

GREEN MO REVOLUTION!



80 + GREEN SMOOTHIE RECIPES
FROM JESS AND FELLOW
WELLNESS WARRIORS

JESSICA AINSCOUGH

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WHAT'S THE GO WITH THE GREEN MO?

You know all those posters of celebrities sporting moo juice across their top lip? Well, as much as I'm a hater of the dairy industry, I have to admit that that is some pretty clever marketing. However, that's all it is. Marketing. If you're a regular reader of my site, you've more than likely read my take on dairy and how the industry talks up non-existent health benefits to have us sucking back the stuff like we're baby calves. We're not, which is one of the main reasons why cow's milk is probably not the best thirst quencher for us. There are other reasons too, like it being acid forming, full of pus (yes pus) and high in casein, which is a known tumour promoter. If you want to get into the nitty gritty of dairy, I suggest buying T. Colin Campbell's book *The China Study*.

This is where I'm going to cease my dairy chat for today though. The purpose of this little e-book is to get you excited about swapping a milk moustache for a green one. A green mo! So, we're going to be getting our green on by whipping up some tasty, creative, and HEALTHY green smoothies.

Are you ready to join the Green Mo Revolution?

Did I just hear a hells yeah? Oh, wait, that was just the stereo. I'll take it as a sign though.

This e-book is packed with green smoothie recipes. Some are my own, but most of them come from you guys. I ran a competition on my site asking you guys to tell me your favourite green smoothie recipes. I received over 80 entries in total! They were all so good that it sparked the idea for this e-book. Now, whenever you want a different kind of green smoothie, you can just refer to this little resource rather than having to troll through Google.

So, thank you if you were one of the 80+ people who entered that competition. Your effort will now go down in Wellness Warrior history with my first ever e-book solely dedicated to green smoothies.

Let's get ready to blend!

Jess X



THE BENEFITS OF BLENDING

Making this one simple change is the fastest, easiest, and, yes, tastiest way to get fresh, living, detoxifying, cleansing greens into your system without having to sit down to a bowl of what some may call “rabbit food”.

Why don't we just eat the fruits and vegetables? If you're new to this whole blending caper, you may be wondering this. Or, perhaps you've been chugging back the greens for a while now and just don't quite know exactly what kind of blessed effect it's having on your body. Well either way you're in luck, because I'm about to tell you exactly why green smoothies make such a Godly addition to your life.

Greens. That taste amazing? How can that be?

If I asked you to eat bowls full of raw kale, spinach and lettuce each day you probably wouldn't like me very much. Don't get me wrong – I love my greens, but on their own they can be pretty bland. Eating shiploads of them every day would get boring pretty quickly. However, throw in some fruit, some tasty bases, and some zingy superfoods, and you've got yourself a party in a glass. That is the first, and most important benefit of green smoothies – they taste amazing AND they are super healthy for you. Green smoothies are the easiest way to transition into green drinks and kids generally love them.

Generous servings of greens = best thing ever for your body!

Greens are extremely rich in chlorophyll and the molecular structure of chlorophyll is very similar to that of human blood. Studies show that when this is consumed, the production of hemoglobin in blood is increased. Higher amounts of hemoglobin in the bloodstream means more oxygen-rich blood, the first and most important element that cells need to thrive. Therefore, greens are incredibly alkalizing and will help protect your body against disease and illness. They also boast high amounts of easily digestible nutrients, fat burning compounds, vitamins and minerals, proteins, protective photo-chemicals and healthy bacteria helping you to build cleaner muscles and tissues and aid your digestive system. These particular vegetables act as mini-transfusions for the blood, a health tonic for the brain and immune system and a cleanser of the kidneys.

You can get creative

I love juice (and you'll read what the difference between juices and smoothies are soon), but smoothies are cool because you can get a little more creative with them. My juices are straight up green veggies and green apple. But with my smoothies, I go wild. I add in things like bee pollen, maca powder, berries, coconut water, spirulina, and cacao. See, wild.

JUICING VERSUS BLENDING

This is a question I get asked all the time. What is better: juicing or blending? To which I always say; why does it have to be one or the other? Juices and smoothies both serve two different, yet equally important, roles in our wellness regime. This e-book is all about the all mighty smoothie, but juice will always be my first love.

