

the
**ULTIMATE
GREEN
SMOOTHIE
GUIDE**

BY TESS MASTERS

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GET THE GLOW WITH GREENS

BLENDING LEAFY GREENS INTO A SMOOTHIE IS A GREAT WAY TO INCREASE YOUR CONSUMPTION OF THESE CHLOROPHYLL-RICH WONDERS IN A REALLY TASTY, FUN WAY.

Greens are loaded with nutrients, fiber, and antioxidants, and they oxygenate the cells and blood. They also help boost immunity; alkalize and detoxify the body; combat disease and infection; promote healthy skin, nails, and hair; and act as prebiotics to encourage the proliferation of friendly bacteria, keeping the body in balance.

If you're struggling with the idea of drinking wet leaves, ease into the green-smoothie experience gradually and train your taste buds. Start with fruit-based blends that use

coconut water, plain water, or milks, and add small amounts of mild leafy greens such as spinach, romaine, or radish greens. The subtle flavors of these vegetables are easily masked by sweet fruits.

After enjoying these introductory green smoothies, try reducing the amount of fruit and increasing the vegetables. Move from these light weights to the medium greens: kale, chard, collards, beet greens, and bok choy; then try the strong greens like dandelion greens and arugula.

Fresh herbs elevate the flavor of smoothies to a divine dimension. Do not substitute dried herbs, or even try them in smoothies. Dried herbs just don't work in smoothies, and the unpalatable bitterness is a bummer. My favorite fresh herbs for smoothies are basil, mint, parsley, cilantro, and rosemary.

Although I don't cover it in this booklet, foraging is fabulous, too. Grasses, pigweed, lamb's-quarters, broadleaf plantain, hibiscus, nasturtiums, and other forage provide an incredible opportunity to add nutritional diversity to your diet. Start with very small amounts, and add to taste.



MILD GREENS

SPINACH

With a mild taste that's easily masked by fruits and vegetables, spinach is my top choice for introductory green smoothies. 1 to 2 cups (or more) can be added to any blend without altering its flavor profile.

Choose spinach that is crisp and vibrantly green, and avoid the yellowing, wilted, or slimy leaves—they're past their prime. Spinach is a nutritional powerhouse with twice the iron of other greens, and tons of additional minerals, vitamins, omega-3 fatty acids, chlorophyll, protein, antioxidants, fiber, and anti-inflammatory power.

It's also a brilliant detox food that alkalizes and boosts immunity; helps build and oxygenate the blood; strengthens cell integrity; promotes respiratory, heart, bone, skin, eye, and digestive health; kills abnormal cells; and boosts brain activity. A wonderful prebiotic, spinach encourages colonization of friendly intestinal bacteria, which is great for combating candida. With all of these benefits and more, spinach is my go-to green booster to enhance the potential of any shake.

ROMAINE

The mellow, fresh taste of lettuce is not just for salads: 1 to 2 cups of romaine, which is the most nutritious variety, can go into most blends undetected. Increase your quantity gradually, as overdoing it can lead to a mealy "wet salad" texture and a slight bitterness.

Choose compact heads with crisp, unwilted leaves that are free of dark or slimy spots and discoloration. High in water

and low in calories, romaine is intensely hydrating, and great for your skin. It's loaded with phytonutrients, antioxidants, and vitamins and minerals, which alkalize and detoxify the body, oxygenate the blood, and boost metabolism, making it an awesome weight-loss food.

RADISH GREENS

The leaves of the radish are the best-kept secret in the smoothie-making world. Not only do they contain more protein, calcium, and vitamin C than the roots, but they're also surprisingly mild in flavor (they taste a lot like lettuce) and can go undetected in virtually any blend.

I typically add 1 cup of radish greens to smoothies, which is the average yield of one bunch of red radishes. A bit more or less makes no difference in flavor. Radish greens are not sold separately, so you'll need to purchase the full bunch.

Select radishes with unwilted and bright green leaves, without any yellowing. The leaves (like the roots) are often covered in soil, so start with a thorough wash to remove any debris and avoid a gritty mouthfeel. (I soak the leaves in a sink filled with water and then drain well in a colander.)

Rich in protein, calcium, iron, magnesium, and folate as well as vitamins A, C, and K, radish greens are wonderful blood builders and great for supporting bone, kidney, and heart health. A single cup of greens delivers a good dose of vitamins A and C, along with immune-boosting, anti-aging antioxidants that help keep your skin, hair, and nails looking gorgeous.



