

*A Magical Drink, Refreshing  
Twist For Every Party That is  
Full Of nutrients And Energy!*

**Discover  
The Healthy World  
Of Fruits And Green  
Vegetables With  
GREEN SMOOTHIES**



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OF FRUITS AND GREEN VEGETABLES  
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## CHAPTER 1 - What is Green Smoothie?

A green smoothie is a blend of various fruits and green vegetables like water melon, lemon, spinach, cucumbers, and celery. The fundamental idea behind this is to provide all the health benefits at one go. Green smoothie has great taste and includes all the nutrients of delicious fruits and leafy vegetables.

The green smoothies are very helpful for those individuals who don't take the recommended amount of nutrients in their daily diet. According to some studies conducted in USA it is estimated that one third of children don't even consume two cups of fruits and vegetables daily. This makes them deficient in proteins and nutrients.

If anyone asks you about your intake of green leafy vegetables in your diet then what will be your answer??? Not a lot of them may be. In fact people not even have the green vegetables in salads also. The

salad which is prepared is loaded with lots of fats and sugars which don't serve any purpose in our diet. It is better to consume it raw, rather than with cream or salt or sugar. So it is suggested to go for green smoothies.

It is a good choice to add vegetables to the fruit based smoothie. This is considered to be a very healthy choice these days. There is so much that we can get from these vegetables and fruits. They are rich source of minerals, vitamin A and C, fiber, proteins etc. It is always advised to include the green vegetables while blending the fruits for making smoothies.

Green Smoothies can be prepared in seconds. It can be called as the fast food by nature. People have started adding this in their daily diet. They are even inculcating this habit in their children. It is suggested to consume the green smoothie immediately after making it. This is because if we will keep the smoothie for

long time then all its nutrients will be lost.

Now the question arises that why smoothies green is a better choice than normal fruit smoothies. To know about this go on reading the next chapter!!!!

## CHAPTER 2 - Why Green Smoothie is a Better Choice than other Smoothies?

It is always suggested to go for green smoothie rather than normal fruit smoothies. It is considered to be the most incredible drink that we should add in our daily diet. It is a perfect way to keep a check on all the nutrients, vitamins and fiber content in our body. It is the best way to overcome yours as well as your family's health problems.

Including smoothies in the diet is very helpful. There are people who neglect the green leafy vegetables in their diet. This is very wrong. They are unaware of the importance of green leafy vegetables in the diet. The green leafy vegetables have high chlorophyll content which is very beneficial for gaining energy. The smoothies with green vegetables in them also help in nourishing our body.

Green smoothies are also a very good source of providing fiber to our body. Lack of fiber content in the body often leads to



toxins. So it is better to include a glass of green smoothie in your daily diet. Green smoothie is also a very good nutrient diet for the kids. The kids are often prone to health diseases as their immune system is not fully developed. So it is advised to give them a diet which is rich in all the nutrients and vitamins.

Moreover green smoothies are very delicious in taste. The kids will enjoy it. In spite of having the cold drinks and other aerated drinks they should be given these drinks in their diet. It is the best way to eat delicious fruits and vegetables daily. There are so many other health benefits of consuming green smoothie daily. Some of them are:-

- Increases our body energy
- Helps in reducing weight
- Prevents from chronic illness
- Faster recovery of injuries

It is also considered as the best way for people who are not able to eat the raw vegetables. By mixing the green vegetables with fruits they can easily drink it.

Moreover it is very easy to digest. According to a survey it is showed that chewing leads to forty percent of the absorption of food while blending leads to ninety percent of the digestion. So it is very clear that drinking a glass of smoothie is far better than having a bowl of salad daily.

How nutritious is the green smoothie?? To know about it, go through the next chapter.....

## CHAPTER 3 - What is the Nutritional Content of Green Smoothies?

Today the individuals have become more health conscious. They are aware of the health benefits. They exercise, take drug therapies, consult dietitians and take a diet rich in vitamin B complex, minerals and antioxidants.

