

A Nutritious Smoothie a day could possible change the world in a positive way ... think of the possibilities that better health and wellbeing could bring ! ~ BK



## GREEN SMOOTHIE RECIPE

You can do this to help increase your energy, improve your health, detox or to help you lose weight.

**Step 1: Choose your choice of liquid** x 2 cups - remember water, and herbal teas are lowest in calories.  
Water, Almond Milk, Coconut Water, Bone Broth, Rejuvelac, Green Tea, Coconut Milk

**Step 2: Add your Greens** x 1 cup - choose between 2-4 different types  
Spinach, Collards, Chard, Kale, Green Cabbage, Bok Choy, Red Cabbage, Broccoli, Celery, Beet Greens, Lettuces (not Iceberg), Arugula, Edible Weeds (like Purslane, Lambs quarter, Morning Glory), etc.

**Step 3: Add your fruit** x 1 cup – choose 2 or 3 types  
Apple, Citrus, Banana, Melon, Berries, Persimmon, Peach, Apricot, Pineapple, Pear, Kiwi, Mango, etc.

**Step 4: Add your Superfoods** – choose 1 or 2 types - add between a teaspoon to a tablespoon of each.  
Spirulina, Moringa, Chlorella, Wheat grass powder, Barley grass powder, Aloe Vera, Cacao, Bee Pollen, Garlic, Sprouted Flax, Cayenne, Ginger, Goji Berries, etc.

**Step 5: Add Healthy Fats -**  
1/2 tsp Fats (Optional) Flax Oil, Coconut Oil, Avocado (1/2 of whole avocado), 1Tbsp. chia seeds or hemp seeds

- For weight-loss double the recipe and substitute two meals i.e. breakfast and lunch.
- If you get hungry, for a snack, drink a raw, vegan protein shake or eat a piece of fruit.
- Eat a sensible dinner as your third meal.
- For fantastic health – drink once a day !

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