Being a product of the Gerson Therapy, I am fiercely loyal to my juicer. Having drunk 13 juices each day for the past two years months, and between six and 11 for the two years prior to that, the thing has practically saved my life.



What's the difference?

When we juice our veggies, we are removing the indigestible fibre and making the nutrients more readily available to the body in much larger quantities than if you were to eat the fruits and vegetables whole. When you drink fresh veggie juices, your body is soaked in nutrients, without having to use up any of its precious energy. It's like injecting goodness straight into your blood stream. Sitting down to eat five large carrots and one large apple would take a heck of a lot longer to do than if you were to juice those suckers. I can't imagine it would be as fun or tasty either.

Unlike juices, smoothies still contain all of the fibre from the vegetables – however, the blending process breaks the fibre apart and makes it easier to digest. They are more filling and generally faster to make than juice, so they can be great to drink first thing in the morning as your breakfast, or for snacks throughout the day.



FREQUENTLY ASKED QUESTIONS

Isn't it bad to combine fruits and vegetables?

Generally, it's best not to combine fruits and vegetables (unless it's apple) as this messes with your digestive enzymes. However, this doesn't apply when it comes to greens. In his book *Food Combining Made Easy*, Dr. Herbert Shelton explains that starchy foods have to be eaten alone because starches are digested with enzymes different from those used for any other food group. Combining starchy foods with fruit may cause fermentation and gas. However, Dr. Shelton found that green leafy veggies combine well with pretty much everything.

How long can I store my smoothie for?

Try to drink your smoothie straight away. After 15 minutes, light and air will destroy much of the nutrients. If you can't drink it straight away, transfer to a dark airtight container until you're ready.

Aren't green smoothies too high in sugar?

If you include too much fruit, fruit juice or other sweeteners than yes. This is why it's best to make your smoothie mostly greens with a small amount of fruit. I like fruits that aren't too sweet like bananas (that aren't too ripe), pears, and berries. As a treat, you can have sweeter varieties, but try to stick to minimal fruit on a daily basis.

What kind of blender should I get?

Well, this all depends on your budget and needs. If you're serious about blending and think this is something that will be a part of your daily life, I would recommend investing in a superior blender like a Vitamix. This baby is the best. It will grind up those greens so well, making them super smooth to drink. A Vitamix will also make ice cream, nut milks, soups, dips, and anything else you need whizzed up in a jiffy. However, if you don't want to spend the cash right now, there are lots of other blenders on the market that will suit whatever your budget is. We actually just have a Tribest Personal Blender at the moment. It's affordable, super easy to use, and there is no clean up required! It makes the smoothie in the same cup you drink it from.

6 STEPS TO THE PERFECT GREEN SMOOTHIE



1. Choose your leaves

Kale



Spinach



Silverbeet (or chard)



Cos lettuce



2. Choose your base

Coconut water



Purified water



Apple juice



3. Choose some fruit

Banana



Mango



Pear



Kiwi fruit



4. Add some zing

Lemon



Lime



5. Add some kick

Spirulina



Marine Phytoplankton



Bee pollen



Maca powder



6. Blend!



80 + GREEN SMOOTHIE RECIPES

Green smoothies are wonderful. However, there are some recipes that can be enjoyed on a daily basis and they will add to your wellness regime, but there are some that may contain a bit too much fruit and other fun sweet stuff that are best enjoyed as a bit of a treat on occasion. Too much sugar (even natural sugars) you can turn the smoothie from an alkalising cleansing buddy into an acidic blood sugar booster. If the recipe contains more than one or two portions of fruit, it is best enjoyed on occasion. If the ratio is more greens than fruit, it's good to gulp down every day.

This e-book contains recipes from me, and recipes from The Wellness Warrior online family. First names are beside the recipes from my super clever and creative readers.

These recipes each make one smoothie. If you want to make multiple drinks, just adjust the ingredients accordingly. Feel free to get creative and make any adjustments you like!

****As always, organic produce is best!**

MY FAVOURITES:

THE WELLNESS WARRIOR

This is my signature smoothie. It's the perfect balance of greens, fruit, a healthy alkalising base, and energy giving super foods.

