



the Conscious Cleanse guide to GREEN SMOOTHIES



Jo Schaalman and Jules Peláez

We LOVE Green Smoothies!

A green smoothie = a cleanser's best friend.



Our secret to vibrant health? Green smoothies! Green smoothies are nature's fast food: packed with nutrient-dense foods and ready to sip in just minutes! We want you to love green smoothies as much as we do, so we've put together our ultimate guide to green smoothies. We've included our tips for building your own perfect green smoothie, how to pick superfood boosters, and seven of our favorite smoothie recipes. Try one recipe each day for a week of green smoothie goodness! If you try one of these amazing smoothie recipes, post a photo on social media, use #iheartgreensmoothies, and tag us (@consciouscleanse)!

Now get out that blender and get your green smoothie on!

With love and green smoothies,

Jo & Jules ♥

P.S. - Enjoy the recipes!



How to build the perfect GREEN SMOOTHIE!



Step 1: Choose your base

2 cups of your choice of:

- Nut milk (almond, coconut, hemp, Brazil nut, cashew)
- Water
- Raw coconut water



Step 2: Choose your fruit

About 1 cup of your choice, fresh or frozen:

- Blueberries
- Apple
- Mango
- Bananas
- Pear
- Peaches



Step 3: Choose your greens

2 cups of your choice of one or two:

- Kale
- Spinach
- Collard greens
- Swiss Chard
- Romaine lettuce



Step 4: Add optional boosters

Choose one or two:

- 1 TB. chia seeds
- 1-2 TB. ground flaxseeds
- 1 tsp. **maca powder**
- 1-2 tsp. Ceylon cinnamon
- 1-2 tsp. **spirulina**
- 1 in. piece of ginger root
- Avocado
- Fresh herbs (parsley, cilantro, basil or mint)
- 1 TB. **coconut oil**
- 2-3 TB. **hemp seeds**
- 1 TB. **olive oil**



Step 5: Blend and enjoy!



How to choose the perfect BOOSTER

Need extra energy?

Add 1 TB. of maca powder to your smoothie



Need more healthy fats?

Add 1 TB. of coconut oil, olive oil, or ground flaxseeds to your smoothie



Need more protein?

Add 3 TB. of hemp seeds or chia seeds to your smoothie



Want to boost your immune system?

Add a 1-2 inch piece of fresh ginger root to your smoothie



Detoxing heavy metals?

Add ½ cup of fresh cilantro or parsley or 2 tsp. spirulina to your smoothie



Need to balance blood sugar?

Add 1-2 tsp. of Ceylon cinnamon to your smoothie



RECIPES

Hemptastic Green Smoothie



Yield: 1 quart

Ingredients:

- 2 cups spinach
- 1 banana
- $\frac{3}{4}$ cup pineapple, fresh or frozen
- 1 celery stalk
- $\frac{1}{3}$ cup **hemp seeds**
- $\frac{1}{2}$ cup coconut water
- 1 $\frac{1}{2}$ cups filtered water

Instructions: In a high-speed blender, blend spinach, banana, pineapple, celery, hemp seeds, coconut water, and water until creamy.

This tropical smoothie is full of plant-based protein!



Carrot Cake Smoothie

Yield: 1 quart

Ingredients:

- 1 ½ cups **hemp milk**
- 1 tsp. ground Ceylon cinnamon
- ½ tsp. ginger root, peeled and minced
- 2 TB. goji berries
- 2 carrots, chopped
- 1 TB. raw cashews
- 1 tsp. vanilla extract
- 2 dates, pitted
- 6 ice cubes

Instructions: In a high-speed blender, blend hemp milk, cinnamon, ginger, goji berries, carrots, cashews, vanilla extract, dates, and ice until creamy.