People who don't have time for workout and don't prefer going to a dietitian can opt for a simple way to keep healthy and i.e. by including the green smoothies in their daily diet. The green smoothies provide many nutritional benefits to an individual. Green smoothie is a good source of minerals, iron, proteins, copper, vitamin B1, B2, B6, niacin, folate, carbohydrates etc. The fruits and vegetables can be used in combination to have all the nutrients in our diet. All these fruits and vegetables have different nutritional content which can be taken in combined form.

Of late the green smoothies have become a very popular and delicious diet. The blend

of fruits and vegetables make it tastier and healthier for everyone. It is advisable to drink the smoothie twice a day to acquire all the required nutrients. It is a great option for the kids!!! Consuming smoothies on regular basis helps in reducing weight and make the overall mechanism of the body more efficient. It also reduces the desire of eating unhealthy food to some extent.

It is also surveyed that having a healthy glass of smoothie daily helps in overcoming the chronic diseases. The nutritional content of the smoothie helps in healing the injuries quickly. It also contributes a lot in maintaining the physical and mental well being of the individuals. It is said that when the body is given the natural food contents that they can heal easily.

Green smoothies have become very popular among the individuals for its taste and nutrient content. The effect of smoothies is best if we have them in morning. It keeps the person active and full of energy for the whole day. It is considered to be a

good stabilizer for the patients of blood sugar. While making the smoothies the nutritional content should be kept in mind. The fruits and vegetables which are added in the smoothie should be in right amount to retain the dietary value of the smoothie. The fruits and green leafy vegetables which are added in the smoothies contain alkaline which helps in neutralizing the acids in our blood.

We have talked enough about the nutritional benefits of smoothies. There are many health benefits also of smoothies which are discussed in the next chapter of the book.

## CHAPTER 4 - Health Benefits of Green Smoothies!

What is the best way to have all the nutritional content in your diet??? The answer is simple. You need to include lots of green vegetables in your diet. What if you don't like eating green vegetables much??? So making a green smoothie is the best way to have all the nutritional contents in our body. The green smoothies help in maintaining the health of our body and protect it from unwanted toxins.

Green smoothies are the complete package of vitamins, minerals, carbohydrates and fiber. The green smoothie consumed on regular basis provides us many health benefits. Some of these benefits are:-

- Weight loss

Drinking green smoothies regularly helps us in reducing weight. The fruits and vegetables present in the smoothies help in getting rid from the unwanted toxins

present in the body. This gradually leads to weight loss.

- Easy digestion process

It is said that the blended fruits and vegetables are easier to digest as compared to raw fruits and vegetables. Smoothies are the best way to assimilate nutrition in our body with smooth digestion mechanism.

- Presence of Antioxidants

Green smoothies are the best source of antioxidants for protecting our body from any kind of disease. They act as a defensive measure for the body.

- Energy booster

Green smoothies act as the energy boosters for our body. They are a rich source of vitamins, proteins and minerals which stabilize our digestive system and boost our energy.

- Mental peace and stability in life

Another very important health benefit of green smoothie is getting mental peace and stability in life. The individuals set a positive mind towards everything. It also helps in reducing anxiety and stress.

- More intake of fiber

Fiber constitutes as the most vital form for our body. We get fibers in our diet when we drink juices or eat raw vegetables. The best way to have the maximum amount of fiber in our body is to include green smoothies in our diet.

- Clear and fair skin

Since smoothies are higher in fiber content so it helps in reducing the intoxicants present in our body. This ultimately gives us a fairer and clear skin.



- Lessen the cravings for junk food

Another very important benefit of green smoothie is that it reduces the cravings for unhealthy food like sweets, sugar etc. Moreover the smoothies are rich in chlorophyll therefore it also rejuvenates our body and reduce the cravings.

Thus green smoothie is a good energy drink, which gives lot of health benefits. Read the next chapter to know that how you can reduce weight by drinking green smoothie!!!

## CHAPTER 5 - Green Smoothies- An effective way to reduce your weight!

Are you fed up of dietary medicines?? Are they not doing any good to you?? Do you want to reduce your excessive weight?? If answer to all these questions is yes then the very first thing you need to do is to replace the junk food with fresh fruits and green vegetables in your refrigerator. I think by studying the above chapters you have got some idea about the importance of fruits and vegetables in your diet. They are the best source of proteins, vitamins, fibers, carbohydrates and minerals. They keep our immune system strong and heal our injuries quickly.

