

~Low Fat Vegan Chef Presents~

Simply Decadent Smoothies

*The BEST fruit and green smoothies you've ever
tasted!*



By Veronica Grace

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She teaches and encourages people to eat fresh plant foods as much as possible and stays up to date on current research in the natural health and plant based diet world.

So get ready to enjoy some of her most delicious creations!

Make sure to sign up to her [Recipe Of The Week](#) to receive a new raw and vegan recipe each and every week!

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Part 1: Tips On Making The Best Fruit Smoothies

Tools Necessary For Making The Best Smoothies

There are a few tools that will help you make the best tasting smoothies. The most important is obviously a good blender. I recommend using a high power blender if you are serious about making delicious smoothies regularly and if it fits your budget.

My preferred blender of choice is a [VitaMix](#) because of the superior motor, warranty and large size (64 oz.) container. I use it almost daily, some days multiple times! It's excellent for breaking down fruits and greens into tiny particles, which results in a very smooth and creamy end product. It's also excellent for making blended soups, (raw or cooked), homemade salad dressings, sauces, and baby food. It is the first major kitchen gadget I suggest everyone invest in, as it is by far the most used in my kitchen.

If a high-powered blender seems a little out of reach for your budget at the moment, consider doing what many others do. Forgo that weekly (or even daily) gourmet coffee or shake and save that money towards getting a blender in 6-12 months. If you save just \$10 a week you will be have enough to purchase any high-powered blender you desire in less than a year. I know many of you spend much more than that each week on beverages while you're on the go our out dining!

Check out [my YouTube channel](#) where I demonstrate how to make smoothies with my [VitaMix](#) at home.

Another high-powered blender you may consider would be a [Blend-Tec](#), which is a little different than the VitaMix in that it has preprogrammed settings, no tamper (which I use to make Banana Ice-cream from frozen bananas) and a smaller container.

For now though as long as you have a blender that works you can start making these smoothie recipes. Just know that the more items you put into the blender and the harder they are to blend the longer it will take to make and you could possibly burn out the motor. So take care when adding greens and frozen fruit to a regular blender. Either chop (or rip) the ingredients into smaller pieces or let the frozen

fruit thaw on the counter for 5 minutes before adding to the blender. Adding more liquid than I specify in the recipe will help too. The amount of liquid I use is what works in my [VitaMix](#) so you may need more for a regular blender to get things moving.

Another tool I love to use in the summer is a [Cherry-It Cherry Pitter](#), which I got on Amazon. It rocks, for when you want to eat a bunch of cherries nice and neatly, blend them into smoothies or freeze them for later. It can also do olives too, which is neat. I know some countries won't have frozen cherries, but you may see fresh ones and want to use them in these smoothie recipes.

Make Sure Your Fruit Is Ripe And At Peak Flavor

The second most important thing to making delicious smoothies at home is to use fully ripened fruit. Whether it is tree ripened, or you let it ripen on the counter until it is at peak flavor (and the sweetest).

The BIGGEST mistake newbies make is to go to the grocery store and buy some fruit like bananas, mangoes, peaches, plums, pears, etc. and immediately consume them or create a recipe with them at home. These fruits are picked early so they are firm when they are transported and are not ripe enough to eat immediately after purchase.

The following is a list of fruits that **ARE (usually) picked ripe** and ready to eat when purchased:

- Oranges
- Apples
- Grapes
- Pineapple (but see [my video](#) on how to select and cut a perfect pineapple)
- Berries
- Cherries
- Pomegranate
- Lemons
- Limes

The following is a list of fruits that **ARE NOT picked ripe** and are not ready to eat when purchased:

- Bananas

- Mangoes
- Papayas
- Peaches
- Nectarines
- Pears
- Plums
- Apricots
- Cantaloupe/Rock melon
- Honeydew melon
- Other melons
- Watermelon (but with transport time is often ripe when you buy it)
- Kiwi fruit
- Persimmons
- Guava
- Passion fruit
- Star fruit
- Water apple
- Star apple
- Mamey Sapote
- Sapote (green, white and black)
- Sapodilla
- Sour sop
- Sweet sop
- Cherimoya/custard apple
- Eggfruit/canistel
- Avocado

