

Green Goddess

Juices & Smoothies

Presented by DAMYHealth.com



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Green Goddess Introduction



Green Goddess Juices & Smoothies *The Introduction*

Welcome to the **Green Goddess Juices & Smoothies Recipe eBook!** It's no secret that here at DAMY Health we love our greens! **#Itsallgreen** is something you will see me tweeting, sharing on **Facebook**, **Instagram** and **Pinterest**. We encourage greens at least once a day in some form or another.

When I consume more greens through salads, vegetables, dips, juices and smoothies I feel more alive. I try to get as much green into my diet as possible. I do this by following the **Bikini Body Program** and focusing on the most natural choices within the program.

I personally have green juice every morning. Sometimes a green smoothie will be my morning or afternoon snack as well.

I have been asked a million questions about making green juice and smoothies so I'm going to take this opportunity to answer them in simple point form. In the next chapter you will find my **Green Juice Recipes** followed by my **Green Smoothie Recipes** and finally my **Build Your Own Smoothie Guide**.

If you do not own a juicer at this time there are a couple options for you. If you are using fruit, spinach, kale, lettuce or whichever greens you choose it is a fabulous option for you to create green smoothies in your blender. Don't feel you are missing out on the

green train if you don't own a juicer. It took me almost 7 years into my health journey to buy one.

Green Juice vs Green Smoothies

What is the difference between green juices and green smoothies?

When you juice you are extracting the pure liquid from the fruits and vegetables that you juice. There is no fiber.

When you make smoothies the entire fruit or vegetable is used so you are also consuming the fiber.

I personally believe juicing and making smoothies are equally important and healthy. From my personal experience I can say that when I consume green juice I feel energized, alive, renewed, vibrant and healthy. When I drink green smoothies I feel the same way but also full.

Juicing and Blending Appliances

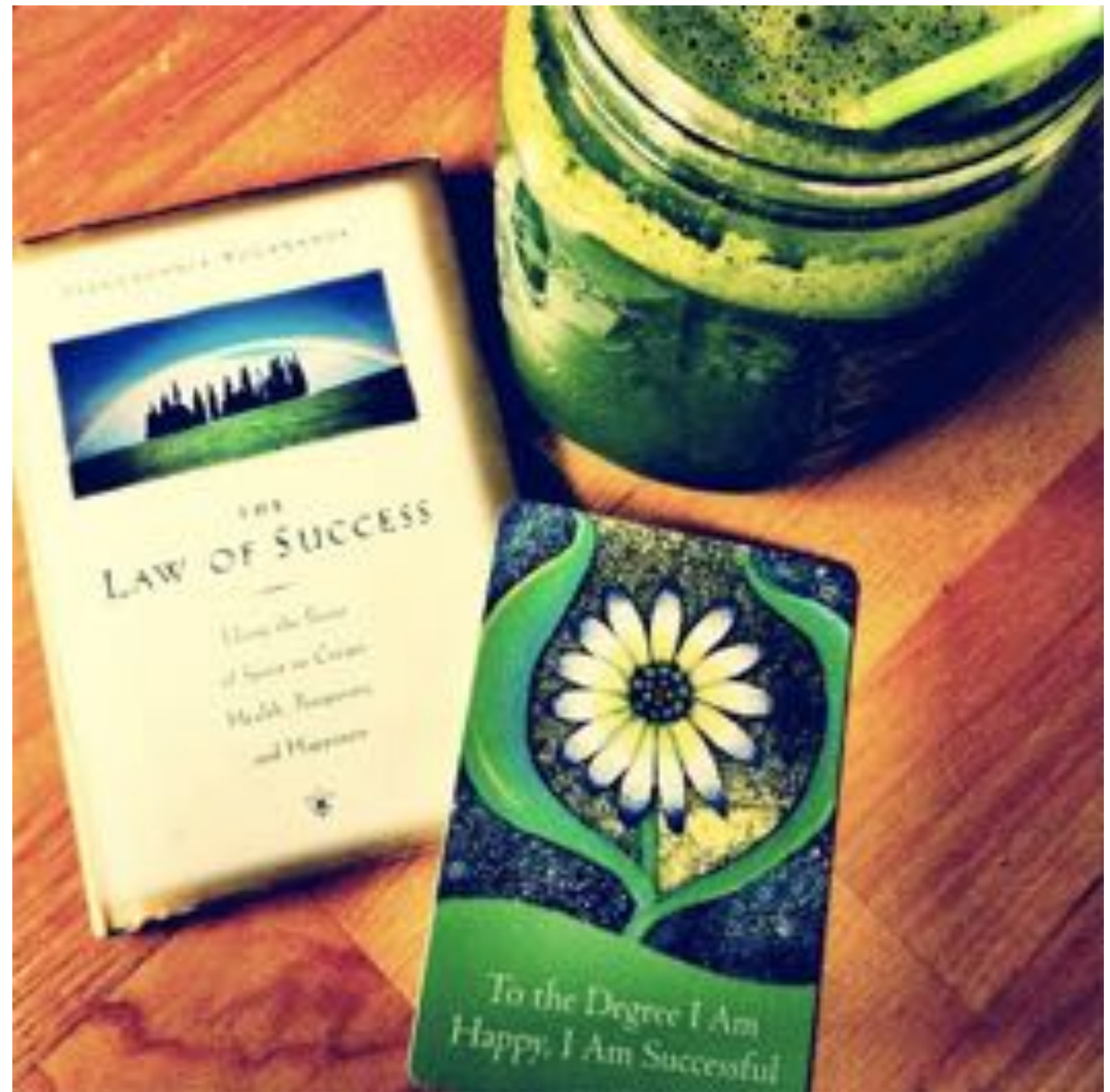
What are the best juicing and smoothie machines?

