



# SIMPLY LIVING RAW

Radiant Authentic Well

## SIMPLE AND DELICIOUS SMOOTHIES

Why smoothies? Like raw soups and salads, smoothies provide another way to include or increase greens in your diet. Greens have nutrients that are not found in other plant foods. Arguably, the most important being chlorophyll. **It is difficult to find a better way of consuming an adequate amount of chlorophyll than drinking green smoothies.** Ideally, smoothies should be 75% greens (which includes herbs). Initially, this ratio, may be more like 50% greens and 50% fruit as many people, find the taste of greens unappetizing. The recipes provided are for the most part made with mild leafy greens, are versatile, and are a good base for creating your own recipes, simply by substituting greens, herbs or fruit or adding to the base more greens and little more fruit. The possibilities are endless!

It is recommended that you use organic ingredients to increase the vitamins and minerals of your food and decrease your exposure to pesticides, herbicides, genetically modified food, and other toxins.

### **Mango Green**

Water (as necessary)\*  
3-4 cups mango  
1 ½ cups parsley  
1 cup romaine lettuce

Blend all ingredients until smooth. \*Add a small amount of water to achieve the desired consistency.

Option: substitute pineapple, persimmons, or papaya for the mango. Add a little fresh lime juice.

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### **Banana Spinach**

Water (as necessary)\*  
4 bananas  
2-3 handfuls of spinach  
1 handful of cilantro or mint

Blend all ingredients until smooth. \*Add a small amount of water to achieve the desired consistency.

Option: Substitute one or two frozen bananas for one or two fresh bananas. Add a little fresh ginger.

### **Peachy Green**

3 medium bananas  
2 peaches peeled and pitted  
8 large romaine leaves (or any leafy green lettuce)

Blend all ingredients with little to no water for a thick delicious smoothie.

### **Strawberry Green**

Water (as necessary)\*  
1 pint strawberries  
3 medium bananas  
2 handfuls of spinach

Blend all ingredients until smooth. \*Add a small amount of water to achieve the desired consistency.

Option: Substitute ripe sweet blueberries for strawberries. Add a handful of your favorite herb (mint, cilantro, parsley). Substitute Swiss chard or kale for spinach.



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**Banana Celery (After workout smoothie)**

Water (as necessary)\*  
2-3 bananas  
1 stalk of celery

Blend all ingredients until smooth. \*Add a small amount of water to achieve the desired consistency.

Option: Add a handful of mint.