

SuperGreens

Smoothies



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Green Pear Super Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 cup spinach
- 1 pear, cored
- 1 tsp Living Lean SuperGreens.

Preparation

Combine all ingredients in a blender and mix until smooth

Spinach & Orange Smoothie

Ingredients

1 navel orange, peeled
1/2 banana, peeled
1 cup tightly packed organic spinach
1/4 cup coconut water, adjusted as desired
1 tbs hemp seeds, optional
1-2 tsp Living Lean Super Greens
Ice

Preparation

Combine all ingredients in a blender with a few ice cubes and blend on high to combine.

Add more coconut water as desired to reach desired consistency for smoothie.

Pour into a glass and enjoy!

Ginger & Orange Green Smoothie

Ingredients

- 1 1/2 cups filtered water
- 4 generous handfuls fresh spinach
- 4 romaine leaves (optional)
- 2 navel oranges
- 2 ripe bananas
- 1-2 knob of fresh ginger
- 1 cucumber (optional) peel if not organic
- 1-2 tsp Living Lean Supergreen powder

Preparation

Rinse and prepare all veggies.

If you have a high-powered blender, throw everything in and blend until smooth. If not, first blend the spinach and romaine until smooth, then add the remaining ingredients and blend.

Pour into a glass and enjoy!

Blueberry & Mint Green Smoothie

Ingredients

2 cups spinach - freeze beforehand
2 cups blueberry (1 cup. fresh and 1 cup frozen)
1 kiwifruit - peeled
3-4 large mint leaves
1 cup coconut water
1-2 tsp Living Lean SuperGreen powder
1 cup ice

Preparation

Combine all ingredients in a blender and mix until smooth.

SuperGreen Detox Smoothie

Ingredients

- 1 cup green tea, chilled
- 1 cup loosely packed cilantro
- 1 cup loosely packed organic baby kale (or another baby green)
- 1 cup cucumber
- 1 cup pineapple
- juice of 1 lemon
- 1 tablespoon fresh ginger, grated
- 1/2 avocado
- 1-2 tsp Living Lean SuperGreen powder

Preparation

Combine all ingredients in a blender and mix until smooth.

Flax & Oats SuperGreen Smoothie

Ingredients

- 1 cup ice
- 1 cup mixed berries (or whatever fruit you'd prefer)
- 1/2 cup oats
- 1 cup milk
- 1/2 cup Greek yogurt (plain & low fat)
- 2 tablespoons flax seed meal.
- 1-2 tsp Living Lean SuperGreen powder

Preparation

Add the ice, fruit and green powder to a food processor or blender. Blend together until ice is crushed

Add the oats and flax seed to the food processor and blend until the oats are incorporated fully.

Lastly, add the yogurt and milk and pulse a few more times until creamy.

Honeydew & Mint Smoothie

Ingredients

- 1/2 honeydew melon, cut into chunks
(about 4 cups, or 1 1/2 lbs)
- 1/2 cup light coconut milk
- 1-2 leaves fresh mint (plus more for garnish)
- 1/2-1 tsp. fresh lime juice (or to taste)
- 1 cup ice
- Drizzle of honey or coconut nectar, to taste
(optional, depending on how sweet your
melon is)
- 1-2 tsp Living Lean SuperGreen powder

Preparation

Cut your melon in half, remove the seeds, and slice away the outer rind. Cut the melon into chunks, and add to your blender along with the coconut milk, mint, powder, lime, and ice. Blend until smooth. Taste, and adjust sweetness with honey or coconut nectar. Serve with a garnish of mint, or fresh melon slices.

Peachy Green Smoothie

Ingredients

- 1 frozen banana
- 1 packed cup baby spinach
- 2 large or 4 small fresh ripe sweet peaches, pitted (2/3 cup)
- 2 tbsp raw hemp seeds, shelled
- 1-2 tsp Living Lean SuperGreen powder
- 1 3/4 cups unsweetened almond milk
- 1 cup ice
- sweetener, to taste

Preparation

Combine all the ingredients in the blender and blend until smooth, adjust sweetener to your taste.