MEDIUM GREENS

KALE

Kale is a popular addition to smoothies because 1 cup can be added to most shakes without changing the flavor. Go for deeply colored, vibrant, crisp leaves without any signs of wilting, yellowing, or browning.

Kale has a slightly bitter flavor reminiscent of broccoli and is stronger than spinach. For a mild shake, start with 1 cup. If you go with 2 cups or more, balance the flavor with sweet fruits. Pineapple, mango, berries, grapes, apple, peach, and banana all pair well with kale, as does tomato, avocado, coconut, chile, lime, lemon (juice and zest), and bell pepper, particularly in savory blends. Kale is more fibrous than spinach and may not fully liquefy in a conventional blender. For the smoothest texture, remove the ribs and chop the leaves finely. Or try baby kale leaves, which are softer and less bitter in flavor.

**HIGH IN CHLOROPHYLL,
KALE IS ALSO INTENSELY
ALKALIZING AND REDUCES
INFLAMMATION, MAKING IT AN
AMAZING HEALTH BOOSTER.**

The phytonutrients in kale have powerful antimicrobial properties that are unleashed when the leaves are chopped, chewed, or blended. Packed with vitamins A, C, E, and K, as

well as calcium, iron, potassium, zinc, folate, and fiber, kale boosts immunity; promotes respiratory, heart, bone, and digestive health; and boosts energy. High in chlorophyll, kale is also intensely alkalizing and reduces inflammation, making it an amazing health booster.

CHARD

Chard comes in a variety of colors including red, orange, yellow, and white. What's sold as "rainbow chard" is just different kinds of leaves bunched together. Most of the nutrients are found in the leaves, so remove the stems to reduce the bitterness and keep your blend's texture smooth.

Chard has a mildly bitter, earthy flavor and a salty lemony note that pairs well with sweet fruits like banana, pineapple, mango, orange, pear, apple, and berries. Chard gets assertive when used in larger proportions, so keep it to 1 or 2 large leaves for a standard 32-ounce blend. Mint, ginger, and lemon or lime juices will take the edge off the bitter flavor, as will sweet fruit juices such as apple, orange, and grape. Like beet greens, chard may turn your blends an unsightly brown hue, so blend it with purple picks—cranberry, pomegranate, or grape juices; beet; berries; and red grapes—for lush, vibrant color. Or embrace the brown, blend in some cacao, and go chocolate!

Select chard that has firm, dark-green leaves with no wilting or yellowing. The leaves are extra-perishable as greens go, so store them in the crisper, on top of a paper towel or cloth to absorb moisture, and consume within a few days.

CHARD IS ALSO A GOOD SOURCE OF VITAMINS A, C, E, AND K, AS WELL AS PROTEIN, CALCIUM, IRON, COPPER, MANGANESE, MAGNESIUM, SODIUM, AND ALKALIZING CHLOROPHYLL, ALL OF WHICH HELP SUPPORT BONE AND LUNG HEALTH WHILE BUILDING HEALTHY BLOOD, REGENERATING CELLS, AND BOOSTING IMMUNITY.

Like beet greens, chard is a great source of antioxidant, anti-inflammatory, and detox support. The polyphenol antioxidants boost heart health and regulate blood sugar. Chard is also a good source of vitamins A, C, E, and K, as well as protein, calcium, iron, copper, manganese, magnesium, sodium, and alkalizing chlorophyll, all of which help support bone and lung health while building healthy blood, regenerating cells, and boosting immunity.

COLLARD GREENS

Collards have a slightly bitter flavor, but are loaded with nutrients, and can be incorporated into smoothies with wonderful results. Start with 1/2 cup and mix with sweet fruits like mango, pineapple, peach, berries, banana, apple, and pear for delicious, you'd-never-know-there-were-greens-in-there treats.

As with other leafy greens, herbs and spices like mint, citrus, ginger, cinnamon, and cayenne lift and lighten the weight of the collard flavor. However, like beet greens and chard, collards can turn blends an unpalatable brown even when used in small amounts. If that color isn't appealing, get your dose of collards by blending in milk, cacao, and banana to make a chocolate smoothie. Or pair them with cranberries, pomegranates, grape juice, beet root, berries, or red grapes for pretty, purple pleasure. Regardless of the blend, collard greens get even more assertive over time, so enjoy that smoothie immediately.