The juicer I have is the Breville Fountain Elite Juicer. I adore it and think it is the best.

For smoothies if you want to really blend vegetables and fruit the Vitamix Blender is the way to go. That being said, both of these appliances are a significant monetary investment. They are the best of the best.

I personally never feel guilty investing in my health. I put my health number one in my life. At the end of the day when I am healthy I can fully enjoy my life, others, myself and give fully to everyone around me.

One of the best pieces of advice I ever got was to never feel guilty spending money on healthy food and the things that support a healthy life.



Mixing Green Juice and Smoothies

I see sometimes you have green juice smoothies. What are these?

If I'm feeling extra hungry in the morning I will take my green juice, place it in the blender and blend it with frozen mango, a banana or mixed berries. This gives my green juice an ice cream texture, makes it more filling and gives it that fruity boost.

Don't be afraid to mix and match smoothies – life is short lol.

Liquid Bases for Green Smoothies

What liquids do you use for a base in your smoothies?

As I said above sometimes I simply use my fresh green juice from the day. Other times I will use natural coconut water, pure water, unsweetened almond milk or fresh juice I've made with my juicer (grapefruit, watermelon, pineapple, apple, orange, lemonade, limeade, etc).

Always go with the most natural, basic ingredients. Keep it simple, keep it clean and keep it pure.

The Best Healthy Green Juice and Smoothie Tips

What should I have prepped for smoothies?

In my freezer I always have:

- Chopped Frozen Banana
- Mango
- Strawberries
- Blueberries
- Raspberries
- Cranberries

Having your favorite fruit chopped up and ready to go for when the smoothie craving strikes is the best thing you can do for yourself.



**I see you are always drinking green juice out of jars.
What is that?**

For me and my family we do our juicing and store the contents in 1 liter mason jars.

Glass mason jars are awesome for the following reasons:

- They are inexpensive and easy to find. You can find these at grocery stores, hardware stores and markets.
- They seal so well. My husband and I are always on the go and we can take these with us anywhere.
- When you drink your green juice for the day it then turns into the perfect 1 L water glass. It is so easy to get your water in when you are drinking out of a 1 L glass.
- They are glass. Enough said.
- They are really simple to clean and are dishwasher safe.

Do you have any tips on green juicing?

1. Try to consume your juice within 24-48 hours of juicing it. At max I will push it to 72 hours. But remember, the fresher the better!
2. I read a great tip online about re-juicing the pulp after you make your juice. This tip is awesome! Do it and you will be shocked how much juice comes out.
3. Use a plastic grocery bag to line your pulp bucket. This makes cleanup so much faster and easier.
4. Always wash your juicer components right away.
5. If anything in your refrigerator is on the edge of going bad (fruits and vegetables) – juice it! Food never has to go bad again. And, you can juice anything! I’m talking salads, bell peppers, zucchinis, broccoli stems, etc.
6. Organic fruits and veggies are always the best choice. If these are available and you can get them do it. Markets, farmer’s stands and small grocers are great places to find discounted organic fruits and veggies. If your produce for juicing or smoothies is not organic it is a good idea to peel them before using.
7. Wheatgrass, though it does have wheat in the name, the grass does not actually contain wheat. To juice wheatgrass in a regular juicer wrap your wheatgrass in romaine leaves and juice the wrap.

