

July: Green Smoothie Goodness

Smoothies are a refreshing way to cool off in the summer heat. Green Smoothies are an easy and delicious way to incorporate a variety of fruits and vegetables in your diet. You get the benefits of digestive enzymes from the raw fruits and vegetables. Smoothies provide a variety of different nutrients and phytochemicals depending on what ingredients you chose. Premade smoothies often contain a lot of added sugar. Making them at home gives you control over how much sugar is in it. Starting with spinach is a good idea if kale is too strong of a flavor. Start with a little until you get used to the color and taste. Green smoothies cleanse the body and are packed full of antioxidants. Making smoothies is a great way to get your daily dose of fiber as well! Read more about Green smoothies at <http://greensmoothiegirl.com/>



Easy Starter Green Smoothie

- 1 3/4 c water (or nut milk)
- 1 Tbsp. honey or agave (optional)
- 1 10oz. bag spinach (or other dark greens such as chard, collards, or kale)
- 1 ripe banana (preferably frozen in chunks)
- 2 c frozen mixed berries
- 1 pear, peach, apple, or orange

Blend all until very smooth. Pour in glasses and enjoy, or refrigerate up to 48 hrs. Makes about 3 pints.

Note: If you are currently undergoing cancer treatment, defer to your physician's nutritional recommendations.