



I ♥ Green Smoothies

Your Guide to Becoming a
Green Machine

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Founders of the Conscious Cleanse

Welcome to the Conscious Cleanse Green Smoothie Guidebook!



We ♥ Green Smoothies!

Did you know that just one green smoothie a day could hands down completely change your life?

That's a pretty big claim but in the years of leading thousands of people through the **Conscious Cleanse**, we've witnessed it firsthand.

If you're new to the green smoothie revolution, let us start by explaining what this lawnmower-pulp-looking stuff is all about.

Simply stated, a green smoothie is a blended drink packed full of dark leafy greens and a few pieces of fruit.

The quintessential ingredient found in green smoothies is the dark leafy greens, which have been touted as nature's perfect food—known for strengthening the immune system and detoxifying the body (among other amazing things)!

Making dark leafy greens the center of your food universe is what becoming a green machine is all about! So welcome to the green smoothie tribe. We recognize each other by the stains on our shirts and the green moustache on our faces.

Get ready to unlock one of the keys to vibrant health!

With love and green smoothies,

Jo & Jules ♥



5 Reasons We Green Smoothies:



Dark leafy greens are high in calcium, magnesium, iron, potassium, phosphorous, zinc, and vitamins A, C, E, and K. They're loaded with fiber, folic acid, chlorophyll, and many other micronutrients and phytochemicals.

-  Green Smoothies are nature's fast food and take less than five minutes to whip up.
-  Green Smoothies lead to more healthy choices. When you start your day off right you're more likely to make healthier choices later on in the day.
-  Green Smoothies are full of fiber and will keep you poopin' like a champ!
-  Green Smoothies pack a nutrient dense punch giving you the most bang for your buck so that you're getting a spectrum of nutrients per serving.
-  Green Smoothies help alkalize the body, boost the immune system and reduce inflammation—the root cause of disease, helping eliminate body aches and pains.





*"My favorite low sugar smoothie is the Super Green Smoothie."
-Jo*

Green Smoothies in 5 Simple Steps

Step #1. Gather your supplies

The only piece of equipment you'll need to make a great green smoothie is a high-speed blender. It's important to have a good blender in order to achieve a creamy consistency. Our favorite high-speed blenders are the Vita-mix, Ninja, Nutri-Bullet and Oster Counterforms.

We love to drink green smoothies out of a quart size mason jar to make it easy to carry with us when we're on the go. They are also super-easy to clean. Having a fun straw is always a good idea too.

Step #2. Pick your base

We love good old fashioned plain filtered water on most days, but if you're looking for a creamier and richer taste, try almond or coconut milk.

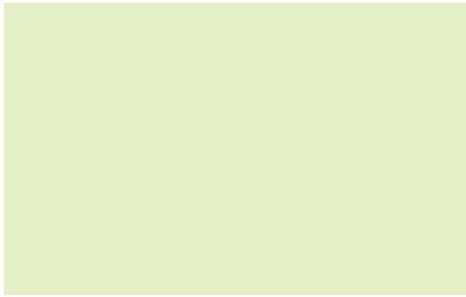
Begin by pouring two cups of your liquid base into the blender.

Step #3. Pick your fruit

We like to eat fruit in moderation, focusing on low glycemic fruits like berries, peaches and pears. If you struggle with sugar sensitivity you might skip the fruit all together. Consider adding in a sweetener like stevia and try avocado for creaminess.

Add 1 cup of either fresh or frozen fruit.





Superfoods are a class of the most nutrient dense foods on the planet, so you know you're getting the most most nutrient dense bang for your buck.



Soak your chia seeds for 10 minutes before putting them in your smoothie. Put 1 TB of chia seeds in 3 TB of water. Watch these little wonders plump up!



Step #4. Select your dark leafy greens

Spinach and romaine lettuce are great starter greens. They're mild in flavor so they won't overpower your green drink.

Make sure to rotate your greens on a regular basis, so that you're getting a spectrum of nutrients. Be adventurous and try Swiss chard, kale, and even the greens at the tops of your vegetables like carrots and beets. We call these veggies our double agents. Fresh herbs like cilantro and parsley are good too.

Add 2 heaping handfuls of dark leafy greens. Just stuff as much into the blender as will fit.

Step #5. Pick a booster

Boosters will rev up your smoothie and take it to the next level, helping you to incorporate more superfoods into your diet.

Choose 1-2 boosters from this category following the recommended serving sizes below.

Our favorite boosters include:

Chia seeds are chock-full of omega 3 fatty acids, high in fiber and will keep you feeling full longer. Enjoy 1-2 TB in your green smoothie.

Hemp seeds are nature's perfect protein powder. Replace your protein powder with these little seeds. In just 3 TB you'll get 10 grams of protein. Enjoy 1-5 TB in your green smoothie.

Maca provides sustained energy without the crash and burn, helps with stress and as a bonus boosts libido. Enjoy 1-2 tsp in your green smoothie.