Why I Drink Green Juice

Will green juice save my life and make everything in my life better?

I sometimes limit talking about things that I do in my daily life to not add to the wave of trend that is going on in society today. Will drinking juice change your life on its own? It could. But, lets stop romanticizing one aspect of health. Being healthy means including green juice or smoothies into a healthy balanced life including a healthy eating plan, workouts, meditation, love-filled relationships, spirituality, self-love and nature-filled experiences.

If you add these magnificent green joules into your life in a healthy balanced way you will experience wonderful benefits. Make them a component not a band aide.

How to Form the Perfect Green Smoothie

Here is a simple formula:

- Green leafy vegetables
- Frozen Fruit
- Your Favorite Liquid Base (Ex. DAMY Green Juice, Coconut Water, Unsweetened Almond Milk)
- Protein Powder (if you choose – not necessary)

***Mix and match the above to create your own personal favorite smoothies. You can never go wrong. One other thing I like to have on hand is liquid Stevia. I add a couple drops to my smoothies to kick any bitterness and heighten the fruit sweetness.



Green Goddess Juice Recipes



Green Goddess Juices & Smoothies *The Juices*

Table of Contents:

- *DAMY Health's Green Goddess Juice*
- *Mango Green Juice*
- *Dave's Green Goodness Juice*
- *Martha Stewart's Green Juice*
- *The Green Apple*
- *Tropical Green Juice*
- *Ruby and Greens Goddess Juice*
- *Carrot and Greens Goddess Juice*



DAMY Health's Green Goddess Juice

Makes: 2 Servings.

Ingredients:

- 2 Green Apples
- 2 Cucumbers
- 1 Bunch Romaine Lettuce
- 1 Bunch Kale
- 3 Handfuls Spinach
- 5 Celery Stalks
- 1 Lemon
- Splash Organic Coconut Water (Optional)
- A Few Drops Liquid Stevia (Optional)

Directions:

1. Place all ingredients through your juicer (aside from coconut water).
2. Use coconut water to top off each glass and add stevia – mix.
3. Tip – If you prefer your drink be sweeter add in a couple drops of liquid stevia and stir.



Mango Green Juice

Makes: 2 Servings.

Ingredients:

- 1 Mango
- 2 Handfuls Wheatgrass
- 3 Handfuls Romaine Lettuce
- 1 Cucumber
- 2 Pears
- 2 Handfuls Kale
- Coconut Water (to top – optional, not necessary)

Directions:

1. Juice in your high-powered juicer everything except the coconut water.
2. Use coconut water to top off drinks once poured.
3. Serve and enjoy!

Dave's Green Goodness Juice

Makes: 2 Servings.

Ingredients:

- 3 Celery Stalks
- 1/2 Cucumber
- 2 Pear
- 2 Handfuls Romaine Lettuce
- 3 Handfuls Wheatgrass
- 3 Handfuls Kale
- 2 Handfuls Spinach
- 1/2 Cup Coconut Water (optional, not necessary)
- Drops of Stevia (to taste – optional, not necessary)

Directions:

1. Add all ingredients except the coconut water and stevia to your juicer and juice.
2. Pour drinks and top with coconut water.
3. Mix in drops stevia to taste.
4. Serve and enjoy!

Martha Stewart's Green Juice

Makes: 2 Servings

Ingredients:

- 1 Pear
- 1 Apple
- 2 Handfuls Spinach
- 2 Handfuls Parsley
- 2 Celery Stalks
- 2 Cucumbers
- 1 Inch of Ginger
- 1/2 Large Papaya

Directions:

1. Juice all ingredients together.
2. Serve and enjoy!



The Green Apple

Makes: 2 Servings

Ingredients:

- 2 Green Apples
- 1/2 Cucumber
- 1 Handful Romaine Lettuce
- 2 Handfuls Wheatgrass
- 2 Celery Stalks
- 3 Handfuls Kale
- 2 Handfuls Spinach
- 1/4 Cup Coconut Water (optional, not necessary)
- Juice of 1 Lemon
- Drops of Stevia (to taste – optional, not necessary)

Directions:

1. All all ingredients except coconut water, lemon and stevia to juicer and juice.
2. Pour drinks and top with coconut water.
3. Add juice of 1 lemon and drops of stevia to taste.
4. Mix and enjoy!