- 1 large stalk of kale (leaves only)
- 1 large Cos lettuce leaf
- 1 small leaf of Swiss chard or silver beet
- 1 small frozen banana (or half a large one)
- 1 cup coconut water
- ½ lemon, juiced
- 1 tsp spirulina
- 1 tsp bee pollen
- ½ tsp maca powder

1. Wash and prep all ingredients.
2. Chop frozen banana into chunks.
3. Add everything to blender and whiz until smooth.
4. Top up with coconut water or water if needed.



5. Serve immediately.

THE KIWI WARRIOR

- 1 large stalk of kale (leaves only)
- 1 large Cos lettuce leaf
- 1 small leaf of Swiss chard or silver beet
- ½ frozen banana
- ½ kiwi fruit
- 1 cup coconut water
- ½ lemon, juiced
- 1 tsp spirulina
- 1 tsp bee pollen
- ½ tsp maca powder



1. Wash and prep all ingredients.
2. Chop frozen banana into chunks.
3. Add everything to blender and whiz until smooth.
4. Top up with coconut water or water if needed.
5. Serve immediately.

THE MANGO WARRIOR

- 1 large stalk of kale (leaves only)
- 1 large Cos lettuce leaf
- 1 small leaf of Swiss chard or silver beet
- ½ frozen banana
- A few chunks of mango (fresh or frozen)
- 1 cup coconut water
- ½ lemon, juiced
- 1 tsp spirulina
- 1 tsp bee pollen
- ½ tsp maca powder

1. Wash and prep all ingredients.
2. Chop frozen banana into chunks.
3. Add everything to blender and whiz until smooth.
4. Top up with coconut water or water if needed.
5. Serve immediately.

THE BERRY WARRIOR

1 large stalk of kale (leaves only)
1 large Cos lettuce leaf
1 small leaf of Swiss chard or silver beet
½ frozen banana
A handful of frozen berries (blueberries, blackberries, raspberries or a mix)
A small handful goji berries
1 cup coconut water
½ lemon, juiced
1 tsp spirulina
1 tsp bee pollen
½ tsp maca powder



1. Wash and prep all ingredients.
2. Chop frozen banana into chunks.
3. Add everything to blender and whiz until smooth.
4. Top up with coconut water or water if needed.
5. Serve immediately.

THE PAPAYA WARRIOR

1 large stalk of kale (leaves only)
1 large Cos lettuce leaf
1 small leaf of Swiss chard or silver beet
½ frozen banana
A few chunks of papaya (fresh or frozen)
1 cup coconut water
½ lemon, juiced
1 tsp spirulina
1 tsp bee pollen
½ tsp maca powder

1. Wash and prep all ingredients.
2. Chop frozen banana into chunks.
3. Add everything to blender and whiz until smooth.
4. Top up with coconut water or water if needed.
5. Serve immediately.



THE LYCHEE WARRIOR

- 1 large stalk of kale (leaves only)
- 1 large Cos lettuce leaf
- 1 small leaf of Swiss chard or silver beet
- ½ frozen banana
- 2 lychees (seeds removed)
- 1 cup coconut water
- ½ lemon, juiced
- 1 tsp spirulina
- 1 tsp bee pollen
- ½ tsp maca powder

1. Wash and prep all ingredients.
2. Chop frozen banana into chunks.
3. Add everything to blender and whiz until smooth.
4. Top up with coconut water or water if needed.
5. Serve immediately.

THE CHOCOLATE WARRIOR

- 1 large stalk of kale (leaves only)
- 1 large Cos lettuce leaf
- 1 small leaf of Swiss chard or silver beet
- 1 frozen banana
- 1 cup coconut water
- ½ lemon, juiced
- 1 tsp cacao
- 1 tsp bee pollen
- ½ tsp maca powder

1. Wash and prep all ingredients.
2. Chop frozen banana into chunks.
3. Add everything to blender and whiz until smooth.
4. Top up with coconut water or water if needed.
5. Serve immediately.



NICE TO 'C' YOU (Loaded with vitamin C)

1 large stalk of kale (leaves only)
1 large Cos lettuce leaf
1 small leaf of Swiss chard or silver beet
A few chunks of papaya (fresh or frozen)
¼ kiwi fruit
A small handful of goji berries
3 lychees
1 cup coconut water
½ lemon, juiced
1 tsp spirulina
1 tsp bee pollen
½ tsp maca powder

1. Wash and prep all ingredients.
2. Chop frozen banana into chunks.
3. Add everything to blender and whiz until smooth.
4. Top up with coconut water or water if needed.
5. Serve immediately.

