

# UC-VEG

## Umpqua Community Veg Education Group

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# The “Great Start” Green Smoothie

Haven't developed a taste for dark leafy greens? Don't worry! You won't notice them in this drink. This delicious, plant-based smoothie is an excellent way to add more greens and fruit to your diet. The smoothie gets most of its sweetness from the dates and the ripeness of the bananas, so decrease the amount if you don't have much of a sweet tooth. Play with it...all quantities are approximate!

\*Makes approx. 6-8 cups

1 cup water

2 cups non-dairy milk, or water (soy, almond, coconut, hemp, oat, etc.)  
(alternative to purchasing almond milk, consider using 2 Tbsp soaked almonds)

2 Tbsp. seeds (flax, chia, sunflower, hemp)

2 cups de-stemmed kale (can also use collards, swiss chard or spinach)

1 cup berries or fruit, fresh or frozen (blueberries, strawberries, mango)

1 chopped apple + whatever else needs to be used (pear, nectarine, apricot, peach, etc.)

1 ½ ripe bananas, peeled (fresh or frozen)

1/4 cup pitted dates, or to taste (for sweetener)  
(soaking dates that are harder/drier can be helpful for some blenders)

½ cup nuts (almonds or cashews)

Optional:

greens powder, cacao nibs, apple juice, shredded coconut, oats, lemon, peanut/almond butter, ginger, turmeric, coconut oil, bee pollen, protein powder, molasses, jalapeno,

**Combine liquid in blender and add chia and/or flax seeds to soak while gathering and preparing all other ingredients. Add all other ingredients (optional: wait to add nuts and dates). Blend until smooth and creamy. If not already added, pulse in remaining ingredients. Enjoy right away!**