

Blender *Babes* **GREEN** Smoothie CHALLENGE



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HOW TO MAKE GREEN SMOOTHIES WITH A REGULAR BLENDER

Blender Babes recommends that you upgrade to one of two of the best high powered blenders on the market, however if upgrading is not likely right now, then follow this advice to help make smoother green smoothies when using a basic blender.

1. Always add the liquid first! Filtered water, coconut water, your favorite milk substitutes, organic milk, or juice are the top choices Blender Babes recommends. By adding liquids first, your blender can better produce a “vortex” that will pull fruit and leafy greens into the blades and more easily blend your smoothie ingredients. For leafy greens & veggies, or lots of frozen fruit – start with at least 12 to 16 ounces of liquid.

2. Chop & dice your fruit and vegetables first with a sharp knife, including shredding the greens. The less powerful your blender is, the finer you will need to chop your ingredients (a MINIMUM of 1 inch pieces, preferably smaller if you blender is around 300 watts).

- Note that with a Blendtec or Vitamix blender, it's mostly unnecessary to chop things up and saves you A TON of time.

3. Add fruit next (fresh only. Frozen goes last with ice). When you make a green smoothie, make sure to add the fruit before the greens. (Also if you plan to use yogurt, add it after the fruit and before the greens.)

4. Make use of the pulse button if there is one before starting to blend. The pulse feature further chops/ breaks up the ingredients which will help to get things going. It may also help dislodge pieces of fruit that may get stuck in the blades.

5. Using different blending speeds more easily blends the fruit and greens in a green smoothie. After pulsing, start blending on low, then increase to high after 20 to 30 seconds. If you still find you need to push ingredients down or around, make sure to stop the machine first and then again start from low to high. NOW add your greens in small batches, then add ice and follow the low to high instructions. Adding extra liquid is also recommended if your blender is still having a hard time with your green smoothie.



WEEK 1 SHOPPING LIST

LIQUIDS	FRUITS	GREENS/VEGGIES	EXTRAS
filtered water OR	bananas (3)	spinach (6 cups)	raw cashews
coconut water	pineapple (2 cups)	romaine (1 head)	medjool dates (4)
milk alternative	strawberries (4)	kale (1 cup)	raw cacao
acai juice (8oz)	blueberries (3 cups)	celery (3 stalks)	coconut flakes
yogurt (8oz)	red grapes (1 cup)	red cabbage (1 cup)	vanilla protein powder
	lemon (1)		chia seeds
	pear (1)		flax oil
	apple (1)		maca powder
			spirulina powder
			flaxseed



Red Grape Heart Healthy Green Smoothie

A great morning smoothie filled with natural energy and great taste.

Ingredients

Serves 2

- 1 cup red seeded grapes (organic)
- 2 cups baby spinach (organic)
- 1 banana
- 1 tablespoon chia seeds (optional)
- 1 cup ice

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Pineapple Ice Cream Green Smoothie

Smoothie is so mouth watering and it tastes just like pineapple ice cream!

Ingredients

Serves 2

- 1 cup (8oz) coconut water or milk, or filtered water
- 1/2 to 1 cup kale leaves (2 to 3 large leaves)
- 2 cups ripe pineapple, fresh or frozen
- 1 bananas – fresh or frozen
- 1/8 cup raw cashews (or hazelnuts)
- 2 pitted dates (or more depending on fruit ripeness)
- 1/8 cup dried unsweetened coconut (optional)
- 1/4 cup vanilla protein powder (optional)
- Pinch of (Celtic) salt
- 1 cup ice (if using fresh fruit)

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Dr Oz Detox Favorite Green Smoothie

Replenish your body by packing in 5 essential greens.

Ingredients

Serves 2

- 1 cup almond milk or your favorite milk substitute
- 3 cups spinach
- 1 cup fresh or frozen blueberries (or raspberries, blackberries, mangoes, papaya)
- 1 tablespoon flax oil
- 1 tablespoon maca powder (optional)
- 1 tablespoon spirulina or e3live (optional)
- 2 heaping tablespoons plant-based protein powder
- 2 dates or a few drops of Stevia to taste

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



ACAI Cancer Fighting Smoothie

This cancer fighting, super nutritious smoothie is perfect for breakfast.

