milk (or other liquid of your choice)

1 cup mini carrots

1 cup frozen strawberries

4 cups kale, torn in pieces

1/2 tsp stevia

2. Blueberry, carrot, pineapple juice, and spinach



Hint: you can substitute half lettuce or half kale if you want a little less spinach taste

1 cup pineapple juice

1 cup mini carrots

1 cup frozen blueberries

4 cups spinach, torn in pieces

3. Carrot craisin salad smoothie



Hint: if you soften the craisins in rice milk, almond milk, juice, or water overnight they will blend better

1 cup pineapple juice

1 cup mini carrots

1/4 cup craisins (dried cranberries)

2 cups spinach

2 cups green lettuce (not iceberg)

1/4 cup flaked coconut

4. Extra servings smoothie



Hint: this one gives you even more than your daily 5 servings of fruit and veggies

2 cups pomegranate juice

1/4 cup cashews

4 dates, pitted

- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 4 cups baby spinach
- 4 cups romaine lettuce

5. Yellow and green smoothie



Hint: you can use a sweeter apple with some red in the skin, for a sweeter taste.

- 1½ cups apple juice
- 2 cups romaine lettuce, chopped
- 2 cups spinach
- 1 cup sunflower sprouts
- 1 green apple, seeded, cored, quartered
- 1 yellow pear, seeded, quartered
- 1 medium banana, peeled, halved
- ½ lemon, peeled, seeded

6. Savory tomato smoothie



Hint: you can add up to 2 cups tomato juice, if you want more of a juice consistency

- ½ cup apple juice
- 3 cups tomatoes, chopped
- ¼ onion
- ½ stalk celery
- 7 mini carrots
- 1/8 green bell pepper, seeded and chopped
- 1 cup blueberries
- 1 1/2 teaspoons lemon juice
- 1/4 teaspoon Worcestershire sauce, or to taste
- 1/8 teaspoon ground black pepper
- 1 teaspoon salt

7. Fruit and veggie powder smoothie



Hint: it is easy to find many companies that sell fruit and veggie powders on the internet.

Just be sure you get the one made from whole fruits and veggies, not juice powders

- 1 ½ cups pineapple juice
- ¼ cup blueberry powder
- ¼ cup banana powder
- 1 tablespoon spinach powder
- 1 teaspoon kale powder

Tips and Tricks for Customizing Your Smoothie

Fixing the flavor

To make your smoothie sweeter

If you are using oranges or strawberries, taste them before adding. If they are slightly sour, you will probably want to add something to increase sweetness.

Sweet ingredients that add some nutrition include grapes, dates, and apple juice. Concentrated sweeteners include ingredients such as honey, agave, or stevia.

Be careful when adding concentrated sweeteners. Start with ½ to 1 teaspoonful. They can be added as part of the ingredients or when you are trying to fix a smoothie.

To make your smoothie less sweet

Before you make your smoothie

Decrease or omit any really sweet ingredients. That includes both things like honey or stevia, and high sugar ingredients like apple juice, pineapple juice, or dates.

After you have made your smoothie

Add a little lemon or lime juice – start with ½ teaspoon at a time

Start your blender on low again, then gradually turn up to the highest speed and run it for 20 seconds

To make your smoothie less bitter

Before you make your smoothie:

Add sweet ingredients such as pineapple, sweet oranges, or pitted dates.

Add a banana to neutralize the bitterness

Use baby greens, not mature greens

Kale is less bitter when weather is colder, or after a frost

After you have made your smoothie:

Add a sweetener like agave or stevia

Add ½ teaspoon or more unsweetened cocoa powder

Add 1 teaspoon vanilla extract

Add a scoop of protein powder

Start your blender on low again, then gradually turn up to the highest speed and run it for 20 seconds

Fixing the consistency

To make your smoothie thicker

Before you make it:

Freeze as many ingredients as possible before adding

Add frozen yogurt

Add ice

After you have made it:

Add ice or a banana

Add frozen yogurt

Start your blender on low again, then gradually turn up to the highest speed and run it for 20 seconds

To make your smoothie thinner

Before you make it:

Add more liquid, ½ cupful for each try

Don't add ice

Don't freeze ingredients

After you have made it:

Add a little water, juice, rice milk, or nut milk

Start your blender on low again, then gradually turn up to the highest speed and run it for 20 seconds

To make your smoothie less chalky

This is usually from adding too much protein powder or other powdery ingredient. Do not add more than recommended on the label. If it is still too chalky, add less of the powder, or increase high fiber ingredients, such as carrots.

To make your smoothie creamier

Bananas and avocado are the healthiest way to make a creamier smoothie. Peel both of them, and remove the pit from the avocado. You can add a whole or a half when you make your smoothie.

A less healthy way is to add frozen yogurt, vanilla yogurt (or other flavors if you like them) or ice cream. If you are looking for a dessert smoothie, this might be what you want. But this is not the best option for a maximum health smoothie.

If you are adding these after you have made your smoothie, start your blender on low again, then gradually turn up to the highest speed and run it for 20 seconds