The most important fruits to be concerned with ripeness are banana and mango. I use these as the base of many of my smoothie recipes and this is why no additional fruit juice or sugar is needed to make these smoothies taste delicious on their own. It is very important to let your bananas and mangoes ripen on the counter. Bananas should have lots and lots of brown “cheetah” spots on them. As soon as they start to get a few spots, I generally wait 2-3 more days before using them in smoothies. Mine will have lots of cheetah spots all over before they go into my smoothies or banana ice cream. The more the better. They are not rotten, they will not taste bad, and they are perfect.

The picture on the next page shows bananas at varying degrees of ripeness. The one on the right with the largest and darkest spots is the one that I use for my smoothies. It is the sweetest and tastes much better and creamier than the other two, so I let those sit for another day or two until they have even more spots.



Please see my post on [How To Tell If A Banana Is Ripe](#) for more details.

For all types of mangoes you only want to cut them open when they are soft to the touch, the skin is wrinkly and they smell VERY fragrant. If they are rock hard or only give a little when you poke them, they are not ripe enough and will be rather sour and not very good in your smoothie. Peaches and nectarines are the same, they should give when squeeze, smell very fragrant and have slightly wrinkled skin when ripe. You want your fruits very ripe and juicy, not hard and sour when you use them for smoothies.

I know I may sound like a stickler when emphasizing the importance of using ripe fruit for my recipes, but it's very important to me that you enjoy these recipes and want to make them again and again. The only difference between what I make in my kitchen and you making my recipe at home is going to be the quality and ripeness of ingredients used (and possibly the type of blender.)

The most common complaints I have heard from people trying to make their own smoothies at home is that they are not very sweet, or they are rather watery and flavorless. This happens because too much water (or ice) was added, the base fruit (like banana, mango, or peach) was not ripe enough, or they added too many greens or too many tart frozen berries like strawberries to the smoothie. It is a learning curve and once you get the hang of buying fruit at least a week to 10 days in advance before using it, you will always have enough ripe fresh fruit to use for smoothies and recipes at home. I know you can do it!

For more detailed information on all fruits please see my:
[How To Tell When Fruit Is Ripe Video](#).

To see how I use frozen bananas in my smoothies please see my video
[How To Freeze Bananas For Smoothies Or Banana Ice-cream](#).

How To Create Your Own Fruit Smoothies Recipes

Making up your own smoothie recipes at home is quite easy once you know a few tips and tricks.

First you need to start with a base fruit for your smoothie. Generally this would be banana, mango, papaya, persimmon, sapote, mamey sapote, or peach (fresh **not** frozen). The reason we use these fruits is because they have a lot of soluble fiber, this is the fiber that sticks together and makes the fruit creamy when you bite into it or blend it. You wouldn't want to use fruits like apples, pears, berries, grapes, or watermelon as the main fruit (or only) fruit in your smoothie as it will result in a gritty chewy-like smoothie and not be creamy at all due to the insoluble fiber it contains. But what you can do is add berries, apples or pears to your smoothie if you already have a creamy fruit like banana or mango in it.

I generally like to have simple smoothies and use 2-4 fruits in my smoothies, but most often it's around 3. Banana, mango and another fruit work in almost every combination. Banana papaya and mango papaya are another great variation as well.

Just make sure you don't make your smoothies contain only berries and hard fruits like apple and you will have a tasty smoothie.

How To Create Your Own Green Smoothie Recipes

Creating your own green smoothie recipe is much the same as creating your own fruit smoothie with a sweet fruit as the base, and then you just add in a handful or two of your desired greens.

Please note that a green smoothie does not mean adding tough green vegetables like broccoli, cabbage, green beans, etc. A green smoothie is essentially a fruit smoothie with **LEAFY** greens added.

