**Basic Green Drink Tips:**

* Fresh ginger brightens all smoothies
* Fresh lime or lemon freshens all smoothies. Buy limes and lemons on sale, wash thoroughly, freeze in large Ziploc bag.  These are now easy to zest when frozen for recipes calling for zest, and also to defrost in microwave for juice for our smoothies.  Freezing breaks down the cell walls and you get twice as much juice from the lime or lemon as you would normally!
* Mildest veggies are celery and cucumber.  Carrots are nice and sweet.  These three always make a great base.
* Add lots of leafy greens, this is a great place to get your kale or spinach.
* I like a ratio of at least three veggies to each fruit serving.  That way you don't just create a high calorie fruit smoothie.
* Apples are great year around and easy to add.  Applesauce is also great.
* Frozen berries are excellent additions.
* If you want protein in your smoothie, add a couple palmfuls of almonds, raw peanuts, or raw sunflower seeds to the smoothie, or an approved protein powder, or almond or soy milk, or Greek yogurt if you do dairy.
* If time is an issue, make a large blender full each time.  Thin with water as needed.  This will make four 16 oz smoothies, or 3 slightly larger ones.  Put in mason jars and enjoy over the next couple of days.  This way you only have to get out the blender every two to three days.
* I suggest smoothies over juices because juices don't have the fiber in them that we need to stay full and healthy.
* Taste it after blending and if it's not sweet enough, add some stevia or truvia sweetener.
* Play and experiment until you find combos you enjoy, that way the green drink is a treat and a refreshing boost to the morning (or anytime!).  Make it yummy!

 **Favorite Green Drink**

Liquefy in a blender or juicer (keeping all pulp):

2 stalks celery

2 carrots

2 apples or 2 cups applesauce (or any favorite fruit: berries, banana, melon, etc.)

2+ huge handfuls kale or other dark greens

1 cucumber

1 cup water

1 large knob of peeled ginger (to taste)

juice from 1 lemon or 1 lime

stevia or other natural sweetener to taste

Liquefy/puree until extremely smooth. Makes 3 large, delicious green drinks at approximately 125 calories each.

If you want to add protein, feel free to throw in vanilla almond or soy milk instead of water, or your favorite protein powder, or 15 almonds. This adds another 25-50 calories per drink.