Ingredients

Serves 2
4 ounces acai juice
1 container of berry yogurt (non fat) or vegan coconut yogurt"
1/2 cup red cabbage
1 banana
4 strawberries
1 cup ice

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Dr Fuhrman Chocolate Green Smoothie

This makes a seriously yummy green smoothie.

Ingredients

Serves 2

- 1/2 cup your favorite milk substitute
- 1/2 cup acai or pomegranate juice (or more milk)
- 5 ounces baby spinach, organic (about 4 cups packed)
- 1 banana, medium, peeled
- 1 tablespoon cacao powder, raw
- 1 tablespoon flaxseed
- 2 cups blueberries, frozen
- Ice (if using all fresh fruit)

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Kimberly Snyder's Glowing Green Smoothie

Favorite go-to green smoothie recipes of all time.

Ingredients

Serves 2

12 to 16 ounces filtered water

1 head Romaine lettuce

1 cup spinach

3 celery stalks

1 apple (cored)

1 pear (cored)

1 banana

Juice 1/2 lemon

1 cup ice

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!

WEEK 2 SHOPPING LIST

GREEN
Smoothie
CHALLENGE

LIQUIDS	FRUITS	GREENS/VEGGIES	EXTRAS
filtered water OR	bananas (3)	spinach (5-7 cups)	ginger
coconut water	pineapple (2-3 cups)	kale (4-6 cups)	cinnamon
milk alternative	limes (~8)	celery (1 stalk)	liquid stevia
yogurt (1/2 cup)	blueberries (1-2 cups)	cucumber (1/2)	vanilla
	orange (1)	parsley (1/2 cup)	medjool dates
	lemon (1)	mint (1/2 cup)	nut butter
	mango (1-2 cups)	carrot (1)	
	apple (2)		
	avocado (1)		



Wendy's Super Green Avocado

Avocado provides lots of beautifying healthy fats.

Ingredients

Serves 2

- 1 cup (8 ounces) of your favorite milk substitute (sweetened or non-sweetened)
- 2 cups spinach
- 1/2 of a avocado
- 1 green apple, cored & halved
- 1 cup fresh or frozen mango and/or pineapple
- 1/2 teaspoon ginger (optional)
- 2 cups ice (less if using frozen fruit)

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Blueberry Glow Green Smoothie

Favorite go-to green smoothie recipes of all time.

Ingredients

Serves 2

1 cup (8ounces) coconut water or coconut milk or other milk substitute (unsweetened)

2 Cups Kale or Spinach

1 1/2 cups fresh or frozen blueberries

1 fresh or frozen banana

1/8 teaspoon cinnamon

2 to 5 drops of Stevia (or other sweetener)

1 cup ice (if using fresh fruit)

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Coconut Mango and Lime Green Smoothie

An enjoyable way to consume a LOT of kale!

Ingredients

Serves 2

8 ounces of unsweetened coconut milk or your favorite milk substitute

1 mango, peeled and pitted

1/2 lime, peeled

1 frozen banana

1 cup pineapple

3 cups kale

1 cup ice (if using fresh banana)

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!

WHY IT'S IMPORTANT TO **ROTATE YOUR GREENS**

Leafy green veggies contain small quantities of alkaloids as well as other phytotoxins like oxalates, goitrogens, arsenic, and opium as a way to “warn” the unwelcome grazers in the fields to move on to another plant family before eating it all up. By eating the same type of green all the time, these alkaloids can build up and become toxic to your body.

The simple solution: **ROTATE YOUR GREENS!** Throughout the week, make sure to use a variety of leafy greens in your green

smoothies- such as kale, spinach, romaine, herbs and carrot tops. Try not to sweat rotating your greens too much.

How often should you rotate your greens? There are a number of leafy greens families. The leafy greens in each family have similar “DNA,” each including their own minor level of toxins. By rotating family types of leafy greens you’re not only preventing a toxic build-up, you are also feeding your body a variety of nutrients that you’d otherwise be

missing out on! You can rotate your greens however it’s convenient. Some people use a different type of green each day, while others put a variety of greens in each green smoothie. We recommend a minimum of 2 types of greens from different families rotated throughout the week. The following week rotate to 2 other types of greens from a different family than the previous week.