Generally speaking if you are new to green smoothies or apprehensive about trying them you should start off with a mild tasting green like baby spinach, or leaf lettuce. These can be added in quantities of a cup or two (depending on your tastes) and you

should not notice much flavor from them at all. Then once you are used to that you can venture into trying new greens.

When using a leafy green that has a tough stalk like kale or Swiss chard, remove the leaf from the stem and only use the leaves. Discard the stem, or steam or add to a stir-fry later. The stems are harder to blend and don't add a pleasant flavor to your green smoothie.

Generally you shouldn't add sprouts to green smoothies, as they are quite bitter. You can add small quantities of mild sprouts like sunflower or pea shoots though if you like. But please do not add raw sprouted beans or sprouted grains to your smoothies.

You may know of some wild edibles (generally weeds that are edible) in your area, but make sure to always practice caution and be certain what plant you are eating if you pick it in the wild. For more information on wild edibles please check out [Sergei Boutenko's website](#).

Rotating your greens that you use in your smoothies each month is important. Try not to use the same green every week or every month. Some people can have an adverse reaction to using just baby spinach or kale in every single smoothie. Rotating your greens is something that Victoria Boutenko highly recommends. You can check out her books [Green For Life](#) and [Green Smoothie Revolution](#) for more information.

The following greens should be added in **small** quantities at first so you get used to them:

- Kale
- Swiss Chard
- Spring mix/mesclun mix
- Celery
- Collard greens
- Dandelion greens
- Mâche/corn salad
- Beet greens
- Turnip greens
- Lambs quarters
- Stinging nettle
- Endive
- Cactus, napal leaves
- Mustard greens

- Arugula/rocket
- Escarole
- Frisee
- Radicchio
- Radish tops
- Wheat grass
- Aloe vera
- Parsley
- Mint
- Basil
- Dill
- Cilantro
- Stevia
- Fennel

How To Make Your Green Smoothies More Appetizing

If you want to serve green smoothies to your loved ones, or friends it might be a good idea to mask the color of the smoothie if they have never had one before. As soon as people see something green, they tend to think, “Hmm that probably doesn’t taste very good even though it’s good for me” and they may turn their nose up at it and decline.

First make sure you taste test the smoothie and use ripe fruit like banana or mango to ensure that it is naturally sweet enough. Secondly you may want to add some berries to the smoothie to hide the green color and turn it more of a blue or purple color. People seem to be more open to drinking smoothies that are red, purple or yellow and not green! And last of all you can add a pretty little garnish to your smoothie like a fresh berry, a pineapple wedge, an orange slice, or a small leafy green so that it looks pretty and presentable. People prefer eating attractive “healthy” food!

Part 2: Fruit Smoothies



Mellow Yellow Summer Smoothie

Serves 1-2

Ingredients:

Juice from 3 navel or Valencia oranges

2 ripe [ataulfo](#)/champagne mangoes (flesh only; about 1 cup)

1 ripe banana

1 ripe peach or 3/4 cup frozen peach slices

Directions:

1. Use a hand juicer or citrus juicer to juice the oranges.
2. Place ingredients into blender or VitaMix and blend until smooth. Add a little bit of water if desired for a thinner consistency.
3. Garnish with a slice of orange if desired!



Cherry Mango Love Smoothie

Serves 1-2

Ingredients:

2 ripe mangoes (very soft and wrinkly all over)
2-3 medium bananas
1-2 cups frozen black cherries (or fresh, [pitted](#))

Directions:

1. Place mangoes in the bottom of your VitaMix or blender, then bananas and then frozen cherries on top. If you need to you can add a little water to make it blend easier. Blend until smooth.
2. Serve and garnish if desired.

Additional Tips:

If you don't have frozen black cherries, you can use frozen raspberries. Strawberries are a possibility; just make sure they are sweet.



Berrylicious Banana Mango Berry Smoothie

Serves 1-2

Ingredients:

2 ripe bananas

2 [ataulfo](#)/champagne mangoes

1 cup frozen mixed berries (I used raspberry, blackberry, blueberry and strawberry)

1/3-cup water

Directions:

1. Add ingredients to your VitaMix or blender starting with the mangoes and bananas at the bottom add the water and place the frozen fruit on top.
2. Blend until smooth.

