

Basic Green Smoothie Recipe

The following guidelines are about as concise and appropriate as we have been able to find, based on the book **Green for Life** by Victoria Boutenko (*sold at Pfenning's Organic*):

1. Use leafy greens, fruits and water.

Use leafy greens only, such as kale, spinach, chard. Add sweet, ripe fruits such as bananas, pears, apples. Bear in mind that some vegetables are actually fruit, such as cucumbers and avocados, which you may find in some Smoothie Boxes.

2. Keep it simple.

Use ONLY a few greens, fruits and water and nothing else. Anything more may be tempting, but will eventually complicate digestion and the assimilation of nutrients.

3. Use a fruit/greens ratio of about 60:40.

Use more fruit when you start making green smoothies to make them tasty and keep you coming back for more.

4. Rotate your greens.

This assures you of a broad variety of nutrients, but also prevents you from ingesting too many of one sort of plant alkaloids which may lessen the beneficial effect of greens.

The actual preparation boils down to washing, peeling, cutting, putting in the blender, adding water and blending. All depending on how much green smoothie you want to prepare, you will take all or only part of the fruits and greens at your disposal, wash them, peel them if needed (you may want to peel the bananas, squeeze out any lemon and take only the flesh of avocados) and throw them into your blender ***[contact us if you would like some feedback on top-notch Blenders]***. Add the greens of your choice and start blending, adding 1-2 cups of water or more as you go along. The blending process needs to be long enough to break down the plants' fibers. You will quickly see if you blended long enough, judging by the smooth, liquid texture of your green smoothie. If you did it right, it will taste great and you will be longing for more – which is just fine, because nutritionally speaking, green smoothies are one of the best things you can do for your health!