

# HOW TO MAKE A PERFECT GREEN SMOOTHIE

By Jadah Sellner and Jen Hansard, on December 26th, 2013

[74K+](#)



Guest post by Jadah Sellner and Jen Hansard, founders of [Simple Green Smoothies](#)

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We have a super simple and healthy recipe we've been itchin' to share with you!!! As two crazy-busy passionate moms, we've been known to fuel our bodies with processed junk. Like those days when we found ourselves at Starbucks twice in one day...or driving through Taco Bell for dinner...again.

We were starved for time, low on energy and just....overwhelmed.

*Can you relate?*

Well, we discovered something that quickly changed our lives— green smoothies. This blended drink of fresh fruits and dark leafy greens gave us energy, a fast healthy meal and transformed our bodies from the inside out. No joke. And our [free 30-Day Green Smoothie Challenge](#) is how we made this healthy habit really stick for the past 2 1/2 years... and going strong. Now we have over 500,000 people from all around the world hooked on the green smoothie lifestyle too. We hope you'll join us!

# 5 GREEN SMOOTHIE TIPS TO GET YOU STARTED:

Before we share our most popular green smoothie recipe, we need to welcome you into the world of green smoothies with a few important tips...

## 1.) FOLLOW THE 60/40 FORMULA.

When you're making your first few green smoothies, don't just throw things in the blender. Chances are, it'll taste nasty if you wing it right out of the gate. To save you a few smoothie-fails, bust out those cute lil' measuring cups and follow this simple formula: 60% fruits to 40% leafy greens.



**2 CUPS**  
LEAFY GREENS

+

**2 CUPS**  
LIQUID BASE

+

**3 CUPS**  
RIPE FRUIT

SPINACH  
KALE  
ROMAINE  
BOK CHOY  
SWISS CHARD  
COLLARDS  
DANDELION

WATER  
COCONUT WATER  
COCONUT MILK  
ALMOND MILK

BANANA  
MANGO  
BERRIES  
ORANGE  
AVOCADO  
PEACH  
PEAR  
APPLE  
PINEAPPLE  
GRAPES

1. BLEND LEAFY GREENS & LIQUID BASE TOGETHER FIRST.
2. ADD FRUITS AND BLEND AGAIN.

\*Use at least one frozen fruit to chill smoothie

\*\*This formula yields about 32 ounces and serves 2

## BOOST IT!

CHIA SEEDS  
COCONUT OIL  
ALMOND BUTTER

HEMP SEEDS  
HEMP PROTEIN POWDER  
FLAX SEEDS

CACAO  
CINNAMON  
ACAI POWDER

## **2.) BLEND IN STAGES TO AVOID LEAFY CHUNKS.**

Chewing your green smoothie is no fun! To get a “smooth” green smoothie experience, blend up your leafy greens and liquid-base first. Then add your remaining fruits and blend again.

## **3.) DITCH THE ICE AND FREEZE SOME FRUITS.**

Want your [green smoothie](#) to be extra chilly? Freeze your favorite fruits like ripe bananas (peel first), grapes, pineapple or berries. This is also a great way to not waste ripe fruits (like those brown bananas on your counter). You can also freeze your leafy greens in a freezer-safe bag. Just make sure to add your frozen greens straight to the blender (don't defrost these fragile lil' guys).

## **4.) USE RAW NATURAL SWEETENERS.**

Add naturally sweet fruits to any smoothie that tastes bitter or a bit too “green.” By sticking with naturally sweet fruits like bananas, mango, apples, pears or pitted dates, we avoid artificial sweeteners and processed sugars.

## **5.) MAKE SMOOTHIES AHEAD FOR THE PERFECT FAST FOOD.**

We know life can get crazy busy— especially in the morning. That's why we think green smoothies are the healthiest fast food for people who are constantly on the go. You can blend your green smoothie the night before and store it in your fridge (up to 2 days). Use an airtight lid to limit oxidation and keep it as fresh as possible. When ready to drink, give it a good shake before you open.

If you follow these five green smoothie tips, we pinky promise your green smoothies will be love at first sip! We also encourage you to sign up for our [free 30-Day Green Smoothie Challenge](#) that begins January 1. Now, here's a favorite recipe we make for friends and family who've never tried a green smoothie before...



## BEGINNER'S LUCK GREEN SMOOTHIE

### SERVES: 2

THIS TROPICAL TREAT HAS THE PERFECT FRUIT-TO-VEGGIE RATIO, WHICH MAKES IT A GREAT BEGINNER-FRIENDLY GREEN SMOOTHIE. THE SPINACH HAS A MILD TASTE AND IS PACKED WITH OVER 20 DIFFERENT NUTRIENTS, VITAMINS, MINERALS, ANTIOXIDANTS AND HIGH-QUALITY AMINO ACIDS. IT'S RAWESOME STUFF! OH, AND THIS RECIPE IS KID-TESTED AND APPROVED TOO:)

### INGREDIENTS

- 2 cups fresh spinach
- 2 cups water
- 1 cup mango
- 1 cup pineapple
- 2 bananas

Use at least one frozen fruit to chill your smoothie. We often use frozen mangos and bananas in our green smoothies.

### INSTRUCTIONS

1. Tightly pack 2 cups of leafy greens in a measuring cup and then toss into blender.
2. Add water and blend together until all leafy chunks are gone.
3. Add mango, pineapple and bananas and blend again until smooth.
4. Pour into a mason jar (or cute cup of your choice).
5. Gulp or sip like a rawkstar!

### NOTES

PSSST! Got an allergy to mango or pineapple, or not a big fan of bananas? You can substitute any fruit with another fruit with a one-to-one ratio.

### ARE YOU A GREEN SMOOTHIE FAN, YET?

If you made this recipe or have a favorite of your own, we'd love to hear about it in the comments below (we'll read every one). And if you want more recipes and green smoothie tips...