Variations:

You can also use frozen cherries, just raspberries, or just blackberries instead of the mixed berries if desired.

If you don't have bananas just add another mango, if you don't have mangoes add another banana.

You can easily make this a green smoothie by throwing in a handful or two of baby spinach or chopped kale (remove the stems first though).



Pineapple Mango Delight Smoothie

Serves 1

Ingredients:

1 ripe [ataulfo](#)/champagne mango (flesh only; about 1 cup)
1 1/2 cups fresh pineapple (or frozen)
1 medium banana
1 handful of ice cubes (or none if using frozen fruit)
1/3-1/2 cup water to blend (more if necessary)

Directions:

Place ingredients into blender in the order listed and blend until smooth.
Serve with a pineapple wedge if desired and enjoy!



Fat Free Vegan Chocolate Banana Shake

Serves 1

Ingredients:

2 ripe bananas

1/4-cup water

1 tbsp. cocoa powder

1 handful of ice cubes (or sub. 1 fresh banana for a frozen banana)

Directions:

1. Place ingredients into VitaMix or blender in order listed and blend until smooth. (If your bananas aren't quite sweet enough add a teaspoon or two of liquid sweetener of choice and blend again.)
2. Serve!

Variations:

If you'd prefer raw cacao powder you can use that instead. I find I don't like it as much as cocoa personally and I find it less stimulating. You can also substitute carob powder if you're looking for a caffeine/chocolate-free option.

To get some greens in this recipe you can throw in a handful or two of spinach.



Raspberry Tropical Smoothie

Serves 1-2

Ingredients:

2-3 medium bananas
1 cup of frozen raspberries
1 cup of frozen pineapple
1/3-1/2 cup of water to blend

Directions:

1. Add ingredients to blender starting with the bananas at the bottom and the water and frozen fruit on top. Blend until smooth.

Variations:

You can easily make this a green smoothie by adding a few handfuls of spinach or kale (and remove the stems of course).



Pearylicious Smoothie

Serves 1-2

Ingredients:

3 large ripe bananas

2 very ripe bartlet or bosc pears, cores removed

2 cups frozen mixed berries

Directions:

1. Place bananas, pears and berries into VitaMix or blender. (If you don't have a VitaMix you need to add some water to blend)
2. Using the tamper, push the fruit down towards the blade and turn onto 5 and then up to high. Blend for 45 seconds to a minute until smooth.



Summer Piña Colada Recipe

Serves 1-2

Ingredients:

- 1 medium Thai coconut – water and meat scooped out
- 2 cups pineapple chunks (about 1/2 small fresh pineapple)
- 1 large ripe banana (frozen is best)
- 1/2 cup of ice

Directions:

1. Place ingredients in the order listed into your VitaMix or blender. Blend until smooth and creamy. Add more ice if desired.
2. Serve with a fresh pineapple wedge and a straw.

The New Zealander

Serves 1-2

Ingredients:

2 bananas
1-cup fresh strawberries (or frozen)
2-3 kiwi fruits (insides only)
1/3-1/2 cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Additional Tips:

Make sure you are using ripe kiwi fruits; they should be soft and fragrant when ripe. Golden kiwi fruits are even better so keep a look out for them during the summer.

Creamy Persimmon Smoothie or Pudding

Serves 1-2

Ingredients:

3 [persimmons](#) (very juicy and ripe ones)
1-2 bananas
½ cup water

Directions:

1. For a smoothie add all of the ingredients to a blender or VitaMix and blend until smooth. For pudding omit the water and blend the persimmons with the bananas.

Additional Tips:

Using frozen bananas will give you a nice cool pudding or smoothie.

