



Green Smoothie Recipes



Ready to go “green?”

Green smoothies blend the sweetness of fresh fruit with healthy leafy greens. The result? A quick and easy way to enjoy fruits and veggies for breakfast, lunch, or as a snack any time. Vitamix® machines seamlessly blend whole foods, delivering fiber and protein in smooth, delicious blends. Discover green smoothies in a Vitamix machine, and nourish yourself from the inside out.

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Every Meal, Every Day

A Vitamix machine does more than a blender because it is more than a blender. You can make hot soup in minutes without a stove, and frozen desserts in seconds—no freezer required. Make recipes for every course of the meal—all with a single appliance. And the best part? Every Vitamix machine self-cleans in 60 seconds or less.

Each Vitamix machine has been designed and built for outstanding performance and unsurpassed durability. Powerful motors, durable containers, stainless steel blades and so much more come together for unparalleled function and longevity. Plus, our 7-year full warranty covers parts, performance, and return shipping both ways.

With a Vitamix machine, you can:

- Make juice from fresh produce in under a minute
- Create hot soup from scratch in just 5 minutes
- Make healthy, delicious frozen treats in 30 seconds
- Grind whole grains and knead dough in one easy operation
- Chop vegetables in an instant

These recipes are written for the Vitamix variable speed household machine. You may need to make minor adjustments if you are using any other Vitamix model.

Green Smoothie Shopping List

Here is a list of everything you need to make all our delicious green smoothie recipes.

Fruit

- ☐ Green Apples
- ☐ Bananas
- ☐ Pineapple (fresh or frozen)
- ☐ Frozen Peach
- ☐ Orange
- ☐ Pear
- ☐ Kiwi
- ☐ Avocado
- ☐ Mango
- ☐ Lemon

Vegetables

- ☐ Spinach
- ☐ Collard Greens
- ☐ Swiss Chard
- ☐ Romaine Lettuce
- ☐ Cucumber
- ☐ Carrot
- ☐ Celery
- ☐ Zucchini
- ☐ Kale

Refrigerated Items

- ☐ Pineapple Juice
- ☐ Soy Milk
- ☐ Almond/Cashew Milk
- ☐ Rice Milk
- ☐ Coconut Milk
- ☐ Orange Juice
- ☐ Pomegranate Juice
- ☐ Coconut Water

Pantry Items

- ☐ Flaxseed
- ☐ Hemp Seed
- ☐ Chia Seed
- ☐ Goji Berries
- ☐ Preferred Sweetner

Herbs

- ☐ Parsley
- ☐ Mint



Going Green Smoothie

Preparation: 5 minutes | **Processing:** 30 seconds | **Yield:** 2 ½ cups

½ cup (120 ml) water	½ banana, peeled
1 cup (160 g) green grapes	2 cups (60 g) fresh spinach
½ cup (75 g) fresh pineapple, core included	½ cup (120 ml) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 30 seconds or until desired consistency is reached.

Kale and Pear Green Smoothie

Preparation: 5 minutes | **Processing:** 40 seconds | **Yield:** 4 cups

½ cup (120 ml) water	1 banana, peeled
1 cup (160 g) green grapes	1 cup (70 g) kale, spine removed
1 orange, peeled, halved	2 cups (480 ml) ice cubes
½ Bartlett pear	

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 40 seconds or until desired consistency is reached.

Sailor Man Green Smoothie

Preparation: 5 minutes | **Processing:** 30 seconds | **Yield:** 2 cup

- 1/4 cup (60 ml) vanilla soy milk

1/2 apple, seeded
- 1/2 banana

1/3 cup (50 g) fresh pineapple,
core included
- 1/2 cup (80 g) green grapes
- 1 cup (30 g) fresh spinach

1. Place all ingredients in the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 30 seconds or until desired consistency is reached.



Peachy Green Smoothie

Preparation: 5 minutes | **Processing:** 45 seconds | **Yield:** 3 ½ cups

1 cup (240 ml) soy milk

¼ cup (38 g) fresh pineapple, core included

1 green apple, cored, quartered

2 cups (60 g) spinach

2 cups (375 g) frozen unsweetened peaches

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Start machine and slowly increase to its highest speed.
- 4.** Blend for 45 seconds, using the tamper to press the ingredients into the blades.

Basic Green Smoothie

Preparation: 5 minutes | **Processing:** 45 seconds | **Yield:** 3 ¼ cups

¾ cup (180 ml)
vanilla soy milk

½ cup (120 ml)
pineapple juice

1 banana, peeled

1 Tablespoon flaxseed

4 cups (120 g) spinach

1 cup (160 g) frozen
mango chunks

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 45 seconds or until desired consistency is reached.

Green Goddess Smoothie

Preparation: 5 minutes | **Processing:** 35 seconds | **Yield:** 2 ½ cups

½ cup (120 ml) vanilla soy milk	1 kiwi, peeled
	½ cup (80 g) green grapes
½ cup (120 ml) pomegranate juice	½ avocado, peeled
1 ½ cups (54 g) collard greens	2 cups (480 ml) ice cubes
1 ½ cups (100 g) kale, spine removed	

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 35 seconds, using the tamper to press the ingredients into the blades.



Spinach Cocktail

Preparation: 5 minutes | **Processing:** 30 seconds | **Yield:** 2 cups

$\frac{3}{4}$ cup (180 ml) water

2 cups (60 g) spinach

2 small mint leaves

1 cup (150 g) frozen pineapple chunks

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 30 seconds or until desired consistency is reached.

Green Pick Me Up

Preparation: 5 minutes | **Processing:** 30 seconds | **Yield:** 2 ³/₄ cups

½ cup (80 g) green grapes

½ orange, peeled, seeded

½ green apple

2 cups (72 g) swiss chard

2 cups (480 ml) ice cubes

- 1.** Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2.** Select Variable 1.
- 3.** Start machine and slowly increase to its highest speed.
- 4.** Blend for 30 seconds, using the tamper to press the ingredients into the blades.

Spring Green Smoothie

Preparation: 5 minutes | **Processing:** 45 seconds | **Yield:** 4 ¹³/₄ cups

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| ½ cup (80 g) green grapes | 1 cup (50 g) romaine lettuce |
| 1 orange, peeled, halved | 1 cup (60 g) parsley leaves |
| ½ lemon, peeled, seeded | 1 cup (150 g) frozen
pineapple chunks |
| ½ cucumber, cut into chunks | 2 cups (480 ml) ice cubes |
| ½ green apple, seeded | |
| 1 cup (67 g) kale,
spine removed | |

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades.

Garden Green Smoothie

Preparation: 5 minutes | **Processing:** 30 seconds | **Yield:** 4 ½ cups

¼ cup (60 ml) water	1 cup (50 g) romaine lettuce
1 orange, peeled, halved	1 cup (67 g) kale, spine removed
1 celery stalk, halved	½ cup (30 g) parsley leaves
1 small carrot	2 cups (480 ml) ice cubes
1 green apple, cored, quartered	
½ medium zucchini, cut into chunks	

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 45 seconds, using the tamper to press the ingredients into the blades.



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