Select leaves that are a vibrant, medium green without any yellowing or wilting. The leaves will keep fresh in the crisper, on top of a paper towel or cloth to absorb moisture, for about 5 days. Collards have large leaves (that are somewhat tough when they're mature) with a thick stem running down the middle. Remove the stem and chop the leaves before blending to get the smoothest consistency.

Rich in vitamins A, C, and K, as well as calcium, iron, protein, and fiber, collards are great for supporting respiratory, cardiovascular, bone, and digestive health.

Their phytonutrients combat abnormal cell development, and with an abundance of health-promoting chlorophyll, these greens are incredibly alkalizing and balancing.

RICH IN VITAMINS A, C, AND K, AS WELL AS CALCIUM, IRON, PROTEIN, AND FIBER, COLLARDS ARE GREAT FOR SUPPORTING RESPIRATORY, CARDIOVASCULAR, BONE, AND DIGESTIVE HEALTH.

BEET GREENS

Beet greens are unusual but spectacular additions to smoothies because they're chock-full of nutrients—providing even more than the roots—and they can taste good! The beet hails from the same family as chard, and its leaves have a similar texture. Its slightly milder flavor, which is somewhat like spinach (and less bitter than kale, collards, and dandelion) is easily masked by sweet fruits such as pineapple and mango.

Beet greens added in large amounts will give a smoothie an earthy edge (much like their roots). They will also turn most blends a dark, muddy brown color. Rescue your smoothie from this deathly hue by blending in vibrant crimson characters like cranberry, pomegranate, and grape juices, and beet root, berries, and red grapes. Or go in the other direction and hide beet greens in healthy chocolate smoothies that combine milk, cacao, beet root, and banana.

Beet greens aren't sold separately, so you'll need to buy whole beets with the greens attached. Or, since most people want the leaves chopped off their beets, you might also pick up beet greens at your local farmers' market for free! Become friends with your local vendors. The best leaves are dark green and fresh (avoid those that are wilted or yellowing) and attached to beets that are firm and not shriveled. The leaves (like the roots) typically carry some soil, so wash them well to avoid a dirt smoothie. (I soak the greens in a sink filled with water and then drain thoroughly in a colander.) Beet greens wilt very quickly, so store them on top of some paper towels in a vegetable crisper to absorb any excess moisture, and consume within 3 days.

I'm a fan of blending beet greens because they're brilliant alkalizing blood builders, and contain tons of protein, with all the essential amino acids. Containing vitamins A, C, E, and K, along with calcium, iron, copper, magnesium, potassium, sodium, and manganese, beet greens help boost immunity and assist with respiratory, bone, and heart health. They're also high in tryptophan, which encourages the production of serotonin, a mood elevator that can help you get good-quality sleep.

BOK CHOY

Bok choy (also called "pak choi") is not just for stir-fries! You can also create delicious sweet and savory smoothies loaded with bok choy goodness. With a distinctive flavor, this green gets slightly bitter (but less so than kale) in large amounts. The good news: Its flavor is easily masked by sweet fruits like pineapple, mango, banana, apple, pear, citrus, berries, and grapes. Select bunches with dark-green leaves that are not wilted or yellowing, on crisp, bright-white stalks. This veggie is hardy, and will keep in the crisper or an airtight container (set on a piece of paper towel or cloth to absorb the moisture) for about 5 days.

A wonderful source of vitamins A and C, folate, calcium, iron, potassium, magnesium, phosphorous, manganese, and fiber, this veggie is a powerful anti-inflammatory aid that bolsters our resistance to infection and scavenges harmful free radicals. It's also high in vitamin K, which combats osteoporosis and can reduce brain degradation from Alzheimer's disease. Other compounds found in bok choy can protect against abnormal cell development, and help regulate cholesterol for better heart health.