Some of our favorite greens, separated by family type.





Vegan Vanilla Lime Green Smoothie

Green, probiotic, and delicious!

Ingredients

Serves 2

- 1/2 cup your favorite milk substitute
- 1/2 cup unsweetened plain soy/coconut yogurt (or regular for non vegan)
- 1 cup kale leaves, packed
- 1 teaspoon vanilla
- 2 dates, pitted
- 2 tablespoons fresh lime juice
- 1 banana, best frozen
- 1/2 to 1 cup ice

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Dr Oz NEW Green Smoothie

We love the combination of pineapple and apple.

Ingredients

Serves 2

12oz/1 1/2 cups filtered water	1/2 cup carrot (1 small carrot)
or coconut water	1 apple, cored
1 cups spinach	1/2 cup pineapple
1/2 cucumber	1/4 cup orange
1 celery stalk	1/4 lime
1/2 cup parsley	1/4 lemon
1/2 cup mint	1 cup ice

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Key Lime Pie Green Smoothie

Dessert-like key lime pie green smoothie

Ingredients

Serves 2

2 tablespoons key lime juice (about 4 limes)

1 teaspoon key lime zest (about 2 limes)

1 cup unsweetened non-dairy milk

1 ripe frozen banana

1/4 teaspoon alcohol-free vanilla extract

2 drops liquid Stevia or 1 tablespoon ground xylitol or 1 pitted medjool date

1 tablespoon sunflower butter (nut free) OR peanut butter

2 cups organic baby spinach

4 ice cubes

Gluten-free graham cracker pieces (optional for garnish)

Instructions

1. Place all ingredients except for gluten-free graham crackers in the order listed to your jar.
2. Blend Until Smooth.
3. Garnish with gluten-free graham crackers & Enjoy!

WEEK 3 SHOPPING LIST

GREEN
Smoothie
CHALLENGE

LIQUIDS	FRUITS	GREENS/VEGGIES	EXTRAS
filtered water OR	bananas (4)	spinach (3-4 cups)	coconut oil
coconut water	orange (1)	kale (2 cups)	ginger
milk alternative	limes (1-2)	parsley (1/2 cup)	honey
yogurt (1 1/2 cups)	cherries (1 cup)		vanilla
			protein powder
			raw cacao
			medjool dates (2)
			mint essential oil OR extract
			stevia



Pistachio Ice Cream Kale Shake

JUST like a milkshake!

Ingredients

Serves 2

- 1/2 cup (4oz) of milk substitute or filtered water
- 1 cup kale leaves (about 3 large leaves)
- 2 bananas – fresh or frozen
- 1/2 cup pistachios, hazelnuts, or raw cashews
- 3 tablespoons honey or 1/4 cup raw pitted dates (chopped)
- 1 teaspoon vanilla extract
- 1/2 teaspoon finely minced ginger
- Pinch of salt
- 2 cups ice (1 cup of ice if using frozen bananas)

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Dr. Oz Berries and Greens Smoothie

Easy Berries & Greens Breakfast Smoothie

Ingredients

Serves 2

2 cups coconut milk (or other non dairy milk/substitute)

1 cup fresh or frozen berries (blueberries, raspberries, etc.)

1 to 2 cups of spinach

1 tablespoon coconut oil

2 tablespoons plant-based protein powder

2 cups ice (less if using frozen fruit)

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Orange and Banana Green Smoothie

Delightfully versatile orange and banana green smoothie.

Ingredients

Serves 2

1 cup water

1/2 cup curly parsley

1 whole orange, peeled and halved

1 banana, fresh or frozen

1 scoop vanilla protein powder or sport protein (optional)

1 cup Greek yogurt (optional)

1 cup ice

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!



Vegan Cake Batter Green Protein Smoothie

Easy Berries & Greens Breakfast Smoothie.

