

Smoothie Information

The link below is really good.

<http://meghantelpnerblog.com/green-cleanse/>

Here are a couple of other links that are good and free...

<http://www.greensmoothiegirl.com/>

<http://www.incrediblesmoothies.com/>

Here is an article about green smoothies:

<http://dawnbalusik.wordpress.com/2011/01/22/the-goodness-of-green-smoothies/>

Here are some additional recipes:

Green Smoothie Recipes

(vegan, gluten-free)

Please read the Green Smoothie post if you haven't already. It will give you a basic understanding of why Green Smoothies are so beneficial. Use these recipes to try a variety of smoothie possibilities, and develop some of your own favorites:

Lemon-Kale Love Your Liver: (tart and spicy!)

- 1 banana
- 1/2 lemon (peeled and seeded)
- 1/2 lime (peeled and seeded)
- 1 orange (peeled and seeded)
- 2 large handfuls spinach
- 2 large handfuls kale
- 1 cup water
- 1 inch fresh ginger, peeled (or 1/4 tsp. dried ginger)

Tropical Twist: (refreshing and nutritious)

6 romaine lettuce leaves
1 handful kale or spinach
1 handful parsley
3/4 cup pineapple (fresh or frozen)
3/4 cup mango (fresh or frozen)
1 inch fresh ginger, peeled
2 cups water

Ain't Your Grandma's Apple Pie: (new twist on an old favorite)

2 apples, cores removed
2 handfuls kale, spinach or other greens
1/4 cup raisins
1/8 cup almonds (about 6 to 8 almonds)
1 tsp. hemp seeds or chia seeds
1 tsp. cinnamon
1 tsp. apple pie spice or sprinkle of cloves
1 cup water

Grapefruit Detox Surprise: (the surprise is how creamy this is without banana!)

1 pink or red grapefruit, with white fuzz (peeled and seeded)
1 orange, with white fuzz (peeled and seeded)
2 large handfuls spinach
1/2 to 1 cup pineapple chunks (fresh or frozen), or 1 apple with skin.
1/2 cup water
1/4 tsp. ginger powder, or 1 inch slice of fresh ginger, peeled.

Chocolate Decadence: (Quells your worst chocolate cravings!)

3 large handfuls spinach, romaine or leaf lettuce
1 apple, core removed
1 cup almond milk
2 Tbsp. cacao powder (raw, if you can get it), or carob powder (if you prefer).
2 Tbsp. raw hemp seeds or raw cashews, or 1/2 avocado
2 to 4 dried dates (pits removed; soaked in water for at least 1 hour).

(Optional Additions to Chocolate Decadence:

1. Add 2 Tbsp. natural almond or peanut butter for a "Reese's Cup" version.
2. Add 2 to 4 drops peppermint extract for a "peppermint patty" version.
3. Add 1/2 cup cherries for a "chocolate covered cherries" version.
4. Add 1 banana for a "chocolate covered banana" version.)

Parsley Tea:

Ingredients:

1 large handful of parsley
2 large stalks of celery
2 carrots (green tops removed)
1 cucumber
1/2 a lemon (no peel)

Instructions:

Wash and cut your above ingredients to fit into your juicer.
Run through juicer
Serve over ice (or simply straight into a glass) and enjoy immediately!
Store any remaining juice in an air-tight container to maintain shelf-life.

Another Parsley Tea Recipe

Making Parsley herbal tea is quite easy. Harvest your parsley or use organic parsley and follow these instructions:

1 teaspoon parsley - dried or 2 teaspoons fresh parsley
8 ounces of boiled water
Steep the parsley tea for up to 10 minutes. Your tea will take on a vibrant green color and is ready to drink. You can also use the parsley herbal tea to flavor dishes such as rice and potato dishes.