**CONTAINING VITAMINS A, C, E,
AND K, ALONG WITH CALCIUM,
IRON, COPPER, MAGNESIUM,
POTASSIUM, SODIUM, AND
MANGANESE, BEET GREENS
HELP BOOST IMMUNITY AND
ASSIST WITH RESPIRATORY,
BONE, AND HEART HEALTH.**



STRONG GREENS

ARUGULA

This little leaf is a nutrient-dense superstar, and a little goes a long way. No wonder it's also known as "rocket" in some countries. Great as arugula is in salads, it's a brilliant accent in smoothies. In small amounts—1/8 to 1/2 cup—the pleasantly pungent leaves add a zesty, peppery note. But watch out: arugula can turn overpowering and extremely bitter if you overdo it. In balance, it's absolutely magic (and helps temper sweetness) paired with orange, grapefruit, tangerine, lemon, lime, apple, pear, and berries, and is also wonderful with avocado and cucumber. Choose crisp, young leaves that are not yellowing, creased, or bruised, and store at high humidity in the crisper.

WONDERFUL FOR THE DIGESTIVE, RESPIRATORY, AND NERVOUS SYSTEMS, AND PROMOTES BRAIN FUNCTION AND HEART HEALTH.

A rich source of vitamins A, B, C, and K, as well as protein, calcium, iron, magnesium, folate, phosphorus, potassium, manganese, zinc, copper, and fiber, arugula boosts immunity, scavenges free radicals, and encourages strong bones and beautiful skin, hair, and nails. It's wonderful for the digestive, respiratory, and nervous systems, and promotes brain function and heart health. Arugula also contains powerful phytonutrients and antioxidants that can inhibit the growth of abnormal cells and gastrointestinal ulcers.

An extremely hydrating food, arugula has a natural cooling and calming effect on the body. It's also a powerful detoxifying ally, helping to cleanse the liver and counteract the poisoning effects of heavy metals, pesticides, and herbicides. The enzymes in arugula make it a good antibacterial and antiviral agent. Arugula is also a weight-loss booster, and promotes healthy cellular, enzymatic, and metabolic function.

DANDELION GREENS

Don't let the bitterness of this extraordinary, liver-cleansing detox food put you off. Adding a small amount—1/8 to 1/2 cup—to a smoothie along with sweet fruits like pineapple, mango, berries, grapes, pear, apple, peach, and banana is a delicious way to include dandelion greens in your diet. And when combined with pineapple, the bitter flavor of dandelion greens creates an interesting effect, reminiscent of alcohol.

Best of all, they're cheap as chips! You can pick up organic dandelion greens from health food stores and mainstream grocers. Choose crisp, dark-green leaves that are not wilted or blemished. Foragers: Look for the young greens before the flowers bud; they're less bitter—and always pick in pristine conditions free of pesticides, herbicides, heavy metals, and other pollutants that contaminate soil. Stored in the crisper laid on top of paper towels or a cloth to absorb moisture, the greens should keep for about 3 days.

Loaded with antioxidants and rich in vitamins A (beta-carotene), C, E, and K, dandelion greens are high in calcium (more than most cultivated greens) and iron. They're also a good source of copper, manganese, phosphorus, potassium, and magnesium, which boost immunity, provide anti-inflammatory benefits for asthma and arthritis relief, and assist with bone, eye, heart, respiratory, and digestive health. A complete protein (containing all the essential amino acids), these greens also aid workouts and muscle recovery.

LOADED WITH ANTIOXIDANTS AND RICH IN VITAMINS A (BETA-CAROTENE), C, E, AND K, DANDELION GREENS ARE HIGH IN CALCIUM (MORE THAN MOST CULTIVATED GREENS) AND IRON.



HERBS

BASIL

I go batty for basil, and add it to smoothies not just for flavor, but also for powerful medicinal benefits. Depending on the blend, 2 tablespoons chopped leaves to 1/4 cup of packed leaves is what you'll need for a spectacular, complex flavor when combined with sweet fruits like watermelon, tomato, berries, mango, kiwi, and honeydew melon.

Use only fresh basil in smoothies, and choose leaves that are a vibrant, rich green, and free from bruising and discoloration. Store in the fridge, unwashed, wrapped in a dampened paper towel, or with the stems in about 1 inch of filtered water; either way, stored inside a loosely closed plastic bag, the leaves will stay full and tender for about 3 days. Wash just before using. Chopped or whole, basil leaves can be frozen in a bit of water, then thawed and drained, or used as flavored ice.

