

## ***Centre for Healthy Living Green Smoothies***

### **Collard Green Minty-Lemon Smoothie**

2 bunches collard greens  
1/2 cup mint leaves  
1/4 cup lemon juice  
1 apple  
1 Asian pear  
1 bartlett pear  
1 cup fresh pineapple  
2 frozen banana  
1/2 tsp. maca powder  
1 tsp. agave nectar  
2 1/2 cup water

### **Swiss Chard-Pineapple Kiwi Smoothie**

3 Swiss chard leaves (stems removed)  
1 cup fresh pineapple  
1/2 cup fresh mint  
3 kiwi  
2 gala apples  
1 small bartlett pear  
1 tbsp. chia seeds (optional)  
2 cups water

*Optional:* The chia seeds will help keep your electrolytes in balance in case you are dancing this Christmas until you drop! If re-blending next day, add ice cubes or water.

## **Minty Pineapple-Mango Spinach Smoothie**

2 bunches spinach  
1 bunch mint leaves  
½ peeled cucumber  
1 cup fresh pineapple  
1 cup mango  
2 pears  
2 cups water

*Optional:* 1 oz. sprouted barley grass juice for energy boost! Health food stores carry this in their freezer.

## **Apple-Kale-Lemon**

4-5 gala or granny smith apples  
¼ cup lemon juice  
5 leaves of organic kale (remove stems)  
2 cups water

*Optional:* 1 tbsp. gogi berries.

## **Dandelion Banana-Pineapple Smoothie**

1 large stem dandelion leaves (cut stems off)  
2 cups pineapple with 2 extra cores\*  
2 bananas (may add 3<sup>rd</sup> banana if sweetness desired)  
1 lemon (juice only)  
1 tbsp chia seeds  
1 ½ cup water plus ice cubes

*Optional:* add pineapple cores and then taste test again. Note that the cores provide very valuable soluble fibre.

## **Lemon Balm Swiss Chard Tropical**

2 bunches Swiss Chard  
1 handful of Lemon Balm  
1 handful mixed greens (arugula, beet greens, parsley)  
1 cup mango  
1 cup pineapple  
1 Asian pear  
1 banana  
½ lemon (juice only)  
2 cups water

*Note:* Asian pears are sometimes called Korean pears. They are a very light, fresh-tasting version of a pear.

## **Lemon Balm Arugula Chicory Smoothie**

2 bunches Arugula & Chicory mixture  
1 bunch Spinach  
1 handful of Lemon Balm  
½ peeled cucumber  
2 cups pineapple  
3 gala apples  
2 tbsp gogi berries  
2 cups water

Arugula is sometimes found in the herb section of the grocery store (as if classified as a spice) and other times it will be with the lettuce bunches.

Lemon balm will be found with the spicy herbals like sage, basil and mint.