

Dr. Axe

MY TOP 10

GREEN SUPERFOOD SMOOTHIES



I believe that smoothies are the ultimate fast food! Whether for a breakfast made ahead of time, a snack before or after a workout, smoothies make it easy to pack plenty of nutrient-dense foods and supplements into one glass.

In my opinion, these smoothies are in a class all their own because they combine superfoods with other healthy ingredients. But be warned: These smoothies are also super delicious!

All you need to make these superfood smoothies is a blender (a power blender is best) and a sense of adventure:

- 1 Combine all the ingredients in your blender and blend to the thickness you desire.
- 2 Add more liquid (water or coconut milk) as needed along the way.
- 3 Some blenders recommend partially cooking firm veggies, such as carrots or broccoli, before blending, so refer to your owner's manual.
- 4 Pour your smoothie into a nice glass or reusable drink container, and enjoy!

Note to Readers:

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You'll get the most nutrients and flavor by using the freshest organic produce you can find. Smoothies are fun to modify with seasonal produce too, so get creative and mix it up!

Heroic Hemp Seed Smoothie

Featuring omega fatty acids, protein and fiber, hemp seeds are one of my favorite foods. The perfect combination of creamy and sweet, this smoothie might just become your new go-to breakfast.

- 1 scoop of Organic SuperGreens powder
- 1 banana
- ½ avocado
- 1 small pear
- 1 tablespoon hemp seeds
- 1¼ cup raw milk (or coconut milk)
- 1 pitted Medjool date (optional)



Mighty Maca Smoothie

Maca root is rich in both micronutrients and antioxidants, while blueberries and spinach add another one-two punch to this power-packed smoothie. (Note: If you are pregnant or nursing, use whey protein powder instead of the maca root powder.)

1 scoop of Organic SuperGreens powder
½ banana
¾ cup blueberries
1 cup spinach
1 cup coconut milk
1 tablespoon maca root powder



Garden Greats Smoothie

Smoothies are a great way to pack more fruits and veggies into your daily diet. With a high-powered blender, you can use the whole fruit or veggie, skin and all, and get fiber, too. Both satisfying and refreshing, this smoothie makes a great afternoon pick-me-up.

- 1 scoop of Organic SuperGreens powder
- ¼ cup chopped cucumber
- ¾ chopped fresh broccoli
- ½ kiwi
- ½ medium apple
- 1 cup green grapes
- 1 slice peeled lemon
- ½ cup water or coconut milk



Basic Boost Smoothie

This smoothie is versatile and makes the perfect post-workout snack. Chia seeds are one of the few foods to be loaded with both antioxidants and protein. Try adding the juice of different fruits and swapping out different kinds of berries. Your tastebuds and your tummy will thank you.

- 1 scoop of Organic SuperGreens powder
- 1 cup kale
- 1 apple
- 1 banana
- 1 cup coconut milk
- 1 tablespoon chia seeds
- ½ cup blueberries
- juice of half a lemon
- (optional) juice of 1 orange, acai berries

Bright Eyes Smoothie

The carrots make this smoothie! Carrots are one of the healthiest vegetables around, loaded with antioxidants, vitamins (A, C, D, E and K!), minerals (especially potassium) and fiber. I recommend that you use whole carrots when possible to keep the sugar content down and the fiber content up.

1 scoop of Organic SuperGreens powder

½ banana

½ cup raspberries

½ cup peaches

1 large carrot, chopped or ½ cup carrot juice

1 cup spinach or other green leafy vegetable
(such as arugula or kale)

½ cup coconut milk





Feel-Good Smoothie

Kefir is a probiotic-packed, fermented dairy drink whose name literally means “good feeling.” Kefir is made using starter “grains,” which are a combination of bacteria and yeasts that interact with the milk to make a drink that even lactose-intolerant people can typically have!

- 1 scoop of Organic SuperGreens powder
- 2 celery stalks
- 1 cup spinach or other green leafy vegetable
- ½ banana
- 1½ cups blueberries
- ½ cup kefir
- ½ cup coconut milk or water

Superfood Island Smoothie

One sip of this delicious smoothie, and you'll think you've been transported to a tropical paradise! The key of this drink? Ginger. Did you know that 115 different chemical components exist in ginger root? With the tremendous flavor blend, I'm convinced this is an island you'll want to keep coming back to.

- 1 scoop of Organic SuperGreens powder
- 2-3 cups spinach or other green leafy vegetable
- 1 banana
- 1 cup chopped pineapple
- 1 celery stalk
- 1 tablespoon grated fresh ginger
- juice of half a lime
- 1 tablespoon chia seeds
- ½ cup coconut milk or water



Green Bee Smoothie

Try this smoothie that features bee pollen (local is best!), mint, spinach, kale and mango. the star is the bee pollen. Did you know that bee pollen is rich in vitamins, minerals, proteins, lipids and fatty acids, enzymes, carotenoids and bioflavonoids? After drinking this, you'll feel ready to take on the world!

- 1 scoop of Organic SuperGreens powder
- 1 tablespoon bee pollen
- 2 cups spinach
- 1 cup kale
- ½ cup frozen mango
- 5-6 mint leaves
- ¾ cup coconut milk



Choco-Cherry Chia Smoothie

Chocolate and cherries not only make a delicious flavor combination but also an awesome superfood pairing. Both feature antioxidants, while chia seeds take it to the next level by adding protein and fiber. Hint: Serve this smoothie in a pretty glass for dessert, and no one will guess it's good for you!

- 1 scoop of Organic SuperGreens powder
- 1 tablespoon raw cacao powder
- 1 cup frozen dark cherries
- 1-2 cups spinach
- 1 tablespoon chia seeds
- 1 cup coconut milk



Power Booster Smoothie

So many superfoods, so little time! That's no problem for this smoothie. Combining multiple power players in one drink, it makes a great breakfast smoothie. It features spirulina, which delivers minerals and vitamins. Drink up and power up!

- 1 scoop of Organic SuperGreens powder
- 1 scoop of Ancient Nutrition Bone Broth Collagen (Pure)
- 1 banana
- 2 cups spinach or kale
- ½-1 tablespoon chia seeds
- ½-1 tablespoon bee pollen
- 1 pinch of spirulina
- 1 cup coconut milk