Basil is rich in blood-clotting vitamin K (2 tablespoons of chopped fresh basil provide 27 percent of the recommended daily allowance), as well as vitamins A and C, manganese, iron, and magnesium, helping to build healthy blood, regulate blood pressure, and stabilize blood-sugar levels. The eugenol in basil acts as an anti-inflammatory, providing relief from arthritis and inflammatory bowel conditions. Antioxidant flavonoids (particularly orientin and vicenin) in basil protect white blood cells (as well as chromosomes) from radiation and oxygen-based damage, making basil an awesome anti-aging aid. Containing volatile oils, basil is an antibacterial superstar, so it's great for adding to immunity blends. Also, if you're feeling stressed, basil has a calming effect on the body and soothes the digestive tract, making it great for alleviating cramps, bloating, and indigestion.

CILANTRO

Highly aromatic with a clean, citrus note and a peppery bite, cilantro (aka, coriander or coriander leaves) is a fabulous medicinal and flavor-rich addition to smoothies. Use it as an accent ingredient in savory gazpacho-style smoothies with tomato, avocado, carrot, sprouts, chile, and salt, or pair it with sweet fruits like pineapple, mango, apple, pear, grapes, orange, lime, melon, and papaya. In my sweet and savory salsa smoothies, cilantro is one of the star ingredients, and helps pull the complex flavor profile together.

Use fresh (not dried) cilantro in smoothies. Choose leaves that are vibrant, rich green, and free from spots or yellowing. Store in the fridge with the stems in 1 inch of filtered water and the leaves loosely covered with a plastic bag; it should keep for 2 to 3 days. Wash just before using. Cilantro, chopped or whole, can be frozen in a bit of water, then thawed and drained, or used as flavored ice.

Cilantro is a nutrient-rich addition to smoothies. High in vitamins A (from beta-carotene), C, E, and K, as well as calcium, potassium, iron, manganese, and sodium, cilantro helps to maintain healthy mucus membranes, eyes, and skin; build strong bones and teeth; regulate heart rate and blood pressure; and foster healthy blood, nerves, tissues, organs, and cells. It also contains omega-3 and -6 fatty acids, making it a powerful anti-inflammatory agent. Loaded with healing antioxidants, cilantro protects cells against oxidative stress; many of its essential volatile oils are antibiotic, antimicrobial, antiseptic, and antifungal, so they boost immunity. Cilantro is a great digestive aid, too, and helps regulate blood sugar. Cilantro is a staple addition to my smoothies because it's a chelator, helping to flush out mercury, aluminum, lead, and other heavy metals. A diuretic, it's also great for kidney health. Cilantro has a calming effect as well, and can help you get some sleep.

RICH IN POTASSIUM, CALCIUM, IRON, MANGANESE, MAGNESIUM, FIBER, AND ANTIOXIDANT VITAMINS A (FROM BETA-CAROTENE), C, E, AND K, MINT HELPS BUILD HEALTHY BLOOD, BONES, AND TEETH, AND SUPPORTS THE CARDIOVASCULAR SYSTEM.

MINT

Repeat after me, “Mint is magic in smoothies!” It adds a delightful, fresh aroma and flavor, takes the edge off the pungency of leafy greens and green powders, lifts the earthiness of beets, balances the cloying sweetness of fruits, and has powerful health-promoting properties. Mint has a natural cooling effect, so it’s a great addition to summer shakes with fruits like apple, melon, pineapple, berries, citrus, kiwi, grapes, mango, and peach. Depending on the blend, 1 tablespoon to 1/2 cup delivers.

Mad for mint, I always keep it on hand. However, it’s delicate and wilts quickly. But even when it’s withered (not spoiled or dried out), the leaves are still pretty good for use in hearty-flavored blends. Use only fresh mint in smoothies, and choose leaves that are vibrant, rich green, and free from spots or yellowing. Store in the fridge, unwashed, wrapped in a dampened paper towel, or with the stems in about 1 inch of filtered water; either way, stored inside a loosely closed plastic bag, the precious leaves should stay fresh and aromatic for 3 days. Wash just before using. Mint, chopped or whole, can be frozen in a bit of water, then thawed and drained, or used as flavored ice.

Rich in potassium, calcium, iron, manganese, magnesium, fiber, and antioxidant vitamins A (from beta-carotene), C, E, and K, mint helps build healthy blood, bones, and teeth, and

supports the cardiovascular system. It’s a terrific detox aid, helping to cleanse the blood and bowels, and is a primo addition to immunity blends. It helps to clear respiratory congestion, soothes and calms sore throats, and works to prevent harmful bacteria from growing inside the mouth; it’s not only great for avoiding infection, but also to freshen breath.