Tropical Cherry Dream Smoothie

Serves 1-2

Ingredients:

2 cups pineapple
2 cups black cherries, pitted (or frozen)
1 [ataulfo](#)/champagne mango (flesh only; about 1 cup)
1/2-cup water

Directions:

1. Place ingredients in order listed into VitaMix or blender. Blend on high until smooth.

Pineapple Raspberry Nectarine Smoothie

Serves 1-2

Ingredients:

1-cup pineapple (fresh or frozen)
1-cup raspberries (fresh or frozen)
2 nectarines, peeled and pitted
2 bananas
1/3-1/2 cup of water (as needed)

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Cherry Blaster Smoothie

Serves 1

Ingredients:

1-cup black cherries (frozen or fresh [pitted](#))
1 banana
1 /champagne mango (or 1 cup frozen mango)
1 cup peaches or apricots, pitted (sweet ones)
1-2 dates (optional, if your fruit is more tart)
1/3-1/2 cup of water (as needed to blend)

Directions:

1. Place the first four ingredients into blender or VitaMix or blender and blend until smooth.
2. Taste test. If it's sweet enough, you're done. If your peaches or mangos are not very sweet, add the dates and blend again.

Chocolate Cherry Smoothie

Serves 1

Ingredients:

2 cups black cherries (frozen or fresh pitted)
1 banana
1 tbsp. cocoa or cacao powder
½ cup ice

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Mango Banana Raspberry Smoothie

Serves 1-2

Ingredients:

1-2 [ataulfo](#)/champagne mangoes
2 bananas
1-cup raspberries (fresh or frozen)
1/3-1/2 cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Sweet Summer Smoothie

Serves 1-2

Ingredients:

1/8 of a large watermelon (about 20 ounces)
2 peaches, destoned
2 bananas
½ cup raspberries (fresh or frozen)

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Razzle Dazzle Smoothie

Serves 1-2

Ingredients:

3 bananas (ripe)
1-cup pineapple (fresh or frozen)

1 cup frozen raspberries
½ cup of water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Winter Vitamin C Smoothie

Serves 1-2

Ingredients:

1-cup fresh squeezed navel orange juice
1 tbsp. hemp seed
2 medium bananas
3-4 apples peeled, cored and chopped

Directions:

1. Place ingredients in blender or VitaMix in order above and blend until smooth and creamy.

Additional Tips:

If you have a regular blender you may want to chop up the apple into smaller pieces to make blending easier.

Summer Passion Smoothie

Serves 1

Ingredients:

1 mango
1 banana
2 passion fruits (inner part only)

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Classic Banana Papaya Smoothie

Serves 1-2

Ingredients:

2 bananas
2 Hawaiian Papayas or 3-4 cups chopped papaya
½ cup water (as needed)

Directions:

2. Place ingredients in blender or VitaMix and blend until smooth.

Berry Tropical Smoothie

Serves 1-2

Ingredients:

1 banana
1 [ataulfo](#)/champagne mango
1-cup pineapple (fresh or frozen)
1-cup fresh raspberries
½ cup frozen blueberries
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Coconut Chocolate Smoothie

Serves 1-2

Ingredients:

1 Thai coconut, water and meat
2 bananas (fresh or frozen)
1 ½ tbsp. cocoa or raw cacao powder
2 dates, pitted

Directions:

1. Open the coconut and pour the water into your blender or VitaMix. Scoop out the meat with a spoon and add it along with the other ingredients. Blend until smooth and creamy.

Passionate Lychee Smoothie

Serves 1

Ingredients:

10-12 lychees, peeled and pitted
1 banana
2 passion fruits (insides only)
1/3-1/2 cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Vanilla Chai Smoothie

Serves 1

Ingredients:

¾ cup almond milk
2 frozen bananas
1 tsp. chai spice (see recipe below)
1 vanilla pod (insides only)

Directions:

1. Slice open the vanilla pod and scrape out the insides with a spoon.
2. Place ingredients in blender or VitaMix and blend until smooth.

