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The “Great Start” Green Smoothie

Here is a great way to pack more fruits and micronutrient rich, dark leafy greens into a meal! The greens add a fresh, slightly bitter taste; start with less and add more as the palate adjusts. “Bitter” gives a great boost to the digestive system. The smoothie’s sweetness is adjusted with wholesome dates and ripe bananas. Play with this recipe...all quantities are approximate!

*Makes approximately 6-8 cups (adjust measurements to suit your blender size)

Ingredients:

3 cups water

2 tbs. seeds (chia, sunflower, hemp, ground flaxseed)

1/4 cup pitted dates, to taste (for sweetness)

Tip: soak the dates for a few hours or overnight in the fridge to soften

1/2 cup nuts (almonds, cashews, walnuts)

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2-4 cups or big handfuls of dark leafy greens (prewashed “Power Greens”, spinach, swiss chard, kale, collard greens). De-stem as needed.

2 cups berries or fruit, fresh or frozen (blueberries, strawberries, mango, peaches, apple, pear)

1-2 ripe bananas, peeled (fresh or frozen)

Optional: cacao nibs, shredded coconut, oats, peanut/almond butter, ginger, turmeric, bee pollen, protein powder, molasses, jalapeno, lemon and etc.

Directions: Pour the water into the blender. Add seeds, nuts, and dates. Add the greens and fruits, and bananas. Blend until smooth. Pulse in the remaining optional ingredients. Enjoy right away or store in the fridge for up to 3 days!

Note: If using chia seeds, they will thicken the smoothie with time, so it’s better to drink this variation of the smoothie right away.