The essential volatile oils in the leaves and stems of mint (particularly menthol) have a cooling effect on the skin, mouth, and throat. Menthol is a natural painkiller. Dynamic for digestion, mint activates the salivary glands, and the essential oils alleviate nausea and soothe the nervous system and the stomach (it’s great for Irritable Bowel Syndrome, too). It’s an effective stress buster as well, having a natural calming effect, and can relieve headaches.

PARSLEY

Flat-leaf (aka, Italian) parsley is a powerful health-promoting food, and I include it in a lot of smoothies. It brings a clean, crisp, fresh flavor to fruit blends, especially when paired with pineapple, apple, mango, grapes, and orange. Or, use it as an accent ingredient in savory, gazpacho-style smoothies featuring tomato, carrot, avocado, and chile. Parsley can be quite bitter, and in large amounts (some of my recipes call for 1 bunch), it’s best when combined with sweet fruits.

JUST 2 TABLESPOONS OF PARSLEY CONTAIN ABOUT 16 PERCENT OF THE RECOMMENDED DAILY ALLOWANCE (RDA) OF VITAMIN C, AND MORE THAN 12 PERCENT OF THE RDA OF VITAMIN A, WHICH HELPS TO STRENGTHEN THE IMMUNE SYSTEM.

In smoothies, use fresh parsley, not dried. Look for leaves that are vibrant, rich green, and free from spots or yellowing. Store in the fridge with the stems in about 1 inch of filtered water and the leaves loosely covered with a plastic bag; it should keep for about 3 days. Wash just before using. Parsley, chopped or whole, can be frozen in a bit of water, then thawed and drained, or used as flavored ice.

Parsley is really cleansing. Its rich mineral-salt content helps to neutralize acids in the body; purify and detoxify the blood, tissues, and organs (including the skin); assist with the elimination of heavy metals like mercury; and enhance urinary-tract health by fighting bladder infections and flushing out the kidneys. Parsley also contains anti-inflammatory agents. Just 2 tablespoons contain about 16 percent of the recommended daily allowance (RDA) of vitamin C, and more than 12 percent of the RDA of vitamin A, which helps to strengthen the immune system. These antioxidant vitamins also assist in the production of collagen, which contributes to glowing skin and accelerates the body's ability to repair wounds and maintain healthy bones and teeth. Vitamin A also assists with respiratory, urinary, and intestinal health.

As the best herb source of vitamin K (just 2 tablespoons delivers one and a half times the RDA), parsley is wonderful for healthy bones and nerves, as well as building red blood cells. With potassium, calcium, manganese, iron, and magnesium, this brilliant herb helps to boost metabolism; regulate cholesterol, blood pressure, and blood-sugar levels; and prevent constipation. Parsley is also loaded with antioxidants that scavenge free radicals and combat inflammation, making it excellent for preventing and treating arthritis. And an entire bunch of parsley in a smoothie, paired with sweet fruits, is awesome for relieving some effects of airborne allergens.

ROSEMARY

A bit of fresh rosemary can bring something magical to a smoothie. But a little goes a long way. Generally 3/4 to 1 1/2 teaspoons, finely chopped (for uniform consistency and

**ROSEMARY IS A BRILLIANT
CLEANSING AID. IT STIMULATES
CIRCULATION AND AIDS
LIVER DETOXIFICATION;
AS A MILD DIURETIC, IT IS
GREAT FOR REDUCING
BLOATING AND WATER
RETENTION, WHICH ASSISTS
WITH KIDNEY HEALTH.**

flavor), strikes a nice balance; use much more than that and bitterness develops. In moderation, rosemary brings a mind-blowing accent flavor to blends with a variety of fruits. I love it with watermelon, lemon, orange, tangerine, pineapple, and mango.

In smoothies, it's gotta be fresh rosemary. Choose leaves that are deep sage green, and vibrant, not dead looking. Store in the fridge, unwashed, in the original packaging. Wash just before using. This one's hardy, and will keep up to 7 days. Chopped or whole, rosemary leaves can be frozen in a bit of water, then thawed and drained, or used as flavored ice.