Chai Spice Mix

Ingredients:

1 tbsp. ground ginger
1 tbsp. ground cardamom
½ tbsp. ground cinnamon
1 tsp. ground nutmeg
1 tsp. allspice
1 tsp. ground cloves

Directions:

1. Combine spices and store in a cool container.
2. Add to smoothies, tea or baked goods.

Banana Berry Hemp Smoothie

Serves 1

Ingredients:

2 bananas
1 cup frozen mixed berries
1-2 tbsp. hemp seeds (hemp hearts)
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Mama Loves Mamey Smoothie

Serves 1-2

Ingredients:

1 medium [mamey sapote](#) (flesh only)
1 banana
¼ tsp. nutmeg or pumpkin pie spice
½ cup ice cubes (or sub a frozen banana)
1/3-1/2 cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Part 3: Green Smoothies



Pink With Envy Watermelon Green Smoothie

Serves 1-2

Ingredients:

4-cups/20 oz. watermelon chunks

2 ripe bananas

3/4 cup frozen peaches

1 cup packed baby spinach (or other mild greens like lettuce, Swiss chard etc.)

Directions:

1. Place ingredients in VitaMix or blender in the order provided and blend until smooth.
2. Garnish with a spinach leaf or slice of watermelon if desired.

Variations:

Try out different melons! Cantaloupe or honeydew will be delicious as well and make for a great variety.



Strawbanana Green Smoothie

Serves 1-2

Ingredients:

- 2 bananas
- 1 mango (flesh only)

2 cups whole strawberries (fresh or frozen)
1 handful of red leaf lettuce or other mild greens
1/2 cup of water

Directions:

1. Place ingredients into blender or VitaMix in order listed. Blend on medium speed and use the tamper (if necessary) to push the lettuce down until it's incorporated. (If you have a regular blender you may want to chop the lettuce first into smaller pieces.)
2. Garnish with a fresh strawberry and serve!



Purple People Eater Green Smoothie

Serves 1-2

Ingredients:

2 ripe bananas

1 mango (about 1 cup)
1 handful of baby spinach
1-2 leaves of Swiss chard (stalks optional)
3/4-cup fresh or frozen blackberries
1/2 cup of water (or more to blend as necessary)

Directions:

1. Place ingredients into VitaMix or blender in order above using the tamper if necessary and blend.
2. Garnish as desired and serve.



Avocado Banana Green Smoothie

Serves 1-2

Ingredients:

2 ripe bananas
1/2 small-medium ripe avocado
1-2 cups of baby spinach
1/4-1/2 cup water
Handful of ice (or use 1 frozen banana instead of fresh)

Directions:

1. Place ingredients into VitaMix or blender in order listed and blend until well combined.

Variation:

You can use almond milk instead of water if you want the smoothie even creamier.



Beginner Green Smoothie

Ingredients:

3 ripe bananas
2 cups baby spinach, packed
2 cups frozen blueberries
1/4-1/2 cup water (as desired)

Directions:

1. Place ingredients into blender or VitaMix in order listed and blend until smooth.



Where Have You Been All My Leaf Green Smoothie

Serves 1

Ingredients:

2 bananas
1-cup raspberries

2 handfuls red leaf lettuce, chopped
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Tropical Cherry Green Smoothie

Serves 1-2

Ingredients:

3 ripe bananas
2 cups packed baby spinach
1 cup frozen or fresh pineapple
1 cup frozen black cherries (or fresh [pitted](#) or berries of choice)
1/2-1 cup filtered water (as necessary)

Directions:

2. Place ingredients into blender or VitaMix in order listed and blend until smooth.

Basil Me! Green Smoothie

Serves 1

Ingredients:

2 bananas
1 cup frozen blueberries
1 handful fresh basil leaves
1/3-cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Grape Escape Green Smoothie

Serves 1-2

Ingredients:

2 cups red grapes
3 stalks of celery
1-cup baby spinach
1 cup frozen blueberries

Directions:

1. Place ingredients into VitaMix or blender in order above using the tamper if necessary and blend.

Additional Tips:

If using a regular blender make sure to chop the celery into small pieces.

Variation:

Add a banana to make this smoothie even creamier!