COURTESY OF THE WELLNESS WARRIOR ONLINE FAMILY:

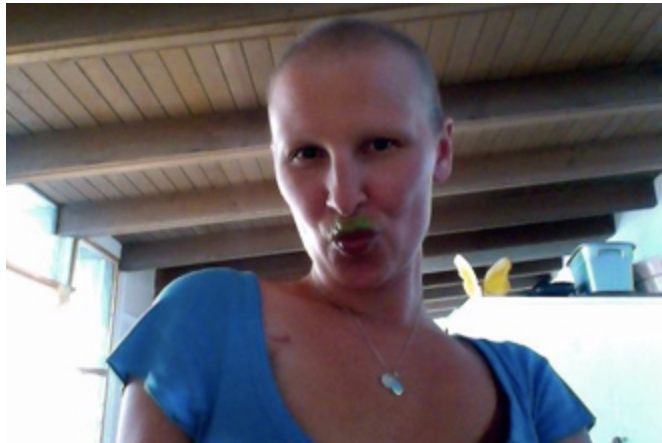
FROM JACQUI

1 pear
A big fistful of spinach
1 tsp spirulina
½ kiwi fruit
1 cup coconut water
½ cup fresh celery juice
¼ avocado
Wheatgrass (to taste)
Parsley (to taste)
Mint (to taste)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM BRITA

½ avocado
A few Brussels sprouts
2 stalks kale (leaves only)
A big fist full of spinach
Handful broccoli and clover sprouts
1 green apple
1 tsp chia seeds
1 tsp dulse
Filtered water and ice
Lots of love and positive vibes!



1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM SACHA

3 stalks kale (leaves only)
Handful parsley
1 stalk celery
1 tsp chia seeds
½ mango
Coconut Water

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.



FROM TARA

Butt-loads of spinach
Butt-loads of sprouts
1 tsp spirulina
1 banana
Artisana Coconut Butter (to taste)
A scoop of almond butter or tahini
A pinch of cinnamon
1 tsp raw organic honey
1 tsp flax/hemp hearts
1 tsp raw cacao
Coconut water or rice milk or almond milk or fresh juice

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM LUCIE

1 large stalk kale (leaves only)
1 stalk Swiss chard
A fistful of spinach
½ kiwi fruit,
A few chunks of mango
Ginger (small amount to taste)
1 cup coconut water or fresh apple juice
A squeeze of lime

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.



FROM CHERYL

A handful of broccoli
A big fistful of spinach
Parsley
Mint (to taste)
½ frozen banana
A few chunks mango
1 tsp coconut oil
Water (to fill)
1 tsp flaxseeds
1 tsp chia seeds

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM JENNY

1 cup coconut water
1 stalk celery
½ cucumber
A small amount of grated fresh ginger
1 green apple
1 tsp spirulina
1 tsp freshly ground flaxseed
A big bunch kale
Parsley (to taste)
Lemon juice

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.



FROM JESSE

Alkaline water
1 banana
1 pear
Handful of frozen raspberries or strawberries
Handful of kale leaves
Handful of baby spinach leaves

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM JULIE

2 stalks kale (leaves only)
A fistful of spinach
1 banana
A handful of mixed organic berries
1 cup coconut water
A teaspoon of spirulina

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM JUDI

1 Thai coconut water
1 Thai coconut meat
1 frozen banana
1 tsp raw organic honey
1 tbsp of chia
2 tsbp of organic green barley powder
1 bunch of kale (leaves only)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.