'Not So Green' Green Juice Recipes

Tropical Green Juice

Makes: 2 Servings

Ingredients:

- 1/2 Pineapple
- 1/2 Large Papaya
- 1 Kiwi
- 3 Handfuls of Kale
- 1 Cucumber
- 3 Cups Watermelon
- Juice of 1/2 Lime

Directions:

1. Add ingredients into your juicer.
2. Juice and enjoy!



Ruby and Greens Goddess Juice

Makes: 2 Servings

Ingredients:

- 2 Green Apples
- 1 Lemon (Peeled)
- 2 Cucumber
- 2 Handfuls Kale
- 2 Handfuls Spinach
- 2 Large Beets with Stems and Leaves
- 4 Celery Stalks
- 1 Cup Coconut Water (Optional – not necessary)

Directions:

1. Place all ingredients through your juicer (aside from coconut water).
2. Use coconut water to top off each glass.
3. Tip – If you prefer your drink be sweeter add in a couple drops of liquid stevia and stir.



Carrot and Greens Goddess Juice

Yield: Makes 2 Servings.

Ingredients:

- 2 Green Apples
- 1 Lemon (Peeled)
- 2 Cucumber
- 2 Handfuls Kale
- 2 Handfuls Spinach
- 2 Large Carrots
- 4 Celery Stalks
- 1 Cup Coconut Water (Optional – not necessary)

Directions:

1. Place all ingredients through your juicer (aside from coconut water).
2. Use coconut water to top off each glass.
3. Tip – If you prefer your drink be sweeter add in a couple drops of liquid stevia and stir.

Green Goddess Smoothie Recipes



Green Goddess Juices & Smoothies *The Smoothies*

Table of Contents:

- [The DAMY Tropical Green Smoothie](#)
- [DAMY Health's Green Mango Goddess Smoothie](#)
- [Green Strawberry Banana Smoothie](#)
- [Purple Rain Green Smoothie](#)
- [The Key Lime Pie Radiant Beauty Smoothie](#)
- [Green Pineapple Energy Smoothie](#)
- [Strawberry Cheesecake Youth Glow Smoothie](#)
- [Sexy Raw Pecan Pie Smoothie](#)
- [Sugar Cookie Protein Shake](#)
- [Vegan Brownie Batter Smoothie](#)

Smoothies are a fabulous way to pack nutrients into your diet. They are the best way to get extra greens, fiber, protein and anti-oxidants into your daily life with ease.

We absolutely adore smoothies. They can be amazing for daily snacks or even for those days that you need a quick meal.

For me I love an opportunity to get greens and veggies into my delicious smoothies. This is a great way to also get nutrients into children or *cough* husbands!

When I regularly have smoothies in my diet I feel glowing from the inside out. I feel the vibrance of the direct live nutrients that I am consuming daily. I often refer to my smoothies and juices as my **Green Goddess Juice**.

*Special Notes:

- To any of these recipes feel free to add added protein, leafy greens, greens powder, added fiber/fats or maca.
- My favorite protein choices to add to smoothies are 3 tbsp of organic hemp seeds or 1 scoop of Sun Warrior Protein Powder (a natural raw vegan protein powder).
- My favorite leafy greens to add to any smoothie are spinach, kale or dandelion.
- My favorite added fiber/healthy fats are organic freshly ground flax seeds or chia seeds.
- Maca powder is not for everyone. Please do your research before adding this to your diet. All supplements have effects and should be only consumed if necessary.
- 1 Scoop Protein Powder = 34 grams (1/4 Cup)
- 1 Packet Stevia = 1 gram
- ***To any of these recipes you can add a scoop of natural protein powder to round these out and create a full meal.

The DAMY Tropical Green Smoothie

Makes: 1 Serving

Ingredients:

- 1/2 a Frozen Banana
- 1 Handful of Spinach
- 1 Handful Kale
- Juice of 1/2 a Lime Squeezed
- 1/2 Cup Frozen Chopped Mango
- 1 Cup Coconut Water (or Unsweetened Almond Milk or DAMY Green Juice)
- Drops of Liquid Stevia to Taste (Optional)

Directions: Place all ingredients into your blender and blend until smooth.

DAMY Health's Green Mango Goddess Smoothie

Makes: 1 Serving

Ingredients:

- 1 Serving of DAMY Health's Green Goddess Juice ([see recipe here](#))
- 1 Cup Frozen Chopped Mango
- Drops of Liquid Stevia to Taste (Optional)

Directions: Place all ingredients into your blender and blend until smooth.