Dill-licious Green Smoothie

Serves 1

Ingredients:

1 mango
2 white peaches
½ bunch dill
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Minty Strawberry Green Smoothie

Serves 1

Ingredients:

2 bananas
2 cups frozen strawberries
2 dates
1 handful fresh mint leaves
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Pineapple Kale Green Smoothie

Serves 1

Ingredients:

1-cup fresh pineapple
1 banana
2-3 kale leaves (stalks removed)
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Chocolate Mint Green Smoothie

Serves 1

Ingredients:

2 bananas
1 tbsp. cocoa or raw cacao

1 tbsp. [spirulina](#) powder
¼ cup fresh mint leaves
½ cup almond milk

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

BC Green Smoothie

Serves 1-2

Ingredients:

½ cup fresh orange juice
2 bananas
1-cup blueberries
1 tbsp. hemp seeds
3-4 leaves of kale (stalks removed)

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Hawaiian Green Smoothie

Serves 1-2

Ingredients:

2 ataulfo/champagne mangoes
1 banana (fresh or frozen)
1 bunch of basil leaves
½ cup water (or coconut water)

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Beet You To It! Green Smoothie

Serves 1-2

Ingredients:

1 mango
1 banana
1-cup strawberries
2 cups beet greens, chopped

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Island Dreams Green Smoothie

Serves 1-2

Ingredients:

1 Hawaiian papaya (or 1 ½ cups fresh papaya, flesh only)
2 bananas
3 leaves of Swiss chard

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

The Body Builder Green Smoothie

Serves 1-2

Ingredients:

2 bananas
1 cup almond milk
2 tbsp. hemp seeds (hearts)

2 dates
1-cup baby spinach
1 tbsp. spirulina
1 tbsp. acai powder *optional
½ cup ice

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Gimme Parsley Green Smoothie

Serves 1

Ingredients:

1 mango
1 apple, cored
½ bunch parsley (leaves only)
1-cup blackberries
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Pineapple Dill Green Smoothie

Serves 1

Ingredients:

1-cup pineapple
1 banana
1 orange
½ bunch of dill
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Sweet and Savory Celery Green Smoothie

Serves 1

Ingredients:

2 pears, cored
1 banana (fresh or frozen)
2 stalks of celery, chopped
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Just Dandy Green Smoothie

Serves 1

Ingredients:

2 bananas
1 apple cored
1-cup blackberries
1 handful dandelion greens

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

I Heart Celery Green Smoothie

Serves 1

Ingredients:

1 mango
1 apple
1-cup raspberries
4 stalks of celery, chopped
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Banana Dandy Green Smoothie

Serves 1

Ingredients:

1 banana
1 orange, peeled
1-cup pineapple
1 handful dandelion greens
½ cup water

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

The Skin Purifier Green Smoothie

Serves 1

Ingredients:

3 cups honey dew melon

1/2 cucumber, peeled
2 cups baby spinach

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Cantaloupe You Love Me? Green Smoothie

Serves 1

Ingredients:

2 cups cantaloupe/rock melon
1 banana
1-cup strawberries
2-3 leaves of kale (stalks removed)

Directions:

1. Place ingredients in blender or VitaMix and blend until smooth.

Additional Resources

Did you enjoy the content of this eBook? Make sure you check out the following resources for more information and great recipes!

LowFatVeganChef.com - sign up for my FREE recipe of the week!

[Savory Raw Dinner Recipes](#) – my 2 part video and eBook series where I teach you how to make delicious and satisfying oil-free dinner recipes you and your family will want to eat again and again. Contains over 55 recipes!

[Comfort Soups To Keep You Warm](#) – I teach you how to make vegetable stock and soup and homemade soup from scratch. A tantalizing variety of chunky and creamy blended soups for those times you are craving something hearty and warm. Over 30 recipes!

[My Facebook fan page](#) – find delicious recipes and connect with other low fat vegan enthusiasts from around the world!

[My twitter page](#) – follow me as I travel around and keep you up to date with latest trends and recipes!

[My YouTube channel](#) – watch me show you how to make delicious recipes in your own home! Also many kitchen and food tips and tricks.