FROM RIAN

1 cup coconut water
½ cup coconut milk
1 tsp coconut oil
A fistful of baby spinach
2 stalks of kale (leaves only)
1 tsp spirulina
½ banana
A few chunks of pineapple
A handful of strawberries
1 tsp chia seeds
1 tsp honey

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM LUCKY

1 large stalk kale (leaves only)
1 stalk silver beet
3 large leaves Cos lettuce
1 small banana
½ kiwi fruit
½ cup apple juice
½ cup purified water
Juice of ½ lemon
Stevia (to taste)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM JENNY

A cup of frozen strawberries, blueberries, raspberries and mulberries
Handfuls of kale, spinach and chard (lots of greens!)
A splash of apple cider vinegar
1 tsp maple syrup
1 cup of coconut water or water

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM KATE

½ cup plain unsweetened yoghurt
1 frozen banana
A handful of berries (frozen or fresh)
½ cup oats – use oat bran if oats are hard to digest – you need this for slow release energy
2 tbsp protein powder
1 raw egg
1 bunch kale (leaves only)
Water (adjust to consistency you like)
A pinch of cinnamon
A small handful of nuts, pumpkin seeds or flax/linseed (must grind flax/ linseed first. Use a coffee grinder, grind in bulk and refrigerate)

1. Wash and prep all ingredients. Chop frozen banana.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM CANDACE

5-7 ripe bananas
A couple of handfuls of leafy greens
Filtered water (to desired consistency)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM MICHELE

1 cup coconut water
1 ½ inch piece of fresh ginger root
½ Meyer lemon
1 tbsp cacao powder
1 tsp maca powder
A handful of kale leaves
½ Persian cucumber
1 stalk celery
A handful of baby spinach
Parsley (to taste)
½ avocado
A generous shake of cayenne pepper

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM STEENA

1 banana
¼ papaya
½ mango
1 large bunch of spinach
Water or organic orange juice

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.





FROM TEGAN

A fistful of spinach
A fistful of lettuce
½ lemon
2 stalks celery
1 green apple
1 cup coconut water
1 tsp spirulina
½ cucumber
A handful of berries

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM JEN

A big handful of spinach
3 bananas
1/2 cup of Muntries
1 apple
½ tsp cinnamon
1 tsp coconut oil
Coconut water or water
Ice
A few drops of rose water (optional)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.



FROM REBECCA

1 small unripe banana (less sugar more resistant starch)
A big handful of baby spinach
3-5 kale or chard leaves
Coconut water (from one fresh young coconut)
½ the flesh from young coconut
½ cucumber
½ avocado
Juice of 1 lime
A few mint leaves

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM LOUISE

A handful of kale
A handful of baby spinach
1 tsp coconut oil
½ avocado
½ cucumber
A handful of frozen blueberries
1 tsp raw cacao powder

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM FAB DEE

A handful of strawberries
A handful of blueberries
Banana (optional)
A handful of spinach
A handful of arugula
Non-dairy milk (to fill)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Serve immediately.



FROM TRACY, ANNAYAH AND BRIELLE

½ avocado
2 stalks of kale (leaves only)
A handful of spinach
1 tsp spirulina
Wheatgrass
Seaweed
1 green apple
1 stalk celery
½ kiwi fruit
Mint (to taste)
Ginger (small amount to taste)
A pinch of cinnamon
1 tsp black and white chia seeds
½ mango
1 tsp raw organic honey
¼ cup pineapple juice
1 cup coconut water

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM MOLLY

A large bunch of kale leaves
A handful of grapes (green)
Beetroot (to taste)
1 pear
1 tsp hemp oil

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM JESS

½ green apple
½ pear
A few chunks of mango
½ banana
A handful of silver beet
A handful of spinach
½ cucumber
1 cup coconut water

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM MEGAN

1 green apple
Mint (to taste)
1 stalk celery
A handful of spinach
1 cup coconut water
1 tsp spirulina
1 tsp flax seeds
A touch of agave nectar

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM PAM

A handful of spinach
1 green apple
Water (to desired consistency)
½ banana
A few chunks of mango
½ pear
A small handful of strawberries

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM TRACEY

A handful of spinach
1 green apple
A handful of frozen berries or frozen banana
1 tsp spirulina
1 tsp maca powder
Water (and ice optional)
1 stalk celery (optional)
½ cucumber (optional)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM RUTH

Lots of fresh greens: kale, spinach, romaine lettuce
½ cucumber
A handful of organic frozen berries or frozen mango or banana
Coconut water (or water with a tablespoon of coconut oil)
½ avocado (optional)
1 tsp chia seeds

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM ANGELA

1 lemon (juiced)
½ kiwi fruit
A big handful of spinach and/or kale
1 tsp spirulina
1 cup coconut water
1 cup fresh juiced celery and apple
Parsley (to taste)
Mint (to taste)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.