Green Strawberry Banana Smoothie

Makes: 1 Serving

Ingredients:

- 1 Cup Coconut Water (or Unsweetened Almond Milk or **DAMY Green Juice**)
- 1 Cup Frozen Chopped Strawberries
- 1/2 of a Frozen Chopped Banana
- 1 Handful of Kale
- Drops of Liquid Stevia to Taste (Optional)

Directions: Place all ingredients into your blender and blend until smooth.

Purple Rain Green Smoothie

Makes: 1 Serving

Ingredients:

- 1 Cup Frozen Blueberries
- 1 Handful Spinach
- 1 Handful Kale
- 1/2 Cup Frozen Raspberries
- 1 Cup Coconut Water (or Unsweetened Almond Milk or **DAMY Green Juice**)
- Drops of Liquid Stevia to Taste (Optional)

Directions: Place all ingredients into your blender and blend until smooth.



The Key Lime Pie Radiant Beauty Smoothie

Yield: Makes 1 Serving

Ingredients:

- 1/2 Avocado
- 1/2 Chopped Frozen Banana
- Juice of 1 Lime
- 2 Tsp Lime Zest
- 2 Tbsp Hemp Seeds (OR 1 Scoop Vanilla Protein Powder)
- 1/4 Tsp Vanilla Extract
- 1 Tbsp Unsweetened Natural Shredded Coconut
- 1 1/2 Cups Natural Unsweetened Coconut Water (OR Unsweetened Almond Milk)
 - 5 Drops of Liquid Stevia (OR 3 Pitted Medjool Dates)

Directions:

1. Blend all ingredients together until smooth.
2. Serve and enjoy!



Key Lime Pie Radian Beauty Smoothie Details:

- **Limes** are packed with antioxidants. These green jewels are known to be detoxifying and toning.
- **Hemp Seeds** are high in protein and fibre. They are great for cleansing the body much like flax seeds. Hemp seeds however are amazing in that they have a perfect 3:1 ratio of omega 6 to omega 3. The omega 6 fats found in these powerful seeds is called GLA (gamma linolenic acid). GLA has many benefits including regulating inflammation and is commonly used to treat eczema and PMS symptoms. It was discovered that women with PMS have decreased in GLA. Restoring your GLA helps reduce common PMS symptoms. Omega 3's are key to glowing skin, strong nails and healthy, shiny hair.
- **Avocados** are one of the richest sources of glutathione – a powerful antioxidant, immunity booster and detoxifier that helps to repair cell damage caused by stress and pollution.
- **Coconut Water and Bananas** are both loaded with precious potassium. Potassium is essential for maintaining your electrolyte balance that can be depleted during intense workouts or this summer heat. Potassium is key to ensure proper nerve and muscle function.

Green Pineapple Energy Smoothie

Yield: 1 Serving

Ingredients:

- 1/2 Cup Pineapple
- 1/2 Cup Mango
- 1 Cup Coconut Water
- 1 Handful Spinach
- 1 Handful Kale
- Juice of 1 Fresh Lime
- 2 Tbsp Hemp Seeds (Optional)
- 3 Drops Liquid Stevia (Optional)
- 1/4 Tsp Maca Powder (Optional)

Directions:

1. Blend all ingredients together until smooth.
2. Serve and enjoy!



Strawberry Cheesecake Youth Glow Smoothie

Yield: Makes 1 Serving

Ingredients:

- 1 1/2 Tbsp Cashew Butter
- 1/4 Tsp Vanilla Extract
- 1/2 Cup Frozen Strawberries
- 1 Lemon (1 Tbsp Lemon Juice + 1 Tsp Lemon Zest)
- 2 Packets Stevia
- 1 Cup Unsweetened Almond Milk (OR Coconut Water)
- 1 Scoop Vanilla Protein Powder (OR 2 Tbsp Hemp Seeds)
- 1 Tbsp Unsweetened Shredded Coconut (Optional)

Directions:

1. Blend all ingredients together until smooth.
2. Serve and enjoy!
3. Note: Feel free to either blend the shredded coconut with the other ingredients or top your smoothie with it before you drink.



Strawberry Cheesecake Youth Glow Smoothie Details:

- **Strawberries** are vibrant, delicious low glycemic fruits that are abundant in vitamin C and manganese making them great for maintaining healthy bones. They are also a good source of folate and potassium. It is the anti-oxidant capacity of strawberries that make them extra special. Their anthocyanin and ellagic acid compounds make them anti-oxidant powerhouses that may reduce the risk of heart disease, cancer and diabetes.
- **Lemon** has many benefits and has been used historically for its vitamin C content and as an alkalizer. Lemon, like strawberries, has a significant anti-oxidant capacity thanks to its vitamin C, vitamin A and carotenoid content. They help to boost immunity, aid in digestion and may speed up your metabolic rate.
- **Cashews** are high in healthy fats, minerals and vitamins. Cashews are energy dense and are an incredible, nutritious option for satisfying your appetite. The mineral content of cashews includes selenium, copper and zinc. They have significant levels of many different B vitamins important for supporting the energy processes of the body. The zeaxanthin antioxidant content of cashews may provide UV protection for your eyes and prevent macular degeneration.

