

30 Green Smoothie Recipes to Boost Your Health Today!

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Healthy green smoothie recipes



Short on time but still want to sneak plenty of healthy foods into your day? Then these green smoothie recipes are your answer!

It seems that no matter what your ailment is (low energy, headaches, muscle and joint pain, or easing menstrual cramps) green smoothies are your solution for all of these problems and more.

Making a green smoothie is one of the fastest ways to get an array of healthy ingredients into one meal, with little preparation or cleanup required. While a power blender will give you the best results in terms of breaking down the vegetables that these green, [healthy smoothie recipes](#) call for, making them silky smooth and hardly detectable in terms of texture, any blender will do.

The sky is truly the limit when it comes to the possibilities of different ingredient combinations, but here is a list of some of the most delicious green smoothie recipes that can be enjoyed any time of day for a quick breakfast, light lunch or as a filling snack.

[IMPORTANT NOTE: For all of these green smoothie recipes, if you are going to add any additional sweeteners, it's best to use [sugar substitutes](#) like raw honey (which works very well in green smoothie recipes). Also, use [coconut milk](#), almond milk, kefir, or organic grass-fed goat milk and yogurt in place of regular cow's milk and yogurt.]

Healthy green smoothie recipes

1. Brain-Boosting Smoothie

The avocado in this recipe is [considered](#) a true “brain booster” because of its healthy fats and wide range of nutrients that help improve concentration, memory and mood. The creamy, blended avocado gives this green smoothie plenty of filling essential fatty acids, plus loads of other health benefits, too, like vitamins A, E, K, B and C.

Plus it has plenty of fiber too.

On top of all this, this green smoothie recipe contains an array of important trace minerals, like magnesium, potassium, iron and copper. What better way to start before a busy day of decision-making and hard work?



Photo: Brain-Boosting Smoothie / Dr. Axe

2. Gut-Healing Smoothie

If you're looking for green smoothie recipes that are good for your gut health, this gut-healing smoothie should be on your list. The kale, spinach and avocado provide the green that puts this on the green smoothie recipes list, but those are far from the only gut-friendly ingredients.

This one also includes banana, ginger, bee pollen, hemp hearts and honey, along with seeds of your choice (chia or flax). Go with coconut or almond milk as the base, and use collagen protein powder or whey protein powder for an added nutritional punch.

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3. Asian Pear, Basil and Lemon Juice Smoothie

While apples are one of the most popular ingredients in green smoothie recipes (especially tart green apples), don't forget about how nutritious pears can be, too! This particular recipe uses Asian pears, but any pear will make a nice addition to your smoothie, adding bulk, fiber and important vitamins.

Pears, lemon and basil make a unique flavor combination that is a nice change to your usual green smoothie recipes. The lemon helps add some vitamin C and has an immune-boosting and anti-inflammatory effect on the body.

In fact, subbing out regular lemon juice for a touch of lemon essential oil would make this smoothie even more beneficial. Basil is an herb that is actually packed with antioxidants too; plus it adds a bit of a surprising flavor kick to this smoothie.



Photo: Asian Pear, Basil, and Lemon Juice Smoothie / Umami Girl

4. Avocado Green Tea Smoothie

The creator of this smoothie loves this particular green smoothie recipe because it's low-carb but high in protein and still has the creamy element she was looking for. Green tea, one of the star ingredients here, is loaded with antioxidants and can help every ailment from poor concentration to widespread inflammation.

Using green tea in a smoothie is a fantastic way to add even more antioxidants to any green smoothie recipe, juice or other beverage. Green tea has a particular kind of polyphenol compound called catechins, a type of antioxidant found in superfoods like cocoa and apples.

For this particular recipe, remember to use organic, grass-fed yogurt and coconut palm sugar or honey in order to get the most nutrients out of your smoothie.



Photo: Avocado Green tea Smoothie / All Day I Dream About Food

5. Coconut Green Smoothie

Coconut helps boost brain health, keep a healthy metabolism running strongly, balance cholesterol levels, boost hormonal health and more. This makes it an awesome addition to any green smoothie recipes.

This coconut smoothie also features protein-rich Greek yogurt (look for grass-fed and organic brands, but be aware that goat milk yogurt is best) along with filling and nutritious coconut milk. Look for coconut milk that is free of chemicals and additives (ideally the organic kinds that can be found in BPA-free cans), or consider using a fresh young coconut and adding your own fresh coconut water, milk and coconut “meat.”



Photo: Coconut Green Smoothie/ Two Peas and Their Pod

6. “Green Monster” Ice Pops and Smoothie Bowl

When a standard green smoothie, served in a tall glass with a straw, just doesn't seem like enough for you, why not make it into a whole green smoothie bowl, like those popular acai bowls!

Make a double batch of any of your favorite green smoothie recipes (like this one, which uses spinach, mango and banana), and then serve it the same way you would a bowl of oatmeal: with plenty of healthy toppings added, like coconut flakes, cocoa nips, cinnamon or homemade grain-free granola.