FROM CHRISTINE

A large handful of spinach
1 frozen banana
A few chunks of mango
1 tsp ground flaxseed
Water (to desired consistency)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM SARAH

1 frozen mango
A huge handful of spinach
Juice and meat from a young coconut (you may not need all the meat)
A big slice of pineapple
A sprig of mint
A sprinkle of linseeds

1. Wash and prep all ingredients. Chop frozen mango into chunks.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM SONIA

2 cucumbers
4 stalks of kale (leaves only)
Handful of broccoli
Handful baby spinach
2 sticks of celery
1 apple
2 limes (juiced)
1 small piece of ginger
Some cayenne pepper

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM JEN

A handful of English spinach
A handful of kale leaves
½ cucumber
½ a papaya
Lime (with zest)
Lemon
Basil (to taste)
Ginger (small amount to taste)
1 tsp spirulina
1 cup coconut water

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM CATE

2 handfuls kale
2/3 cup blueberries
½ banana
1 kiwi fruit
½ Lebanese cucumber
About 10 mint leaves
3 tbsp soaked chia seeds (looks like a chia 'gel')
1 tbsp Hawaiian spirulina
1/2 tbsp bee pollen
1 packet stevia
A few ice cubes
Coconut water (to fill)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.



FROM LEAH

1 juicy mango
A few chunks of juicy watermelon
1 peeled cucumber
2 stalks celery
Lots of spinach
Handful fresh basil
Juice of 1 lemon
Juice of 1 lime
Fresh Thai coconut water
1 tsp Vitamineral green or Hawaiian spirulina
1 packet stevia

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM CASS

1 banana
1 cup freshly pressed apple juice
2 medjool dates
Lots of kale
½ cucumber
1 tsp chia seeds
1 tsp flax oil

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM KATE

A large handful of spinach
1 green apple
Coconut water (to fill)
Lemon (juice)
Mint (to taste)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM JENNI

1 Frozen banana
1 tsp spirulina
1-2 cups organic un-sweetened coconut milk (depends on how thick you like it)
3 raw cacao beans (or 2 tsp of raw cacao nibs)
Handful of spinach
1 tsp of organic alcohol free vanilla extract

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM SARAH

A handful of spinach
A handful of mixed greens
A small handful of dandelion greens
1 green apple
1 banana
1 tsp spirulina
1 tsp chia seeds
1 tsp flax seeds

Coconut water (to fill)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut milk if needed.
4. Serve immediately.



FROM GEMMA

3 Cos lettuce leaves
Handful of baby spinach
Some mint
½ small cucumber
½ frozen banana
1 kiwifruit
Handful of blueberries
Handful of raspberries
1 tsp raw cacao
1 tsp chia seeds
1 tsp spirulina
Coconut water (to fill)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM AMANDA

1 or 2 bananas
1 avocado
Large handful spinach
1 cup blueberries
1 tsp raw cacao powder or nibs
1 tsp maca powder
1 tsp chia seeds
Coconut water or water to fill

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.



FROM LAURA

Coconut water (to fill)
A handful of frozen raspberries
A handful of baby spinach
Lemon (juiced)
1 tsp chia seeds
1 tsp spirulina

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM SAMANTHA

2 stalks of kale (leaves only)
A handful of spinach
½ cucumber
½ green apple
½ pear
A few chunks of watermelon
Ginger (small amount to taste)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM KERI

1 banana
Oat or almond milk to fill
A handful of spinach
1 tsp chia seeds
1 tsp almond meal (not too much or it becomes glue)
1 tsp flaxseed/linseed meal
3 tbsp coconut oil
1 tsp spirulina
1 tsp cacao powder
A handful of blueberries

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Serve immediately.



FROM GUSTOSO

Almond milk
Cacao beans
A few drops of real peppermint essence

1. Add everything to blender and whiz until smooth.
2. Serve immediately.

FROM LINA

1 cup rice milk
½ frozen banana
5 strawberries
A couple chunks of pineapple
1 big handful of spinach
1 tbsp of chia seeds
A few cubes of ice
A pinch of stevia

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Serve immediately.

