



Donna Wolf R.D., CLT
 Registered Dietitian, Certified LEAP Therapist
donnawolfrd@gmail.com ph: 858-335-2140
www.healthydirectionspoway.com

GREENS SUPER SMOOTHIE Recipe ©

Naturally wash all produce first & preferably use ALL organic produce, uncooked.

Select **at least one, preferably two** items from each list & blend in food processor, or blender.

It helps to cut up & puree chunkier or tough produce first, before adding liquids. Refer to manufacturer directions for your machine. Consistency will vary depending upon amounts of solids & liquids used so experiment & find your preference.

VEGETABLES	FRUITS	LIQUIDS/PROTEIN, misc.
1 ½ cups kale – any variety	1 cup strawberries –stems off	Water-1/2-1 cup or ice*
2 cups spinach	1 orange-peeled & sectioned	1 cup soy, almond or rice milk
1 ½ cups Swiss chard	1 cup blueberries	1 cup nonfat plain yogurt
1 cup cabbage	1 cup pineapple	¼ cup liquid egg whites***
1 c mustard, beet, or dandelion greens	1 banana – peeled	½-1 cup 100% fruit juice or 2-4 Tlb. Frozen concentrate
1 avocado –peeled & pitted**	1 cup papaya –peeled (can use seeds if desired)	1 scoop or ¼ c. protein powder , or Hemp powder
1 cup cucumber, peeled	1 med apple-cored	1-2 Tablespoons Flax oil
2-3 stalks celery	1 mango – peeled & pitted	1-2 teaspoons fish oil
½ cup broccoli-raw	2 cups melon – peeled, any variety	1 cup chilled green tea
1 cup romaine or spring mix lettuce	1 cup grapes	2 Tablespoons Flaxseed meal
1 cup parsley	1 cup peaches – peeled & pitted	Your Choice

Note:

* Amount of **Water or ice** would be determined by desired consistency and amount of protein powder, if used.

****Avocado** (1 med-California) contributes significant: Calories 308, Fat: 30 gm., and Protein: 4 gm.

The fat however is primarily healthy MONO-saturated and contains omega 3 & 6 fatty acids. Avocado also has Vitamin A, Calcium, Iron and 1/3 the daily requirement of Vitamin C.

*** **Liquid egg whites**, which are pasteurized, are safe to use in this uncooked recipe. They contain 30 calories per ¼ cup, 6 gm. Protein, NO Fat, and 1 gm. Carbohydrate.

Due to the variety of this recipe, it is **not possible to accurately calculate nutrient and calorie levels**. However, all of these foods are among the most nutrient dense. Many are considered Superfoods, so use with confidence, availability & to your tolerance. Watch your portion size.

A 12 ounce portion contains a minimum average of 120 calories and can range up to 400 calories.

Vegetables listed average 15-35 calories per amount listed (except avocado), 3 gm. fiber, antioxidants, iron and 50-200-mg. calcium.

Fruits listed average 40-120 calories per amount listed, have fiber, antioxidants and phytonutrients.

Liquids and proteins vary so check Nutrition Facts Labels.

Oils contain 120 calories per Tablespoon.