Rosemary is a brilliant cleansing aid. It stimulates circulation and aids liver detoxification; as a mild diuretic, it is great for reducing bloating and water retention, which assists with kidney health. It also contains two powerful anti-inflammatory agents, carnosic acid and carnosol, which are great for pain relief. Carnosic acid has neuroprotective properties that can enhance memory and elevate mood, while carnosol combats abnormal cell development. Rosemary also has fabulous antioxidant, antibacterial, and anti-carcinogenic properties, making this highly aromatic herb a great overall immune-boosting addition to shakes. A wonderful digestive aid, it can also settle an upset stomach and relieve indigestion and constipation.

ROTATE YOUR GREENS

Oxalates and alkaloids are naturally occurring substances found in leafy greens and other plants (and manufactured by the human body) that can be toxic in large amounts. You may have read that oxalates reduce the bioavailability of some nutrients (oxalic acid in spinach, for instance, reduces absorption of the iron the green contains); that oxalates contribute to kidney stones; or that high concentrations of alkaloids cause adverse symptoms including nausea, vomiting, high blood pressure, depression, and anxiety.

Unless you've got a rare health condition like absorptive hypercalciuria type II, enteric hyperoxaluria, or primary hyperoxaluria, that requires strict oxalate and alkaloid restriction, or binge-blend 20 half-pound bags of spinach into one smoothie, you can rest easy: raw leafy greens don't pose a threat to your health.

Although the majority of kidney stones are calcium oxalate in composition, studies have yet to show conclusively that oxalate intake (as opposed to oxalate manufacture by the body) significantly impacts kidney stone development. Since dietary oxalate contributes only 10 to 15% of the oxalate measured in individuals forming kidney stones, the jury is still out as to whether reducing consumption effectively reduces risk. This remains a controversial topic in clinical nutrition. Recent studies show that high intake of protein and calcium, and low intake of water promote calcium oxalate stone formation just as much, if not more than oxalate consumption.

Though some people steam, blanch, or boil leafy greens to reduce oxalate levels, I recommend against cooking greens to put in smoothies. Cooking has minimal effect on their oxalate content, and what little benefit there may be is

hardly worth the funky flavor! Cooking degrades vitamins and minerals along with fresh taste, and you want to reap the benefits of the full spectrum of nutrients, including the live enzymes in the raw greens.

**A PRUDENT APPROACH TO
MINIMIZING THE EFFECTS OF
OXALATES AND ALKALOIDS,
AND REDUCING THE EXCESSIVE
ACCUMULATION OF ANY SINGLE
SUBSTANCE OR NUTRIENT,
IS TO ROTATE YOUR GREENS
THROUGH THE WEEK, AND
BLEND UP A VARIETY IN YOUR
SMOOTHIES.**

A prudent approach to minimizing the effects of oxalates and alkaloids, and reducing the excessive accumulation of any single substance or nutrient, is to rotate your greens through the week, and blend up a variety in your smoothies. The most oxalate-dense leafy greens are spinach, Swiss chard, beet greens, collards, and parsley. In addition to this, drink adequate amounts of water and consume a variety of other nutrient-dense fruits and vegetables to aid the assimilation of nutrients and support the elimination of toxins.

GUIDE FOR GREENS

IN SMOOTHIES

SPINACH



USE: 1 TO 2 CUPS

PAIR WITH
ABSOLUTELY ANYTHING

BENEFITS

- DIALS UP DETOX
- ANTI-INFLAMMATORY
- ALKALINE FORMING
- IMMUNE BOOSTING
- GREAT FOR GUT HEALTH
- BUILDS MINERAL-RICH BLOOD
- STRENGTHENS CELL INTEGRITY
- PROMOTES RESPIRATORY, HEART, BONE HEALTH

KALE



USE: 1 TO 2 CUPS

PAIR WITH
PINEAPPLE, MANGO,
BERRIES, GRAPES, APPLE,
PEACH, BANANA, TOMATO,
AVOCADO, COCONUT

BENEFITS

- NATURAL ANTIMICROBIAL
- BOOSTS IMMUNITY
- ANTI-INFLAMMATORY
- INHIBITS ABNORMAL CELL GROWTH
- PROMOTES RESPIRATORY, HEART, BONE HEALTH
- AIDS DIGESTION
- BOOSTS ENERGY
- ALKALINE FORMING