Now how to reduce your weight without getting any kind of weakness??? The best answer to this is to include green smoothie in your diet. The people who are not able to eat vegetables in solid form can eat it in liquid form by making green smoothies. Drinking green smoothie daily is the best way to reduce your excessive weight and tone up your body.

Now in green smoothie weight loss plan you replace the breakfast with fresh smoothies. In lunch also you can have the green smoothie or a little solid food. The dinner should be comprised of whole grains, fruits and vegetables to maintain a balanced diet.

A green smoothie is the cheapest way of reducing body weight. It is not possible for everyone to go for dietary supplements and medicines. They are very expensive. Moreover at times they also cause allergies. So it's better to stick to the natural way of losing your weight. Including green vegetables and fruits in your diet will help in acquiring all the nutrients naturally.

Our body is very delicate. It demands natural things to function properly. The medicines and dietary supplements don't last for long. In fact taking the medicines on regular basis affects our immune system to a great extent. It is always good to stick to natural ways to lose weight.

It is advisable that if a person wants to reduce weight then they should blend the fruits and vegetables in an equal proportion. According to some surveys conducted in US, it was estimated that 60% fruits and 40% green vegetables should be mixed to make an effective and delicious smoothie.

Now the question arises that how to make a delicious smoothie?? To know more about it read the next chapter of the book.

## CHAPTER 6 - How to prepare delicious raw Green Smoothies?

Raw green smoothie is nothing but a blend of fresh fruits and vegetables. It is taken as a juice which is rich in nutritional values. It provides more energy and strength as compared to fruits and vegetables eaten raw.

Raw green smoothie is very easy to prepare. The most important thing which is required is the correct equipment to blend the fruits and vegetables. If the individuals have just started drinking the green smoothie drink then they should maintain the fruits and vegetable ratio as 60:40. As they will get used to it they can reverse the ratio and include more of green vegetables in their diet.

Now the next question which arises in our mind is what kind of fruits and vegetables to be used for green smoothie. Usually all types of green vegetables will do, but people prefer more of spinach and lettuce in the starting. It is recommended that the

vegetables should be rotated well in the blender. The individuals who have just started with the green smoothie can start with spinach as it doesn't have any specific taste.

About the fruits, we can use any type of fruits in the smoothie. Once the fruits and vegetables are decided they are put into the blender and mixed with water. After mixing them, it is wise to first taste the smoothie and figure out what is missing. If the individuals want it to be sweeter then they can add honey or more ripe fruits to it. If they want it more liquid then they can add water to it. If you want the smoothie to be more energetic then add more green leafy vegetables to it.

It is advisable to drink the smoothies in breakfast. Having a green smoothie is the best substitute for other breakfast items. The individuals can also prefer to have the smoothie during lunch as well. It will help in boosting their energy and will relax their mind. Green smoothies also provide many other benefits like weight loss, quick

healing of injuries, acts as sugar stabilizer, cures chronic illness like diabetes, heart diseases, asthma etc.

These green smoothies are enriched in nutrients which nourishes our body. Drinking green smoothies regularly increases our craving for green vegetables. It reduces our interest towards junk food intake as well. So introducing green smoothies is the best way to have a balanced diet.

## CHAPTER 7 - Special recipes for preparing Green Smoothies

Green smoothies are very easy to prepare. As discussed in above chapters that, it is a blend of ripe fruits and green leafy vegetables which contains more nutrition and energy than raw fruits and vegetables.

Below we have discussed two easy recipes for preparing green smoothies at home. Learn how to make raw green smoothie in just ten minutes.

### RECIPE-1

#### Banana-Pineapple-Orange Juice Delight

Ingredients	Amount
Chopped kale leaves	2/3 cup
Peeled banana	one piece
Pineapple pieces	one cup
Chopped spinach	½ cup
Orange juice	one cup
Water	1 ½ cup

Method:-



- Fill the jar of the blender with chopped kale leaves, banana and pineapple pieces and chopped spinach.
- Now add the fresh orange juice and blend it to get a smooth touch.
- After the fruits and vegetables are blended, check the consistency of the green smoothie. If it is very thick then add water or orange juice to make it more liquid and if it is more liquid then add banana to make it thick.
- So the delicious green smoothie delight is ready. Serve it in glasses.