*This yummy
smoothie
tastes like
dessert in a
glass!*



Kiwi Coco Green Smoothie



Yield: 1 quart

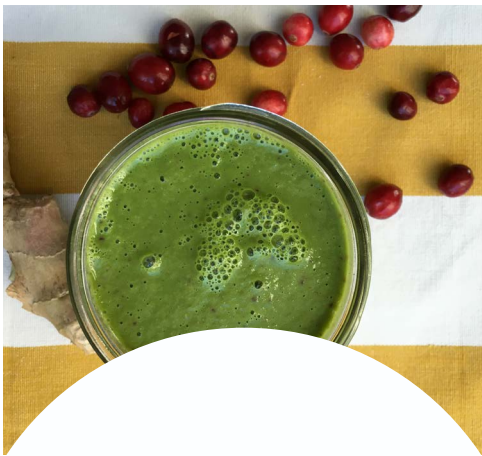
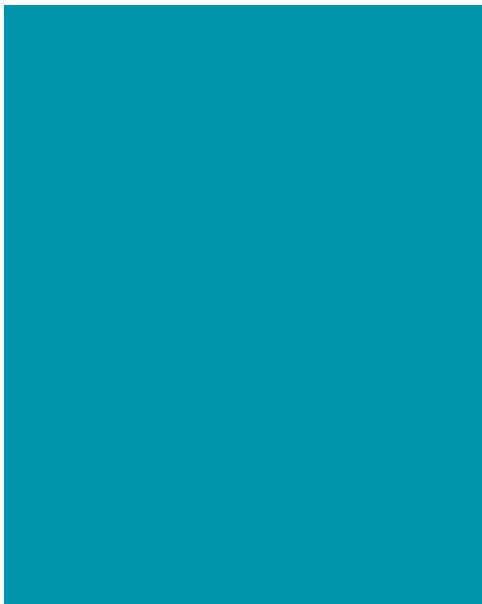
Ingredients:

- 2 kiwifruit, ends removed, peel on
- 1 cup banana, frozen
- 2 cups spinach
- ½ cup **coconut milk**
- ½ cup coconut water
- 1 TB. chia seeds
- 3 TB. fresh mint
- 1 lime, zested

Instructions: In a high-speed blender, blend kiwifruit, banana, spinach, coconut milk, coconut water, chia seeds, mint leaves, and lime zest until creamy.

*This tropical
green
smoothie is
best enjoyed
on a beach!*





This green smoothie is a great low-sugar option!

Cran Pear Green Smoothie



Yield: 1 quart

Ingredients:

- 1 cup filtered water
- 1 cup spinach
- ¼ cup fresh cranberries
- ¼ cup raw cashews
- 1 pear
- 1 tsp. ground Ceylon cinnamon

Instructions: In a high-speed blender, blend water, spinach, cranberries, cashews, pear, and cinnamon until creamy. Enjoy!



Creamy Cherry Smoothie



Yield: 1 quart

Ingredients:

- 1 banana
- 1 pear
- 1 cup frozen cherries
- 1 TB. chia seeds, soaked in 3 TB. of water for at least 15 minutes
- 1 TB. spirulina
- 1 cup spinach
- 1 cup almond milk
- 1 cup filtered water
- Stevia, to taste (optional)

Instructions: In a high-speed blender, blend banana, pear, cherries, soaked chia seeds, spirulina, spinach, almond milk, water, and stevia (if using) until creamy.

This cherry smoothie is sure to delight your taste buds!



Heartbeet Smoothie

Yield: 1 quart

Ingredients:

- 1 cup coconut water or filtered water
- ½ avocado, peeled and pitted
- 2 celery stalks
- 1 cup fresh or frozen strawberries
- 1 beet, washed, ends trimmed, and roughly chopped
- 1 lemon, juiced
- 1 TB. **coconut oil**
- 1 cup apple, cored and chopped
- 4 ice cubes

Instructions: In a high-speed blender, blend coconut water, avocado, celery, strawberries, beet, lemon juice, coconut oil, ice cubes, and apple until creamy. Adjust sweetness, if desired, by adding another apple for more sweetness. Make this recipe low sugar by substituting the apple completely for a few drops of stevia.