To make green smoothie recipes more appealing to your children, try freezing your favorite smoothies into ice pops and serving them as healthy snacks or dessert.



Photo: Green Monster Ice Pops and Smoothie Bowl / Healthy Nibbles and Bits

7. Green Beastie Smoothie

The star greens in this one are spinach and spirulina, while the other ingredients include mango, avocado, cocoa powder and water. It makes for a tasty combo bursting with immune-boosting effects.

8. Cilantro Ginger Smoothie

Cilantro and ginger are both excellent ingredients to add to your green smoothie recipes for their powerful detoxifying effects. Cilantro, like other leafy greens, has the ability to help clean the blood and boost immunity.

Ginger has long been used as a natural digestive aid around the world. Skip the ginger ale, and reach for this refreshing and stomach-soothing recipe next time you need an immunity boost or some digestive relief.

If cilantro isn't your thing, try using fresh mint or other beneficial herbs instead.



Photo: Cilantro Ginger Smoothie / Dr. Axe

9. Superfood Morning Smoothie

One of the keys to a good breakfast green smoothie recipe is using ingredients that will keep you full for a good amount of time after drinking them so you aren't reaching for unhealthy snacks or feeling low in energy before lunch even rolls around.

This recipe fits the bill, with the additions of important fatty-acids from [flaxseed oil](#) and almond butter. Greens are included for even more energizing vitamins plus fiber, which both help satisfy you until your next meal.



10. Detox Smoothie

This green smoothie recipe combines spinach, matcha green tea powder, carrots and apple to create a gut-healthy, detoxifying drink that's great for preventing bloat.

11. Kale and Grape Shake

Kale is often called the “king of vegetables” due to its extremely high nutrient content. It seems that no matter what help you're looking for when it comes to your health, kale is your answer!

Kale is a great source of vitamins A, C and K, as well as manganese, copper, potassium and much more. If you are not a fan of eating kale salads or other forms of kale, consider adding it a smoothie instead.

When you combine kale with other healthy ingredients, like red grapes, the taste becomes much less noticeable, but you still get all the vitamins, minerals and fiber that you're looking for.

12. Tropical Green Smoothie

This yummy smoothie will remind you of being away on vacation and sipping a cold drink poolside, thanks its tropical ingredients: pineapple, mango, vanilla and banana. Tropical fruits are great for athletes as snacks prior to exercising because of their quick-acting sugars.

Bananas in particular are a great source of potassium, magnesium and electrolytes, making them especially useful for those who are very active and people who are training hard for endurance competitions. Adding tropical fruits to a green smoothie is usually one of the best ways to get children to drink some too, since the tastes of things like pineapple and banana cancel out any bitterness from the greens.



Photo: Tropical Green Smoothie / Averie Cooks

13. Four-Ingredient Green Smoothie

This straightforward smoothie is one that you can always be prepared to make, even when time and groceries are tight. As the name tells you, it only contains four basic ingredients: dates, banana, almond milk and spinach.

Spinach is a leafy green that is packed with more benefits than can be listed here! To give you an idea of a few, it contains certain beneficial steroids called phytoecdysteroids, which are helpful in balancing blood sugar and reducing the impact of insulin (sometimes called the “fat-storing hormone”).

Spinach also helps purify blood thanks to its high level of chlorophyll and is a great source of antioxidants, copper, zinc, selenium and more.



Photo: Four-Ingredient Green Smoothie / Pinch of Yum

14. Mango Matcha Smoothie

Matcha is a powdered form of concentrated green tea that contains loads of health benefits. Green tea leaves, which are ground to make matcha powder, are extremely rich in antioxidants, which help your body fight free radicals, ward off cellular damage and slow to aging process.

Matcha powder is also a fantastic source of many vitamins, including vitamin A, B1, B2, B6, C, E and K, as well as many more trace minerals.

Another benefit of adding green matcha powder to your smoothie? It's rich in fiber, which helps regulate digestion, prevent constipation and make you feel full after your done drinking your smoothie.

Matcha and mango make a great combination, with a perfect balance of sweet and slightly bitter tastes.



Photo: Mango Matcha Smoothie / The Roasted Root

15. Green “Lactation” Smoothie

This green smoothie recipe is one that you should pass along to any pregnant woman or new mom in your life. You know mom is in need of some fast, nutrient-dense recipes!

This pregnancy diet-friendly recipe combines hemp seeds, dates and coconuts to create the ultra-filling and super-healthy combination, filled with essential fatty acids, trace minerals and protein, too.

Hemp seeds are a great source of important omega-3 fatty acids, which help with brain function, metabolism and keeping a positive mood. The greens in this recipe are high in phytoestrogens, which promote healthy breast tissue and lactation.



Photo: Green Lactation Smoothie / Detoxinista

16. Green Smoothie with Mango, Coconut, Pineapple

This green smoothie is more than just your typical tropical-tasting drink. It also contains one of my favorite superfoods: maca.

Maca is a powdered superfood that has been consumed for thousands of years in places like South America for its various benefits related to regulating hormones, increasing energy, improving athletic performance and recovery from training, and much more.