## RECIPE-2

### Cucumber-Apple Mix

Ingredients	Amount
Chopped cucumber	one cup
Chopped apple pieces	one cup
Chopped spinach leaves	one cup
Mint leaves (optional)	$\frac{1}{4}$ cup
Water	1 $\frac{1}{4}$ cup

### Method:-

- Fill the jar of the blender with chopped cucumber, apple and spinach.

You can also add little mint to give flavor.

- Now add water and blend it to get a lump free texture.
- After the fruits and vegetables are blended, check the consistency of the green smoothie. If it is very thick then you can add more water to make it liquid and if it is more liquid then add cucumber to make it thick.
- The delicious green smoothie mix is ready. Serve it in glasses.

These are some of the many recipes for preparing the green smoothie at home. Individuals can add other fruits and green vegetables to prepare the smoothie of their choice. There are no special rules to prepare it. You can prepare it in your way, i.e. how thick or liquid you want the smoothie. This is the best way to consume the green vegetables which people generally don't prefer to consume raw. They can go for several other smoothie combinations to change the taste of green smoothie. It is a very nutritious drink which every

individual should include in their daily diet to nourish their body and mind.

## CHAPTER 8 - Types of Green Smoothies

Many of us are unaware of the fact that having too much fat in our diet could be dangerous. More intake of fat increases our weight and leads to several chronic diseases like cancer, heart disease, breathing problems etc. Thus it is always recommended to stay away from fat food. Many a times it happens that people who don't like eating green vegetables end up making their salad full of fats and extra calories by adding cream or cheese on them. This serves them with no purpose. Having these green vegetables and fruits in the form of green smoothie is the best option to avoid all the fat.

There are different types of green smoothies which are prepared according to the taste and requirement of the individuals. Listed below are the three main types of green smoothies.

- Low Fat Green Smoothie Type

From the name it is understandable that this smoothie is a low in fat in calories.

Low fat smoothies involve lots of fruits and green vegetables blended together in water. Individuals who want to shed certain kilos and want a toned body can go for low fat green smoothies.

A recipe for the low fat green smoothies can be:-

Ingredients	Amount
Strawberries and berries	1 cup
Peeled banana	1
Peeled kiwi	3 or 4
Chopped spinach	1 cup
Water	2 cups

Method:-

- Mix all the peeled and chopped fruits and vegetables in the blender.
- Add water to it and blend them.
- Enjoy the chilled fat free green smoothie.

- Creamy Green Smoothie Type

Another type of green smoothie can be creamy green smoothie. In this type we can add milk products or cream to our smoothie to give additional taste. It will make the

smoothie taste good and delicious. However, having it every time is not good. It will increase our weight. So a creamy green smoothie is good once in a while to change the taste.

- Seasonal Green Smoothie Type

As the name suggests seasonal green smoothie is prepared by seasonal fruits and vegetables. This is very good as people tend to eat the fruits and green vegetables which are seasonal. Having the seasonal fruits and vegetables are very helpful for your diet.

Thus you can have smoothies according to your taste and preferences. There are several other types of green smoothies which people prefer to make. Now after knowing about the types of smoothies we could now learn about how we can make our smoothie taste good. So to know more read the next chapter!!!

## CHAPTER 9 - How to make your Green Smoothie tastes good?

Everyone has different taste buds and according to the taste buds people prefer to eat. Some like to eat more of sweets while some prefer spicy. Now talking about green smoothies, there are ways by which we can make it taste good. Green Smoothies is a blend of delicious fruits and vegetables. In the starting it might happen that the person doesn't like the taste of the green smoothie. So it's better to add more of ripe fruits in the beginning than the green vegetables. As the individuals get used to it they can substitute the fruits with more of green leafy vegetables.

Besides this there are certain other ways by which we can add flavor to our green smoothie.

- Add peeled '*Lemon*' to the green smoothie to make it tangier. Not only this but by adding lemon to the green smoothie, we can save it to have later.

