



St. Patty's Day Smoothies

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<https://restorewellness.net/>





Banana Orange Green Smoothie

4 servings

5 minutes

Ingredients

- 4 Banana (medium, frozen)
- 2 Apple (medium, peeled and chopped)
- 4 cups Baby Spinach
- 2 cups Frozen Cauliflower
- 2 cups Orange Juice (freshly squeezed)
- 2 cups Water

Nutrition

Amount per serving	
Calories	232
Fat	1g
Carbs	57g
Fiber	9g
Sugar	35g
Protein	5g
Cholesterol	0mg
Sodium	46mg
Vitamin A	3195IU
Vitamin C	113mg
Calcium	82mg
Iron	2mg

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Spinach: Use kale instead.

No Frozen Cauliflower: Omit or use zucchini or more apple instead.

Orange Juice: Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.



Green Smoothie Bowl

4 servings

10 minutes

Ingredients

- 4 Banana (chopped and frozen)
- 8 cups Baby Spinach
- 3 cups Water
- 4 Ice Cubes
- 4 Kiwi (peeled and chopped)
- 1/4 cup Unsweetened Coconut Flakes
- 1/4 cup Slivered Almonds
- 1/4 cup Hemp Seeds

Directions

1

Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Nutrition

Amount per serving	
Calories	302
Fat	14g
Carbs	43g
Fiber	9g
Sugar	22g
Protein	9g
Cholesterol	0mg
Sodium	56mg
Vitamin A	5763IU
Vitamin C	91mg
Calcium	136mg
Iron	3mg



Green Pineapple Ginger Smoothie with Aloe

4 servings

5 minutes

Ingredients

4 cups Water
6 fl ozs Pure Aloe Juice
2 cups Kale Leaves (finely chopped)
2 2/3 tbsps Ginger (peeled and grated)
4 cups Frozen Pineapple (chunks)
2 Avocado (fresh or frozen)
16 Ice Cubes

Nutrition

Amount per serving	
Calories	252
Fat	15g
Carbs	32g
Fiber	10g
Sugar	17g
Protein	3g
Cholesterol	0mg
Sodium	56mg
Vitamin A	748IU
Vitamin C	99mg
Calcium	121mg
Iron	1mg

Directions

- 1 Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
- 2 Add remaining ingredients and blend until smooth. Serve immediately.

Notes

No Aloe Juice: Use fresh aloe leaf gel or coconut water instead.

Likes it Sweet: Add raw honey to taste.



Detox Green Smoothie

4 servings

10 minutes

Ingredients

8 cups Kale Leaves
 2 Cucumber (chopped)
 2 Lemon (juiced)
 4 Pear (peeled and chopped)
 2 tbsps Ginger (grated)
 2 tbsps Ground Flax Seed
 3 cups Water
 10 Ice Cubes

Nutrition

Amount per serving	
Calories	164
Fat	2g
Carbs	38g
Fiber	9g
Sugar	21g
Protein	4g
Cholesterol	0mg
Sodium	31mg
Vitamin A	2225IU
Vitamin C	61mg
Calcium	171mg
Iron	2mg

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

Notes

No Kale: Use spinach.

No Pear: Use apples.

Metabolism Boost: Add 1/4 tsp cayenne pepper.

Make it Sweeter: Add 1/2 cup frozen pineapple or mango.

More Protein: Add a scoop of protein powder or hemp seeds.



Coconut Matcha Smoothie

4 servings

5 minutes

Ingredients

- 1 1/3 cups Canned Coconut Milk (full fat, refrigerated overnight)
- 3 cups Unsweetened Almond Milk
- 4 Banana
- 4 cups Baby Spinach
- 1/4 cup Hemp Seeds
- 1 1/3 tbsps Green Tea Powder (matcha)

Nutrition

Amount per serving	
Calories	330
Fat	21g
Carbs	32g
Fiber	5g
Sugar	16g
Protein	7g
Cholesterol	0mg
Sodium	166mg
Vitamin A	3264IU
Vitamin C	19mg
Calcium	394mg
Iron	2mg

Directions

- 1 Place all ingredients together in a blender. Blend until smooth.
- 2 Divide between glasses. Top with any leftover coconut cream and enjoy!

Notes

No Coconut Milk: Replace coconut milk with more almond milk.

More Protein and Fibre: Add ground flax seed.