



Enjoy these as a summertime treat or meal throughout any day, to add more delicious greens and fiber to your regimen! Here are a few other favorite recipes for more Green Smoothies!

ORIGINAL RAW FAMILY SMOOTHIE IMPROVED

Victoria Bouteno Yields 2 quarts

- 1 pint strawberries (fresh or frozen)
- 2 ripe bananas
- ½ avocado
- 2 cups water
- 4-6 leaves dinosaur kale

WINTER GREEN SMOOTHIE

Victoria Bouteno – Yields 2 quarts

- 1 cup organic frozen berries (any kind)
- 2 cups fresh spinach
- 2 cups water
- ¼ inch fresh gingerroot

TROPICAL GREEN SMOOTHIE

Janice Snow – Yields 2 quarts

- 2 cups spinach
- 1 mango
- 1 banana
- 1 cup pineapple chunks
- 1 cup water

GREEN SMOOTHIE MONSTER

Victoria Boutenko – Yields 2 quarts

- 4 leaves kale
- 4 leaves chard
- ½ bunch dandelion greens
- 3 pears
- 1 banana
- 3 cups water