Sexy Raw Pecan Pie Smoothie

Yield: 1 Serving

Ingredients:

- 1/2 Frozen Banana
- 4 Pitted Dates
- 1/4 Cup Pecans
- 1/4 Tsp Vanilla Extract
- Pinch of Nutmeg
- 1/2 Tsp Cinnamon
- 1 Scoop Vanilla Protein Powder (OR 2 Tbsp Hemp Seeds)
- 1 Cup Unsweetened Almond Milk (OR Natural Coconut Water)

Directions:

1. Blend all ingredients together until smooth.
2. Serve and enjoy!
3. Note: Feel free to 'dust' with added cinnamon.



Raw Pecan Pie Smoothie Details:

- Cinnamon – Two studies have shown that consuming cinnamon may help in controlling blood sugar levels. It is also believed that cinnamon can keep your appetite satisfied longer and freshen and/or maintain fresh breath. It also has anti-inflammatory and anti-oxidant properties.
- Pecans – Pecans are a good source of healthy fats and protein. They have been shown to help lower cholesterol levels and may contribute to neurological health.
- Dates – Dates are high in fiber and are a fantastic source of energy. Dates contain fast absorbing sugars which are great for energy levels pre and post workout. Dates also contain a significant amount of iron and certain B Vitamins. They are also very easy have on the go for when energy levels dip. Their sweetness provide a fantastic substitution for regular sugar in recipes.

Sugar Cookie Protein Shake

Yield: 1 Serving

Ingredients:

- 1 Scoop Vanilla Protein Powder
- 1/2 Tsp Vanilla Extract
- 1 Tbsp Coconut Oil
- Dash of Salt
- 1 Cup Unsweetened Almond Milk
- 1 Tbsp Almond Flour
- 2 Packets Stevia

Directions:

1. Blend all ingredients until smooth.
2. Serve and enjoy!



Vegan Brownie Batter Smoothie

Yield: 1 Serving

Ingredients:

- 1/2 Cup Pumpkin Puree
- 1/4 Cup Cocoa Powder
- 1 Scoop Vegan Chocolate Protein Powder (OR 2 Tbsp Hemp Seeds)
- 3 Packets Stevia (OR 4-5 Pitted Medjool Dates)
- 1.5 Tbsp Cashew Butter
- 1/4 Tsp Vanilla Extract
- 1.5 Cup Unsweetened Almond Milk (Or Unsweetened Rice, Hemp or Coconut Milk)

Directions:

1. Blend all ingredients together until smooth.
2. Serve and enjoy!

*Tip: You can freeze this recipe to make it into protein fudge!

*Tip: You could replace the vanilla extract with mint to create a mint chocolate fudge flavor!



Vegan Brownie Batter
Smoothie
V/GF damyhealth.com

Green Goddess Build Your Own Smoothie Guide

101 Possibilities



Green Goddess Juices & Smoothies *101 Possibilities*

Table of Contents:

- Build Your Own Guide

- Protein
- Base
- Sweetening
- Flavors
- Healthy Add Ons
- Fruits and More
- Greens

- Sample Smoothies

- Basic Berry Smoothie
- mmmMatcha Mango
- The Orange Strawberry
- Chocolate Peanut Butter Banana
- Pina Colada
- Green Power Smoothie
- Blueberry Maple Smoothie
- Vanilla Blackberry
- Protein Frappe Smoothie
- Pumpkin Spice
- Summer Berry Smoothie
- Chocolate Covered Strawberry
- Chai Protein Smoothie

Build Your Own

These smoothies will be as green as you choose them to be. A fabulous way to work greens into your diet is by mixing them into these delicious smoothie choices.

Below you will have options for vegans, non-vegans, those avoiding dairy, those avoiding soy, etc. Pick what works for you and skip over what doesn't.

Also never be afraid to mix in something new.

There are some great smoothie recipes also included to give you inspiration or to use as they are.

Directions: Pick one or more of the listed ingredients from each category, blend and enjoy!