Coconut Oil is a great source of healthy fat and supports a healthy metabolism, stabilizes blood sugar and even helps our bodies fight off nasty cold and flu bugs. Enjoy 1-2 TB in your green smoothie.



Green Smoothie Recipes

For all of the following green smoothie recipes, it's best to start with a liquid base so the blender blades can move more freely. For all recipes below, combine your base and ingredients on high for about one minute until creamy. Pour into your favorite mason jar or glass and enjoy immediately.

Green Machine

Yield: 1 quart

This is a perfect smoothie for people who are sugar sensitive or who don't like bananas. Packed with vitamin C, this lime-infused green smoothie is a great immune booster that will make you glow.

Ingredients:

- 2 cups of water
- ½ cucumber, sliced
- ½ avocado
- 2 handfuls baby spinach
- 3 limes, peeled
- ½ tsp cinnamon
- Stevia to taste



The Benefits of Dark Leafy Greens

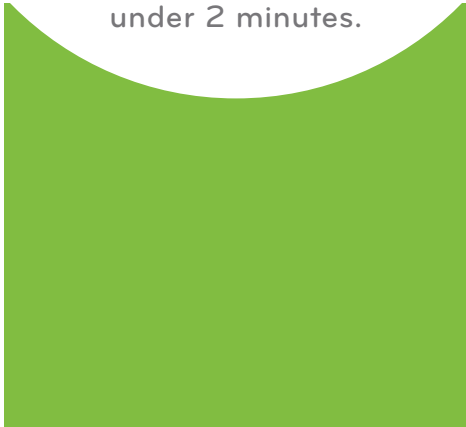
- Cleanse your body
- Reduce inflammation
- Packed with vital nutrients, phytonutrients, minerals and enzymes.





Time Saving Tip

Prepare a week's worth of green smoothies by prepping the greens and fruit for each into individual ziplock bags. Freeze. Take it out the morning you plan to use it, add your liquid and booster. *Voilà!* You've got a green smoothie in under 2 minutes.



Chocolate Covered Cherry

Yield: 1 quart

Filling and packed with healthy fats and omega-3s, this green smoothie will keep you going strong for hours. Perfect for before a big workout or when you need a little extra pick-me-up.

Ingredients:

- 2 cups almond milk
- 1 banana
- 1 cup cherry
- ¼ avocado
- 2 cups dark leafy greens of your choice
- 1 TB chia seeds, soaked
- 1 TB raw cacao powder

Mint Mania

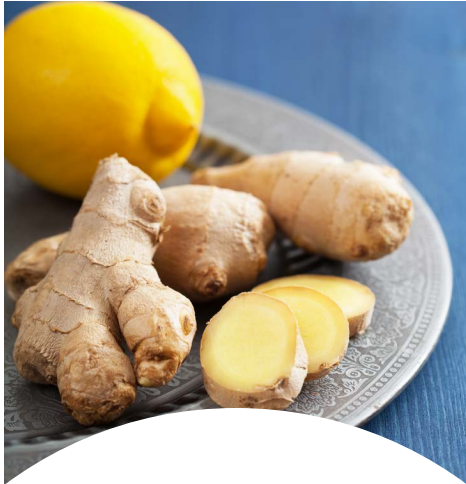
Yield: 1 quart

This green smoothie is full of potent antioxidants and will help ease digestive issues like gas and bloating. You won't get any blood sugar spikes from this low-glycemic treat.

Ingredients:

- 1 cup water
- 1 kiwi, peeled
- 1 large handful of spinach
- ¼ cup mint leaves
- ¼-½ avocado (optional)
- ½ lime, juiced
- 2 TB chia seeds





Revive your greens

- For lackluster herbs, put the stems in a mason jar with 2 inches of water. Keep in water for 1-2 days. Make this your centerpiece at dinner instead of flowers!
- Submerge your greens in an ice bath for 30 min. Your veggies will “drink” up the water and regain their crispiness.

Lemon Ginger Zinger

Yield: 1 quart

Feeling sick or run down or just want to add a little zing to your day? This green smoothie is full of fresh ginger and lemon, both of which are great for strengthening the immune system helping to fight off colds and flu.

Ingredients:

- 1½ cups water
- 1 Fuji apple (or other sweet variety)
- 1 lemon, peeled
- 2 cups spinach
- 1-2 inch piece of ginger, peeled

Peach Pie

Yield: 1 quart

Peach pie in a jar? Yes please! This peachy green smoothie really tastes like pie but won't spike your blood sugar or put you into a food coma! Best with fresh peaches in summertime but frozen peaches will due. A great starter smoothie!

Ingredients:

- 2 cups water
- 1 banana
- 1 cup peaches
- 2 cups spinach
- 1 tsp vanilla





"Kids love green smoothies! As a mom I feel good knowing my boys are getting a serving of fruits and veggies every day."