Ingredients

Serves 2

1/2 cup coconut water 3/4 cup vegan yogurt OR
unsweetened plain yogurt (non vegan version)
2 cups spinach
1 scoop of VegaOne vanilla chai OR vanilla plant-based
protein (with 1 tsp homemade chai* – see notes)
1-2 tablespoons chia seeds
1 banana (fresh or frozen)
1 cup ice (1/2 cup if using frozen banana)

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy



Bobbi Brown's Chocolate Coconut Kale Shake

A chocolate green smoothie that is truly rich, decadent, and delicious.

Ingredients

Serves 2

- 1 cup coconut milk or your favorite milk substitute
- 2 tablespoons raw cacao
- 2 scoops chocolate, plant-based protein powder*
- 2 dates, pitted
- 1 frozen banana
- 1 cup fresh or frozen cherries
- 1 cup kale
- 1/2 cup ice

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!

*If you don't have chocolate protein powder, feel free to use vanilla and add an additional 1 tbsp of cacao to keep the deep chocolate flavor if desired!



Slimmed Down Shamrock Shake

McCafe Shamrock Shake, but HEALTHIER.

Ingredients

Serves 2

- 1/2 cup milk substitute (unsweetened or vanilla)
- 1 frozen banana, sliced
- 2 drops mint essential oil OR 1/4 teaspoon mint extract OR 1/2 cup fresh mint leaves
- 1 teaspoon vanilla extract (if using plain milk and/or protein powder)
- 1/2 teaspoon Stevia powder (1 packet) or a few drops of liquid Stevia
- 1 cup spinach
- 1 scoop VegaOne Vanilla Protein Powder
- 1 cup ice*
- Whipped cream (optional, to garnish)

Instructions

1. Place Ingredients in the Jar in the Order Listed.
2. Blend Until Smooth. Enjoy!

*For an even creamier texture and another 100 calories, sub the ice for another frozen banana.

GREEN Smoothie CHALLENGE

BENEFITS of Our Delicious Green Smoothie Challenge:

Re-set your body by filling nutritional voids and creating new expectations. You will actually start to crave the magical healing fruits & veggies that might be finish in the beginning! ALL of the healing, anti-inflammatory micro-nutrients in whole foods is kept when you make Green Smoothies – unlike traditional juicing, which removes the fiber and a lot of the most nutritious parts of the food – rind, peel, seeds, etc. – to encourage maximum bioavailability for your body to absorb every last little bit of nutrition.

HEALTHY weight loss and less bloat. Whatever your health goals are, by drinking daily green smoothies you will most likely experience weight loss.

For those that replaced 1 meal per day with a green smoothie, 90% of participants lost between 5 and 15 pounds. Those that used green smoothies with the goal of adding more fruits & veggies lost up to 5 pounds.

Make sure that you get several servings of both fruits AND vegetables, every single day, whether you “eat clean” or not. We know — it’s HARD to completely overhaul your diet. One green smoothie per day is ONE change we know you can commit to! It will make a HUGE difference in your energy levels and overall health. Did you know the average American gets 2 servings of fruits & veggies per day – and that’s counting fresh fries and ketchup! We’re here to make sure that you get 5 to 10 servings per day!

Promote better digestion and elimination. Trust us on this one — you’ll definitely be feeling even better than regular after making green smoothies a daily routine. And don’t worry about spending too much time in the bathroom – unlike a restrictive Green Smoothie Diet, just ONE smoothie a day won’t inspire any hyper-activity in your lower GI.

Strengthen your skin, hair, and nails. A vast majority of participants in our cleanses say that this is what they notice first: brighter and clearer skin. Over time, you’ll notice your nails and hair will be thicker and stronger, too! This is just one result of the hydrating and nourishing properties of Green Smoothies.

Make you happy — for real. Everything about Green Smoothies should serve to make you smile. They taste great, satiate, and actually boost your mood by

providing your body with easy to digest, raw, whole foods. We were pleased to find out that a large majority of our Green Smoothie Challenge participants reported a boost in mood AND energy levels within the first couple of days!

Help you get the most out of your blender – no matter what blender you have. By using this machine EVERY DAY, you’re definitely getting the most out of your investment. And learning more about how your blender works will prepare you for more complicated blender recipes and eventually, not using a recipe at all (You’ll be a Blender Babe PRO!). Once you get familiarized with Green Smoothies, you’ll be able to make them with whatever you’ve got in the fridge.

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