Protein

- 3 Tbsp Organic Whole Hemp Seeds
- 1 Scoop Natural Organic Protein Powder (My favorite is Sun Warrior Protein Powder). You are free to use hemp, brown rice, whey, soy or pea.
- 1/2 Cup Greek Natural, Plain Yogurt
- 1/2 Cup Silken Organic Tofu

Base

*When choosing your base choose flavors that you believe go with the other options you are choosing.

*When choosing these “milks” make sure to buy unsweetened. Use the portions below for your liquid base topping it up as you need with water to reach your desired consistency.

- 1 1/2 Cups Unsweetened Coconut Water
- 1 1/2 Cups Any of the DAMY Green Juices (listed above)
- 1 1/2 Cups Any Brewed and Chilled Tea (green, white, chai, etc)
- 1 1/2 Cups Unsweetened Plain/Vanilla/Chocolate Almond Milk
- 1 1/2 Cups Unsweetened Plain Soy Milk
- 1 1/2 Cups Unsweetened Plain Skim Milk
- 1 1/2 Cups Unsweetened Plain Rice milk
- 1 1/2 Cups Unsweetened Plain Coconut Milk

Sweetening

The only added sweetener I would suggest is stevia. I have found that liquid stevia is by far the best for smoothie as it blends perfectly. Start with a couple of drops and add only a couple drops at a time until you have reached your desired sweetness. This is powerful stuff!

Flavors

There are so many great ways to flavor your shakes. See my favorite options below:

- 1 Tsp Pure, Vanilla Extract or Vanilla Bean
- 1 Tsp - 1 Tbsp Natural Peanut, Almond or Cashew Butter
- 1 Tsp Cinnamon
- 1 Heaping Tbsp Natural Cocoa Powder or Cacao
- Mint Leafs or Mint/Peppermint Extract
- Almond Extract
- Coffee
- 1 Tbsp Matcha Green Tea Powder
- 1 Tsp Pumpkin Pie Spice
- Liquid Stevia (to taste - for sweetening any smoothie)
- Maple Extract

Healthy Add Ons

Add in a little “Power Booster!” You see these at your favorite smoothie shops. Make your own at home for a fraction of the cost.

Here are some great ones to choose from!

Healthy Fats:

- Udo’s Oil
- Coconut Oil

Added Fiber:

- Ground Flax Seed
- Wheat Germ
- Chia Seeds

Energy Boosts:

- Bee Pollen
- Spirulina Powder
- Liquid Vitamins
- Green’s Powder
- Matcha Green Tea Powder
- Maca Powder

Fruits and More

* Having frozen fruit on hand makes these smoothies thick and cold. Cutting up bananas before you freeze them makes the blending process that much easier. Pick one or two of these options below totaling 1 1/2 Cups.

- Banana
- Blueberries
- Raspberries
- Strawberries
- Mango
- Orange
- Kiwi
- Cherries
- Blackberries
- Peach
- Rhubarb
- All Melons
- Pineapple
- Pumpkin
- Sweet Potato
- Lemon and Lime
- Grapefruit
- Cranberries

Greens

Unless the greens have a portion beside them feel free to use as much or as little as you wish. Of course I encourage more greens than less and two handfuls is always a great portion to go with.

Use a mix of the ingredients below or one at a time.

- Spinach
- Kale
- Dandelion
- Swiss Chard
- Mustard Greens
- Collard Greens
- 1/2 an Avocado



Sample Smoothies

Basic Berry Smoothie

Ingredients:

- 1 Cup Unsweetened Almond Milk
- 1 Cup Mixed Frozen Berries
- 1/2 Cup Natural Plain Greek Yogurt
- 1 Handful Spinach
- Added Water Until Desired Consistency
- 5 Drops of Liquid Stevia

mmmMatcha Mango

Ingredients:

- 1 Cup Frozen Mango Chunks
- 1 1/2 Cups Unsweetened Almond Milk
- 3 Tbsp Hemp Seeds
- 2 Handfuls Kale
- 1/2 Teaspoon Matcha Tea Powder
- Added Water Until Desired Consistency
- 5 Drops of Liquid Stevia

The Orange Strawberry

Ingredients:

- 1 Scoop Sun Warrior Protein Powder
- 1 1/2 Cups Unsweetened Almond Milk
- 1 Small Orange
- 1/2 Cup Strawberries
- 5 Drops of Liquid Stevia
- 1 Tsp Vanilla Extract
- 1 Tsp Chia Seeds
- Added Water Until Desired Consistency

Chocolate Peanut Butter Banana

Ingredients:

- 1 1/2 Cups Unsweetened Almond Milk
- 1 Banana
- 1 Tbsp Natural Peanut Butter
- 1 Tbsp Natural Cocoa Powder
- 1 Tsp Vanilla Extract
- 5 Drops of Liquid Stevia
- 1/2 Tsp Cinnamon
- 1 Scoop Sun Warrior Protein Powder
- Added Water Until Desired Consistency

Pina Colada

Ingredients:

- 1 Cup Unsweetened Almond Milk
- 1 Cup Pineapple
- 1/2 Cup Low Fat Coconut Milk
- 5 Drops of Liquid Stevia
- Handful of Ice Cubes
- 1 Tsp Vanilla Extract
- 1/2 Cup Greek Yogurt or Sun Warrior Protein Powder

Green Power Smoothie

Ingredients:

- 1 Tsp Spirulina Powder
- 1 Scoop Sun Warrior Protein Powder
- 1 Tbsp Ground Flaxseed
- 1/2 Banana
- 1 Kiwi
- 1/2 Tsp Vanilla Extract
- 1 Cup Unsweetened Almond Milk
- 5 Drops of Liquid Stevia
- Added Water Until Desired Consistency

Blueberry Maple Smoothie

Ingredients:

- 1 1/2 Cup Frozen Blueberries
- 1 Cup Unsweetened Almond Milk
- 1 Tsp Maple Extract
- 1/4 Tsp Cinnamon
- 1/2 Frozen Banana
- 5 Drops of Liquid Stevia
- Added Water Until Desired Consistency



Vanilla Blackberry

Ingredients:

- 1 Cup Unsweetened Almond Milk
- 1 Scoop Sun Warrior Protein Powder
- 1 1/2 Cup Blackberries
- 1 Tsp Vanilla Extract
- 1 Tbsp Ground Flaxseed
- 5 Drops of Liquid Stevia
- Added Water Until Desired Consistency

Protein Frappe Smoothie

Ingredients:

- 1 Cup Chilled Coffee
- 1 1/2 Cup Unsweetened Almond Milk
- 1 Tsp Vanilla Extract
- 1 Tbsp Natural Cocoa Powder
- Added Water Until Desired Consistency
- 5 Drops of Liquid Stevia
- 1 Scoop Sun Warrior Protein Powder
- Dash of Cinnamon
- 1 Handful of Ice Cubes

Pumpkin Spice

Ingredients:

- 1/2 Cup Pumpkin Puree
 - 1 1/2 Cups Unsweetened Almond Milk
 - 1/4 Cup Unsweetened Canned Coconut Milk
 - 5 Drops of Liquid Stevia
 - 1/2 Frozen Banana
 - 1/4 Teaspoon Pure Vanilla
 - 1/2 Tbsp Cinnamon*
 - 1/8 Tbsp Ground Ginger*
- *or use pumpkin pie spice*

Summer Berry Smoothie

Ingredients:

- 1/2 Cup Frozen Strawberries
- 1/2 Cup Frozen Raspberries
- 1 Scoop Sun Warrior Protein Powder
- 1 Tbsp Bee Pollen
- 1 Tbsp Flaxseed
- 1 Cup Unsweetened Almond Milk
- 5 Drops of Liquid Stevia
- 1 Tsp Vanilla Extract

Chocolate Covered Strawberry

Ingredients:

- 1 Cup Unsweetened Almond Milk
- 1 1/2 Cups Frozen Strawberries
- 1 Tbsp Natural Cocoa Powder
- 5 Drops of Liquid Stevia
- 1 Tsp Vanilla Extract
- 3 Tbsp Hemp Seeds
- 1 Tsp Ground Flaxseed

Chai Protein Smoothie

Ingredients:

- 1 Cup Pre-Brewed Chai Tea (Cooled)
- 1/2 Cup Unsweetened Almond Milk
- 1 Scoop Sun Warrior Protein Powder
- 1 Tsp Vanilla Extract
- 5 Drops of Liquid Stevia
- 1/4 Tsp Cinnamon
- Handful of Ice Cubes



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Our 21 Day Vegan Cleanse Challenge is a high-raw, vegan eating challenge that comes with a full ebook containing an eating plan, recipes, guidelines, motivation as well as weekly emails.

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Jam packed with vegan, high-raw, gluten free, natural body nourishing recipes that taste amazing. Using easy to find ingredients that make you feel and look radiant.

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****These programs are vegan, vegetarian and meat-eater friendly. You have the choice to eat meat with these programs or not.*