FROM CHRISSIE

A big handful of spinach
3 granny smith apples
A handful of kale leaves
A handful of chard
Water or coconut water

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.



FROM LAUREN

A handful of spinach
A handful of romaine or kale
1 avocado
Coconut water (to fill)
A handful of blueberries or chunks of mango
The awesome foursome boost: Maca, bee pollen, spirulina and some cheeky raw cacao!

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM KIM

2 cups baby spinach/kale/Swiss chard
1 banana
1/4 cup coconut milk (or coconut water)
1 egg
1 tbs almonds
1 tbs macadamia oil
1 tbs green powder
1 tbs chia seeds
1 tsp colloidal minerals
1/2 tsp maca powder
Lots of ice

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM SIMONE

1 bunch bok choy
1 red apple
1 frozen banana
1 zucchini
1 cucumber
1 tsp spirulina
1 tsp flax seeds
1 tsp noni powder
Coconut water (to fill)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM VICTORIA

1 cup purified water
2 cups fresh spinach
1 granny smith apple
1 avocado
A bit of liquid stevia.

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM CAROLINE

A handful of kale leaves
A handful of spinach
A small handful of purple cabbage
1 green apple
1 tsp spirulina
1 tsp chlorophyll
1 tsp chia seeds
Coconut water (to fill)
Lots of loving thoughts!

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.





FROM AMY

A handful of kale leaves
Fresh mint (to taste)
1 pear
1 green apple
A few chunks of pineapple

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM KRIS

A handful of kale leaves
½ cucumber
2 sticks of celery
A handful of baby spinach
½ avocado
Parsley (to taste)
Lemon (juiced)
1 passionfruit
1 tsp maca powder
Ice

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM EMILY

A handful of spinach
A handful of kale leaves
A few large leaves of Cos lettuce
2 sticks celery
1 cucumber
Lemon juice

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM EVA

A handful of spinach
A handful of oak leaf lettuce
½ mango
½ avocado
1 banana
A mixture of hemp protein, spirulina and ashwagandha
Water (to fill)
1 tsp coconut oil
Lots of positive energy

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM KALI

1 orange
1 green apple
1 banana
Mint (to taste)
Ginger (small amount to taste)
1 tsp spirulina
Coconut water (to fill)
A handful of silver beet

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.



FROM NAT

A handful of kale
A handful of spinach
Coconut water (to fill)
A few chunks of frozen mango
1 frozen banana
A handful of blueberries
A spoonful of spirulina

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM LYNETTE

½ cup fresh blueberries
½ cup fresh raspberries
½ cup green tea fresh brewed and chilled
½ inch fresh ginger root (peeled and chopped)

1. Add everything to blender and whiz until smooth.
2. Serve immediately.

FROM ANDRIA

A big bowl filled with: spinach, kale, rocket, parsley, coriander and silver beet
1 apple
½ a pear
A handful of blueberries
1 tsp chia seeds
Ginger (small amount to taste)
½ tsp maca powder

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM DANIELLE

1 lady finger banana
1 mango cheek
1 tsp Miessence Super Greens
1 handful of baby spinach
3-5 mint leaves
1 cup of coconut water

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.

FROM LIZ

A handful of kale leaves
A handful of spinach
A few Cos lettuce leaves
1 mango cheek
1 banana
Coconut flesh
Coconut water (to fill)
1 tsp spirulina
1 tsp hemp protein powder or bee pollen
1 tsp chia seeds
Lemon

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with coconut water or water if needed.
4. Serve immediately.



FROM RACHAEL

A large handful of kale leaves
1 frozen banana
A few mint leaves
½ lemon, juiced
Grated ginger (small amount to taste)
Spoonful of spirulina
1 pear
1 kiwifruit
And water as desired

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM LEXI

1 mango
A handful of kale leaves
A handful of coriander and basil
A handful of spinach
1/2 banana
1 tsp of coconut oil
Young coconut water (to fill)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.



FROM TARA

A few leaves of kale
1 frozen banana
1 pear
½ frozen mango
1 apple
A few leaves of stevia for a sweet taste
Coconut water (to fill)
1 tbsp maca root powder
1 tsp spirulina

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM KAT

1 cup organic chilled apple juice
2 stalks of spinach
2 handful of Swiss chard
1 stalk of kale
A few chunks of fresh pineapple
1 banana
Lemon juice
1 tsp spirulina
Plenty o' ice cubes!

