

GREEN & FRUIT SMOOTHIE -Wellness Education Center, LLC

(Demo Video: <http://www.juicefast.info/GreenSmoothie.html>)

Fiber, Omega 3 Fatty Acids, & Protein Items	VitaMix 2 Qt	Reg. Blender 1 Qt
Chia Seeds (Omega 3 and Fiber)	1.5 TBSP	3/4 TBSP
Flax Meal (Omega 3 and Fiber)	2 TBSP	1 TBSP
Lecithin Granules (needed by all living cells, brain)	1.5 TBSP	¾ TBSP
Hemp Hearts/Seeds (Omega 3, Protein)	3 TBSP	1.5 TBSP
OR		
Wellness Education Center Smoothie Mix	8 TBSP (1/2 c)	4 TBSP (1/4 c)
Protein (Hemp or Sun Warrior Sprouted Rice Protein)	2 TBSP	1 TBSP
Optional: Blue Green Algae (VitaMineral Greens, Spirulina, or Chlorella)	2-3 TBSP	1-1.5 TBSP

Then Add

Greens (spinach, kale, chard, etc) remove stems Loosely fill container to 2/3

Pure Water 3 cups 1 ½ cups

Lemon Juice (less if using tart berries) 3 TBS 1 to 2 TBS

Blend slightly to make room for the following:

***Banana (remove peel) 1 lge (2 sm) 1 medium

***Pineapple (1 1/2" squares) for inflammation 8 pieces 4 pieces

***Apple (with peel, core removed) 1 large 1 medium

***Dark Berries (triple berries, blueberries, huckleberries, etc) 1 cup ½ cup

Additional Water to 3" from top of blender 2 cups 1 cup

Blend Until Smooth (store extra in glass bottles in refrigerator for up to 2-3 days)

Comments

1. When breaking the fast, keep the smoothie simple.
2. CHEW your smoothie to stimulate digestion.
3. Greens: Wash well, remove larger stems. Baby spinach can go in whole.
4. You can also use flax oil, hemp oil. Add ¼ c coconut if you need more fiber or want to change flavor. You can also make an **ALL GREEN smoothie using cucumber, celery sprouts, zucchini, parsley, etc.**
5. PROTEIN: If using protein powder, avoid soy isolate or fractionate. Avoid cow whey. Goat whey is ok if organic. **Sun Warrior protein is sprouted, bio-fermented rice protein and is 98.2% assumable and provides all the essential amino acids.** Shelled hemp seed has 11 gm protein and only 1 gm fiber per 4 TBS (30 gm). This is a good choice for children. Hemp meal (whole ground) has 11 gm protein and 14 gm fiber in 4 TBS. Can substitute ¼ to ½ cup sprouted Quinoa (raw or cooked) for protein & fiber.
 - a. Add more protein powder if desired.
6. *****Limit fruit in cases of cancer, candida, diabetes, weight loss, or hypoglycemia (Cut amount recommended in half or eliminate). Recommended: Use berries or Apple only**
7. If you suffer from inflammation anxiety, agitation, low mood or depression, boost the omega 3 fatty acids from chia, hemp & flax seed to 3-5gm daily!

Measurement Key: T=Tablespoon, t=teaspoon, c=cup

For convenience, the Wellness Education Store packages and Sells a quart jar (4c) of Bulk Smoothie Mix (Chia, Flax, Hemp, Lecithin) at a cost of ~\$22

Wellness Education Center Bulk Smoothie Mix Recipe (4 Cups):

- Flax Meal 1 cup 1 c
- Chia Seeds ¾ c
- Lecithin Granules ¾ c
- Hemp Hearts/Seeds 1.5c

Suggested Power Food Additives

- Hemp Hearts 2-3 TBSP per day (Omega 3, GLA, Protein)
- Flax Meal 1-3 TBSP per day (Fiber, Omega 3, Phytoestrogen protection)
- Chia Seeds 1 TBSP per day (Fiber, Omega 3)
- Avocado ½ per day (ok if it turns brown in drinks, preserve color with lemon juice)
- Spirulina or chlorella blue green algae 1-2 tsp per day
- Dark greens 3-4 cups (alternate or mix greens or mix: baby kale, spinach, chard, collards, etc)
- SunWarrior Protein Powder (Biofermented Sprouted Rice- 98% absorption)
- Apple 1/2 per day
- Carrot 1 per day
- Dark Berries 1/4-1/2 c per day
- Tahini (in meals/soups- creamy & great source of calcium)
- Almond Butter
- Lemon or Lime Juice – alkalizing, salty flavor, & makes flavors come out
- Quinoa for protein
- Coconut oil 1-2 TBSP
- Olive oil 1-2 TBSP
- Kelp (Dulse) Powder or Flakes (1/8-1/2 tsp daily contains iodine and other minerals!)
- Nut Milk (Almond, Hemp, Sunflower, Oat, or Hemp)
- Nutty Sprinkle- great source of B vitamins & omega 3 fatty acids- tastes salty or cheesy and excellent to add to soups or quinoa meals. (See Nutty Sprinkle Recipe w/ cheese alternatives)

Nutritional Value: Green & Fruit Smoothie Nutrition Summary – 64oz Vitamix

	Grams									% Daily Value				
	Serving	Grams	Calories	Fiber	Protein	Omega 3	Fat	Carb	Sugar	Calcium	Potassium	Iron	Vit A	Vit C
Chia	1.5 T	15	60	5	3	2.5	5	6	0	10		6		2
Lecithin	1.5 T	10	70	0	0	0	5	1	0		5			
Flax Meal	2 T	13	70	4	3	3	5	4	0	4		4		
Hemp	3 T	30	170	1	11	3.3	14	2	0			15		
Sun Warrior	2 T	21	70	1	17	0	1	3	0	6		20		
Spinach	2 c	85	10	2	2	0	0	0	0	8	2	15	80	40
Apple	1 med	178	87	5	1	0	0	22	12		2		1	5
Banana	1 med	227	134	4	2	0	4	34	18		8	1	1	11
Pineapple	1 c	227	80	2	0	0	0	20	16	2	2	2	1	62
Triple Berries	1 c	126	70	3	1	0	0	17	11	6		4	2	20
TOTAL	64oz	932	821	27	40	9	34	109	57	36	19	67	85	140
Per	16oz	233g	205cal	7g	10g	2.2g	9g	27g	14g	9%	5%	17%	21%	35%
***Apple/Berry		120g	152cal	5g			8g	55g	6g					
***Just Berries		75g	130cal	4g				8g	3g					