Tropical fruits are great additions to any healthy diet for their ability to help prevent cancer.

Pineapple in particular contains special compounds that have been linked to a reduced risk for certain cancers; plus pineapple just tastes great in everything!



Photo: Green Smoothie with Mango, Coconut, Pineapple / In Simone's Kitchen

17. Super Kale and Cashew Shake

Of course, the kale in the green smoothie recipe is great, but the cashews are what's really exciting about this one. Cashews and all nuts are excellent sources of healthy fats and play a part in helping keep numerous body systems functioning properly.

They help balance cholesterol levels and boost heart health, aid in nutrient absorption (thanks to their essential fatty acids, which fat-soluble vitamins must be eaten with for the most benefits to occur), help keep blood sugar levels balanced, and they contain protein and fiber that make this smoothie more satisfying.



Photo: Super Kale and Cashew Shake / One Ingredient Chef

18. Super Green Kiwi Smoothie

With ingredients like kiwi, pear and kale, this simple but “super” smoothie is filled with flavor and nutrients, too. Kiwi is one of the top sources of vitamin C, which boosts immunity and acts as a powerful antioxidant.

The author of this green smoothie recipe recommends smoothies for new moms who are busy and in need of a filling but fast breakfast.



Photo: Super Green Kiwi Smoothie / Edible Perspective

19. Keto Smoothie Recipe with Avocado, Chia Seeds and Cacao

OK, so this isn't a green smoothie in the traditional sense, as the green comes from avocado, not leafy veggies. Still, it's a green smoothie recipe loaded with healthy fats and is keto-friendly.

20. Apple Ginger Green Smoothie

This yummy smoothie incorporates nutrition-rich spinach, known for its high levels of antioxidants, with inflammation-busting ginger for a fresh drink. The addition of flaxseeds adds a ton of fiber to this drink.

21. Banana Peach Green Smoothie

This fruity smoothie balances the flavor of spinach with grapes, peaches and a banana. Tossing in 3/4 cup of Greek yogurt (go with goat milk yogurt for more nutrition) adds extra protein, great for refueling after a workout.

You can add the suggested tablespoon of maple syrup to sweeten things up, but it tastes great without.



Photo: Banana Peach Green Smoothie / Everyday Good Thinking

22. Creamy Green Smoothie

Healthy fats, carbs, protein, tasty ... this drink has it all. It's super creamy without any dairy thanks to coconut water.

The smoothie tastes more like dessert than a healthy meal.



Photo: Creamy Green Smoothie / Lexi's Clean Kitchen

23. Refreshing Pineapple Smoothie with Cilantro

This energizing and refreshing pineapple smoothie will get your day off on the right foot. Pineapple and cilantro aid digestion, and coconut milk and coconut water provide immediate energy due to their medium-chain fatty acid content.

24. Energizing Green Smoothie Bowl

Why sip a smoothie when you can eat it from a bowl? This bowl is brimming with nutrients like matcha powder, which gives an incredible energy boost.

Top with your favorite ingredients like shredded coconut, chia seeds and honey for a much better alternative to a bowl of cereal.



Photo: Energizing Green Smoothie Bowl / The Glowing Fridge

25. Green Smoothie Pancakes

These aren't your mama's pancakes. No, these tasty little cakes add all your favorite smoothie ingredients (we're talking spinach, kale, bananas and even flax) into some of the healthiest pancakes around.

Use gluten-free pancake mix to keep these Paleo-friendly and your favorite nut butter. Yum!



Photo: Green Smoothie Pancakes / Nosh and Nourish

26. Kid-Friendly Green Smoothie

Looking for a drink the children will love? Give them the Hulkbuster.

They'll love a smoothie that will make them big and strong like their favorite action heroes. You'll love the nutrients they'll get from two cups of leafy greens, yogurt and their favorite fruits.

It's a win-win!

27. Mint Chocolate Green Smoothie

You could serve this green smoothie as a dessert, and no one would be the wiser. That's how delicious it is.

Don't be put off by the avocado. It gives this drink a silky smooth texture and adds healthy fats without changing the taste.

Throw in a little peppermint extract, kale and vanilla protein powder, and you can say bye to those Girl Scout Thin Mints and hello to your new favorite "treat."

28. Pineapple Avocado Green Smoothie

With just four ingredients, there's no reason to miss out on this fruity green smoothie. Honey and pineapple chunks add just the right amount of sweetness, while two cups of spinach mean you'll get in almost double your recommended serving of bone-building vitamin K.

29. Snickerdoodle Green Smoothie

Craving snickerdoodles? Blend this smoothie instead.

Spinach, avocado and banana load it with vitamins and healthy nutrients, but adding a splash of vanilla extract and cinnamon means it tastes like your favorite cookies. Bottoms up!

30. Strawberry Pomegranate Green Smoothie

Not only is this smoothie gorgeous to look at, but it tastes great, too. Plus, it uses pomegranate seeds, a surefire way to help reduce arthritis and joint pain.

It's a great way to eat these flavorful little nutrient pods, and you can add them to other green smoothie recipes too.



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