Pina Colada Green Smoothie

Ingredients

2/3 cup unsweetened vanilla almond milk

2 large handful (50 g) kale

1/3 cup (80 g) pineapple chunks

1/2 (50 g) ripe avocado

1-2 tsp Living Lean SuperGreen powder

1 cup of ice cubes

Preparation

Combine all the ingredients in the blender and blend until smooth.

Classic Green Monster Smoothie

Ingredients

- 1 cup almond milk or other non-dairy milk
- 1 cup destemmed kale leaves or baby spinach
- 1 large ripe frozen banana, chopped into chunks
- 1 tablespoon almond butter or peanut butter
- 1 tablespoon chia seeds or ground flaxseed
- Pinch of ground cinnamon
- 1-2 tsp Living Lean SuperGreen powder
- 2 to 3 ice cubes

Preparation

Combine all the ingredients in the blender and blend until smooth.

Sweet Green Smoothie

Ingredients

- 1-2 tsp Living Lean SuperGreen powder
- 1 tablespoon honey
- 1 cup spinach
- 1 cup ice
- 2 ounces ice-cold water

Preparation

Combine all the ingredients in the blender and blend until smooth.

Vanilla Matcha Smoothie

Ingredients

2 almond milk ice cubes (60 mL), plus more for serving

1 cup (250 mL) unsweetened almond or coconut milk

1 teaspoon matcha green tea powder

1/4 teaspoon vanilla bean powder or 1 vanilla bean*, seeded

2 teaspoons pure maple syrup, or to taste

1 to 2 ice cubes - frozen Living Lean

SuperGreens mixed with water

For serving: Coconut Whipped Cream, matcha powder (optional)

Preparation

Pour almond milk into an ice cube tray and freeze until solid.

Vanilla Matcha Smoothie

Preparation Continued

Mix Living Lean SuperGreens with water and put into ice cube tray and freeze.

To make the latte: Add the cup of almond milk into a blender along with 2 almond milk ice cubes, matcha powder, vanilla, maple syrup, and the Living Lean cubes. Blend on high for around 20 seconds to ensure it gets nice and frothy.

Pour into a glass, along with more almond milk ice cubes. You can also add a spoonful of coconut whipped cream and a sprinkle of Matcha on top.

Glowing Green Smoothie

Ingredients

1½ cups water

1 head organic romaine lettuce, chopped

½ head of large bunch or ¾ of small bunch

organic spinach

3–4 stalks organic celery

1 organic apple, cored and chopped

1 organic pear, cored and chopped

1 organic banana

Juice of ½ organic lemon

1-2 tsp Living Lean SuperGreen powder

Optional:

1/3 bunch organic coriander (stems okay)

1/3 bunch organic parsley (stems okay)

Preparation

Add the water, SuperGreen powder, romaine and spinach to a blender. Blend on a low speed, mix until smooth.

Gradually moving to higher speeds, add the celery, apple and pear. Add the coriander and parsley if you choose. Add the banana and lemon juice last.

The Wellness Green Smoothie

Ingredients

3 stalks of kale (discard the tough stalk and use the leaves)

3 leaves of Cos lettuce

1 cup coconut water

1 small frozen banana

A small handful of goji berries or blueberries

1 tsp hemp seeds

1 tsp chia seeds

1 tsp bee pollen

1 tsp maca powder

1 tsp Living Lean SuperGreen powder

Preparation

Add all ingredients to a blender and blitz until smooth.

Green Power Smoothie

Ingredients

- 1 cup oat milk
- 1 cup coconut water
- 1 tsp Living Lean SuperGreen powder
- 2 tsp flaxseed meal
- 1 tbsp organic coconut oil
- ¼ cup frozen berries
- 1 tsp probiotics
- 2 tbsp organic natural yoghurt
- A pinch if cinnamon
- 2 drops stevia for sweetness

Preparation

Add all ingredients to a blender and blitz until smooth.