- '*Ginger*' can be added to the green smoothies prepared during winter. It helps in adding warmth to your body.
- Then there is '*Cinnamon*' which is used with apples to give the green smoothies a more delicious taste.
- People also prefer to add '*Vanilla*' in their smoothies to cut the taste of green leafy vegetables.
- Then there are '*health fats*' like butter milk, raw butter and avocado to make the green smoothie tastes good.
- Individuals can also replace the water with '*cream*' or '*milk*'. It will make the green smoothie more smooth and delicious.
- People can also use '*ice cubes*' to make chilled green smoothies.

Not only the above stated ways but you can also experiment with some other ways too. It all depends on your likes and dislikes. As you get use to the green smoothies you can always experiment with other ingredients. Adding flax seeds in the green



smoothies will help in providing a rich source of fiber content to the body.

Mix the different fruits and vegetables and enjoy the different flavors. It is a very delicious way to increase the nutrient content in our body. Moreover it is very easy to prepare and tastes very delicious. Green smoothies are considered to be the most delicious way of nourishing our body with all the proteins, vitamins, minerals and fibers.

Now how you can incorporate green smoothie in your diet. To know about it read the last chapter of the book!!!

## CHAPTER 10 - How to Incorporate Green Smoothies in our daily Diet?

Why not choose a healthy drink instead of colas and sodas?? Green smoothies are considered to be a healthy way to get rid of all the man-made beverages. All the man-made beverages contain the artificial sweeteners and powders which are not at all effective and healthy. It's good to include fresh fruits and vegetables in your diet. Fruits already contain sweets in them which can be used instead of the artificial sweeteners. The natural sugar content can easily be metabolized by the body.

Now the question which comes in our mind is how we can add the green smoothies in our daily diet?? Well!!! We can skip our breakfast with one glass of green smoothie. Though there are no limits. The individuals can take as much smoothie as they want because it is safe and healthy. As discussed earlier also, the normal ratio of fruits and vegetables in green smoothies is 60:40, i.e. 60% of fruits and 40% of vegetables. However, as the individuals get

used to it they can substitute the ratio. The individuals can also have the green smoothies for lunch as well.

Green smoothies are basically recommended for vegetarian people. Green smoothies are very effective for everyone. They help in making a balanced life style. Green smoothies help in providing all the essentials nutrients to our body. It is a perfect diet for everyone.

Greens are the most important part of our body. Maximum energy that we get in our body is from the green vegetables that we eat. So it is very important to include the vegetables in our daily life. It is also said that don't fully depend on the green smoothies. Have a balanced diet with all the other food products also. Green smoothies are just to build your metabolism and keep you fit and healthy. Now-a-days people are substituting it with breakfast and lunch. It is healthy but they shouldn't forget about the other nutrition providing dishes. You can have the green smoothie any time you want. However, make sure that it

is freshly prepared with all different fruits and vegetables.

Raw foods are the most healthy food items. Instead of having it in solid form, blend it and have it in the liquid form. This will give more energy and nutrients to our body than the solid ones. Experiment with the different fruits and vegetables to change the taste of the green smoothies.

## Conclusion

To conclude about Green Smoothies we can say that it is the most promising health drink ever. Individuals who eat less of green vegetables should include the green smoothies in their daily diet to cover all the nutrients which they are deficient off. Green smoothies are a rich source of vitamins, minerals, fibers and proteins. It is very helpful in reducing excessive weight and overcoming chronic illness like diabetes, heart disease, asthma etc. Green Smoothies can be prepared in seconds. It can be called as fast food by nature. People have started adding this in their daily diet. They are even inculcating this habit in their children. It is suggested to consume the green smoothie immediately after making it. This is because if we keep the smoothie for long time then all its nutrients will be lost.

It is considered to be the best way for the people who are not able to eat the raw vegetables. By mixing the green vegetables with fruits they can easily drink it.

Moreover it is very easy to digest. According to a survey it is showed that chewing leads to forty percent of the absorption of food while blending leads to ninety percent of the digestion. So it is very clear that drinking a glass of smoothie is far better than having a bowl of salad daily.