Beets in a smoothie?
Heck yes! We heart this smoothie.



Seagreens Green Smoothie

Yield: 1 quart

Ingredients:

- 2 cups bananas, frozen
- 1 ½ cups **almond milk**
- 4 cups kale, destemmed and chopped
- 3 TB. **hemp seeds**
- 2 TB. raw cacao nibs
- 3 TB. unsweetened shredded coconut
- Pinch of sea salt
- 3 cups ice cubes
- 1 ½ tsp. **spirulina**
- 1 TB. dulce flakes (optional, for garnish)

Instructions: In a high-speed blender combine banana, almond milk, kale, vanilla, hemp seeds, cacao nibs, coconut, sea salt, ice cubes, and spirulina and blend until smooth and creamy. Combine some extra hemp seeds, cacao nibs, shredded coconut, and dulce in a small bowl and sprinkle them on for an added seaweed bonus and crunch!

*This smoothie
packs a
serious
superfood
punch!*



Homemade Nut Milks

Yield: 3-4 cups per recipe



Hemp Milk

Ingredients:

- 1 cup **hemp seeds**
- 3 cups filtered water

Instructions: In a high-speed blender, blend filtered water and hemp seeds until smooth and creamy. Strain milk through a cheesecloth. Store in the refrigerator for up to 5 days.

Cashew or Almond Milk

Ingredients:

- 1 cup raw cashews or raw almonds, soaked in water overnight, then drained
- 4 cups filtered water
- Pinch of sea salt
- 2 or 3 dates, pitted (optional)
- 1 tsp. vanilla extract (optional)

Instructions: In a high speed blender, blend soaked cashews or almonds, filtered water, sea salt, dates (if using), and vanilla extract (if using), until smooth and creamy. Store in the refrigerator for up to 5 days.

Coconut Milk

Ingredients:

- 2 cups shredded coconut
- 4 cups filtered water
- Pinch of sea salt
- 2 or 3 dates, pitted (optional)
- 1 tsp. vanilla extract (optional)

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

Brazil Nut Milk

Ingredients:

- 2 cups raw Brazil nuts, soaked overnight, then drained
- 4 cups filtered water
- Pinch of sea salt
- 2 tsp. vanilla extract (optional)

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

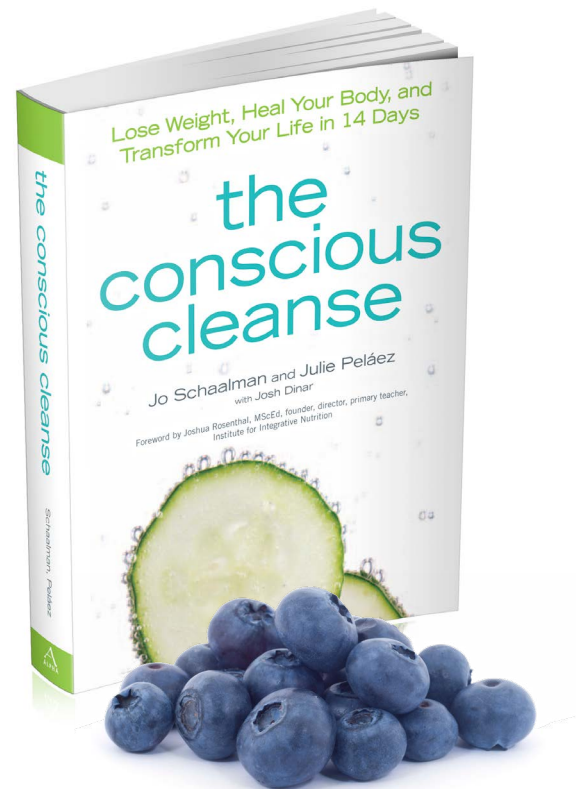


eat real food. get real results.

JOIN US FOR THE NEXT 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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