Do you feel sluggish and have little energy? Do you have a few or more extra pounds to shed? Do you struggle with eating clean because you are always on the run and don’t have the time to eat enough greens? Would you like to have more energy, stamina and vitality to truly enjoy your life?

Introducing Green Smoothies—a sure way to keep you clean, green and lean.

If you have already heard about green smoothies, great you are a step ahead. Green smoothies are packed with vitamins, minerals and antioxidants. They are a delicious way to get your dose of good quality greens for the day.
Any nutritionist will tell you that you need to eat dark leafy greens as often as possible. Yet sadly, it is the food group that is lacking most in today’s modern diet. Adding greens to your diet can help restore health very quickly. Did you know that greens are one food group in which all nutrients perfectly match human nutritional needs? Chlorophyll, known to be the plant’s blood, is chemically similar in composition to that of human blood. Greens are rich in chlorophyll - a plant compound in all greens that is believed to purify our blood, and help to enhance our immune system.

It is estimated that we should have approximately 7 to 10 servings of greens a day which equates to a minimum of one pound. Yes ONE POUND! However, sitting down for hours each day chewing on salad just may not fit into our busy schedule. So what’s the answer? Green Smoothies.

You may be thinking, GREENS, in my smoothie? Most people don’t like dark leafy greens because they are too tough and fibrous to enjoy on their own and can taste bland. However when blended with fruit, green smoothies are very palatable.

Why blend Greens? It is important for us to consume greens in the form of smoothies because the cell wall gets broken down and the absorption of vitamins and minerals into the bloodstream is then easier. In addition, some people’s digestion is not as optimal as it could be, and they may have problems with digesting raw greens. Blending raw greens makes it easier to digest and assimilate the nutrients.

Greens have insoluble fibre, which means that they can absorb sugars and counter balance the fruit in the smoothie. This is helpful for people who are hypoglycemic or are diabetic.

The following are some benefits that you may experience once you start to drink green smoothies:

- **Increase in energy**
- **Radiant skin and eyes**
- **Keeps you regular**
- **Aids in weight loss**
- **Helps with sugar cravings**
- **Improves digestion**

Green Smoothies are quick, easy and delicious. Try these treats for breakfast, as snacks or a pick me up in the afternoon. As you start to drink more green smoothies, you will notice that you may want to add more greens and less fruit. Believe it or not you may even start craving them.

If you have not yet experienced a green smoothie, what are you waiting for? With a bit of fruit to sweeten the taste, you will love them in no time. This is one sure way of getting your daily recommended amount of greens at one time, in a fast and easy manner. Adding a minimum of one green smoothie a day either as a meal or a snack can increase your energy, stamina and vitality so you can truly enjoy your life.

Never made a green smoothie before? Here is what you need to make a delicious tasty green smoothie.

**High Powered blender**
(preferred but not mandatory)
- The one that is highly recommended is the Vita Mix. This is one kitchen appliance that comes highly recommended. You can use a more inexpensive blender; however it doesn’t break down the tough fibres in the greens as well as the Vita Mix. With the amount of use this appliance gets you will make back your money two fold.

**Rubber scraper** - You are going to want every drop of this delicious drink!

**Container for your smoothie** - A wide mouth mason jar is recommended. Drinking smoothies from a glass container instead of a plastic one not only tastes better, it is also easier to clean because of the wide mouth and better for the environment.

**Lots of leafy green veggies** - Favourites to use are kale and romaine lettuce, dandelion greens, spinach, field greens, swiss chard, sunflower and pea sprouts, arugula parsley, cilantro, bok choy, beet greens.

**Fruit** - Any fruit will do but most popular are bananas, pears,
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You can also add some hemp or a protein powder of your choice. To get your dose of omega fats you can add flax or hemp seeds or their oils. You may want to experiment and come up with your own recipe, but in the mean time here is one to get you started.

**Banana Mango Smoothie**

1 banana
1 to 2 mangoes (Ataulfo mangoes are best)
1 to 2 handfuls of spinach
1 handful of sunflower sprouts (optional or more spinach)
1-2 cups of water

**Directions:**

Peel the mango and the banana. In a blender, add the water, mango, banana and add the greens last. Blend for 20 seconds. If too thick add more water to your preferred consistency. Pour in a glass or a jar and enjoy.

Mary Luciano, “The Raw Food Trainer” is a Healthy Living and Raw Food Educator, Personal Trainer, National Level Figure Athlete and Model. She is a trainer and coach for advanced through to beginner women athletes and non-athletes alike who wish to learn how to incorporate more raw foods into their life, training and fitness endeavors. She can be found at: www.maryluciano.com