—Jules

Popeye's Protein Blast

Yield: 1 pint

This green smoothie will supercharge your body and keep you satisfied all morning long. If you're a protein-lover than this smoothie is for you! It's also a perfect option if you're looking to reduce or minimize fruit in your diet.

Ingredients:

- ½ cup unsweetened hemp or almond milk
- ½ cup water
- ⅔ cup blueberries
- ⅓ cup cranberries
- ¼ lemon with peel
- 1 handful of spinach
- 1 TB almond butter
- 1 TB hemp seeds
- 1 TB chia seeds
- 1 TB pumpkin seeds
- 1 tsp cinnamon

Super Green

Yield: 1 quart

Looking for a fruit-free green smoothie? This super green smoothie will keep your blood sugar stable and help the dark circles under your eyes disappear.

Ingredients:

- 2 cups water
- ½ lemon, peeled
- ½ cucumber
- 2 stalks celery
- 1 handful of parsley
- 1 large handful of spinach or kale





Enzymes are the spark plugs of the body. Every single action in the body requires an enzymatic reaction. The bottom line is the more you have, the better you feel.



Swiss and Sassy Peach

Yield: 1 quart

Looking to put some sass in your swagger? Try Swiss chard in a smoothie. Full of biotin and calcium, this green smoothie is great for your hair and your bones!

Ingredients:

- 2 cups water
- 1 banana
- 1 cup peaches
- 1 stalk celery
- Juice from ½ lime
- 2-3 big Swiss chard leaves
- 1-inch ginger, peeled

Get Up and Go

Yield: 1 quart

This green smoothie contains maca, which is great for increasing energy without the crash and burn, balancing hormones and improving libido.

Ingredients:

- ½ cup coconut milk
- 1 cup coconut water
- 1 frozen banana
- 1 cup spinach or other dark leafy green
- ½ tsp maca
- 1 tsp spirulina



Be flexible and experiment. Don't have pineapple? Try mango instead. Fresh out of bananas? Try a pear.



Hemptastic

Yield: 1 quart

We love hemp seeds. Packed with protein and fiber, this green smoothie is a coco-nutty, tropical surprise.

Ingredients:

- 1½ cups water
- ½ cup coconut water
- 1 banana
- ¼ cup pineapple
- 1 stalk of celery
- 2 cups spinach
- ⅓ cup hemp seeds

Raw Cacao Milkshake

Yield: 1 quart

Love a good rich and creamy milkshake? Although this is not a traditional green smoothie we still love it! This smoothie contains cacao, which is high in magnesium and loaded with antioxidants. Because it contains a tiny bit of caffeine, it is a stimulant so drink wisely and not right before bedtime.

Ingredients:

- 1½ cups almond milk
- 1 banana, frozen
- 1 date, pitted
- ½ tsp vanilla
- 1 heaping TB of raw cacao powder
- 1 heaping TB of hemp seeds



Get yourself a nut milk bag, available at most health food stores, and try out these easy recipes!



We recommend using organic ingredients whenever possible to avoid ingesting the pesticides and other harmful chemicals. At a minimum check out the Environmental Working Group's "Dirty Dozen List."

Nut Milks

Although you can purchase just about any variation of dairy-free milk these days, nothing beats the freshness and creaminess of the homemade ones.

Unsweetened Homemade Coconut Milk

Yield: 4 cups

Ingredients:

- 8 ounce package of finely shredded coconut
- 4 cups of very hot water

Instructions: In a high-speed blender, blend shredded coconut and hot water on high for about 45 seconds. Strain coconut milk through a nut milk bag into a large bowl. Store in a large, glass jar in the refrigerator for up to 5 days.

Homemade Almond Milk

Yield: 4 cups

Ingredients:

- 1 cup raw almonds, soaked in water overnight
- 4 cups filtered water
- Pinch of sea salt
- 2 or 3 dates, pitted or 1/4 cup raw honey
- Dash of vanilla or almond extract (optional)

Instructions: In a high-speed blender, blend soaked almonds and filtered water on high for about 2 minutes. Strain almond milk through a nut milk bag. Rinse the blender cup, and pour in almond milk. Add sea salt, dates, and vanilla extract (if using), and blend to combine. Taste for sweetness and adjust to your liking. Store in a large, glass jar in the refrigerator for up to 5 days.



Let Your Vibrancy Show!

Sign up for the next Conscious Cleanse

The Conscious Cleanse is a proven 14-day program that teaches a gentle whole-foods based approach to eating that allows your body to effectively remove toxins, eliminate waste, and ultimately achieve your optimal nourishment. Expertly led by co-creators, Jo and Jules, and a team of health coaches, the Conscious Cleanse community inspires every participant to thrive.

For more delicious recipes and tips for vibrant living, please join us for our next live cleanse, order a copy of our best-selling book *The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days*, or visit our [blog](#).



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