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM ASHLEY

1 apple
1 banana
Some pineapple or strawberry
A small handful of dandelion greens
A handful of spinach
A handful of kale
A handful of romaine
1-2 scoops Boku Superfoods
A little water

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM BRIONI

1 frozen banana
½ frozen mango
1 tbsp of chia seeds
1 tbsp of hemp seeds
1 tsp of probiotic powder
1 tbsp of Super Greens powder
A couple of handfuls of Cos lettuce
Water (to fill)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM EMMA

1 beetroot
1 banana
A handful of blueberries
A big handful of kale or spinach
½ cucumber
2 sticks celery
A sprinkle of whatever takes my fancy: maca powder, cacao or Super Greens powder

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM OBSTACLE COURSE

A dash of cayenne pepper
A dash of spirulina
A handful of silver beet
1 avocado
A few Cos lettuce leaves
1 banana
1 stalk celery
½ zucchini
Coconut water (to fill)
A sprinkle of Inca Inchi powder on top

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.



FROM DEBORAH

½ cup homemade almond milk
½ cup coconut water
A big handful of kale leaves
½ avocado
A few chunks of mango
1 tsp chia seeds
Ice

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.

FROM NATASHA

1 apples
½ banana
½ kiwi fruit
A few chunks of mango
A few chunks of pineapple
1 tsp Spirulina
A handful of broccoli
A handful of spinach
A small amount of garlic
Wheatgrass
Ginger (a small amount to taste)
Parsley (to taste)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.



FROM SHELBY

1 tsp Macro green/spirulina powder
A big handful of kale leaves
A handful of blueberries
A few chunks of mango
½ cup almond milk
½ cup coconut milk
1 tsp flax seeds

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water, almond milk or coconut milk if needed.
4. Serve immediately.

FROM JESSIE

2 cups kale
1 pear
1 banana
1 apple
1 tsp chia seeds
A sprinkling of bee pollen

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water if needed.
4. Serve immediately.

FROM PATRICIA

A big handful of kale (spinach or Swiss chard work too)
½ cup of frozen pineapple chunks
½ frozen banana
¼ avocado
1 tbsp chlorella or spirulina
1 apple
½ lemon, juiced
A big mug full of green tea

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or green tea if needed.
4. Serve immediately.



FROM MERAL

1 banana
A handful of strawberries (or mango)
A handful of spinach or silver beet
Water (to fill)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or green tea if needed.
4. Serve immediately.

FROM IDA

A handful of kale
A handful of spinach
1 granny smith apple
A few chunks of pineapple
Coconut water and flesh straight from the nut
1 tsp hemp seeds
1 tsp Super Greens powder
Fresh ginger
Mint leaves (to taste)

1. Wash and prep all ingredients.
2. Add everything to blender and whiz until smooth.
3. Top up with water or coconut water if needed.
4. Serve immediately.



ABOUT ME

I'm Jess Ainscough - a writer, holistic health coach, and the creator of the health and wellness website, TheWellnessWarrior.com.au. Via my e-books, daily blog posts, and videos, my goal is to empower people to take control of their health and show that the quality of our lives is directly linked to how we treat our body and mind. My transformation from champagne-guzzling, Lean Cuisine-loving magazine writer to all-out nutrition nerd was made after I was diagnosed with a rare, "incurable" cancer back in 2008. Deciding I wasn't having a bar of that "incurable" nonsense, I took responsibility for my condition and healed myself with two years of Gerson Therapy. Along the way, I've developed an obsession with passing on all of my newly learnt wellness wisdom to anyone who was parked in front of me for long enough to listen.



CRAVING MORE?

To find out more about me and my work (other e-books, daily blog posts, and Wellness Warrior TV), check out my website: www.thewellnesswarrior.com.au

We can also stay in touch here:

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DISCLAIMER:

The information in this e-book is based on my personal healing journey and research, which I am sharing for educational and informational purposes only. Please conduct your own research and consult your own doctor or healthcare provider to determine the best course of treatment for you.