BABY BOK CHOY



USE: 1 CUP

PAIR WITH
PINEAPPLE, MANGO,
BANANA, APPLE, PEAR,
CITRUS, BERRIES, GRAPES

BENEFITS

- BOOSTS IMMUNITY
- ANTI-INFLAMMATORY AID
- FREE RADICAL SCAVENGER
- PROMOTES BONE HEALTH
- REDUCES BRAIN DEGRADATION
- NEUTRALIZES ACIDS
- INHIBITS ABNORMAL CELL GROWTH
- REGULATES CHOLESTEROL FOR HEART HEALTH

ARUGULA



USE: 1/8 - 1/2 CUP

PAIR WITH
ORANGE, GRAPEFRUIT,
LEMON, LIME, APPLE, PEAR,
AVOCADO, TOMATO

BENEFITS

- CHELATES HEAVY METALS
- DIALS UP DETOX
- BOOSTS IMMUNITY
- ENCOURAGES STRONG BONES
- ASSISTS DIGESTIVE & RESPIRATORY HEALTH
- PROMOTES HEART HEALTH
- ANTIBACTERIAL/ANTIVIRAL AGENT
- BOOSTS METABOLIC FUNCTION

BEET GREENS



USE: 1/4 - 1/2 CUP

PAIR WITH
PINEAPPLE, MANGO, PEACH,
BEET, BANANA, BERRIES,
GRAPES, GINGER

BENEFITS

- DIALS UP DETOX
- ALKALIZING BLOOD BUILDERS
- BOOST IMMUNITY
- ANTI-INFLAMMATORY AID
- PROTEIN - ALL ESSENTIAL AMINO ACIDS
- PROMOTE RESPIRATORY, BONE, HEART HEALTH
- BOOSTS SEROTONIN TO ELEVATE MOOD
- AIDS SLEEP

GUIDE FOR HERBS

IN SMOOTHIES

BASIL



USE: 2 TBSP - 1/4 CUP

PAIR WITH
WATERMELON, TOMATO,
BERRIES, MANGO, KIWI,
HONEYDEW MELON

BENEFITS

- CLEANSES THE BLOOD
- REGULATES BLOOD PRESSURE
- STABILIZES BLOOD SUGAR
- ANTI-INFLAMMATORY
- ANTIOXIDANT AMMO
- ANTIBACTERIAL AGENTS
- SOOTHES DIGESTIVE TRACT
- ALLEVIATES CRAMPS & BLOATING

CILANTRO



USE: 2 TBSP - 1/2 CUP

PAIR WITH
TOMATO, AVOCADO,
CARROT, PINEAPPLE,
MANGO, APPLE, MELON,
GRAPES

BENEFITS

- ANTIOXIDANT AMMO
- BUILDS STRONG BONES & TEETH
- HEART HEALTHY
- ANTI-INFLAMMATORY AGENTS
- ANTIBIOTIC, ANTI-FUNGAL
- NATURAL DIURETIC
- FLUSHES HEAVY METALS & TOXINS
- HOURISHES EYES & SKIN

MINT



USE: 2 TBSP - 1/2 CUP

PAIR WITH
APPLE, MELON, PINEAPPLE,
BERRIES, CITRUS, KIWI,
GRAPES, MANGO, PEACH

BENEFITS

- COOLS THE BODY
- SUPPORTS BLOOD, BONES, TEETH
- HEART-HEALTHY
- CLEANSES BLOOD & BOWELS
- CLEARS RESPIRATORY CONGESTION
- NATURAL PAINKILLERS
- AIDS DIGESTION
- ALLEVIATES NAUSEA & HEADACHES

PARSLEY



USE: 2 TBSP - 1/2 CUP

PAIR WITH
TOMATO, CARROT,
AVOCADO, GRAPES,
PINEAPPLE, MANGO

BENEFITS

- DETOXES BLOOD, CELLS, SKIN
- HEAVY METAL CHELATOR
- PROMOTES BLADDER/KIDNEY HEALTH
- ANTI-INFLAMMATORY AGENTS
- IMMUNE-BOOSTING
- AIDS COLLAGEN PRODUCTION
- ASSISTS RESPIRATORY HEALTH
- HEART-HEALTHY

ROSEMARY



USE: 3/4 TSP - 1 1/2 TSP
FINELY CHOPPED

PAIR WITH
WATERMELON, LEMON,
ORANGE, TANGERINE,
PINEAPPLE, MANGO

BENEFITS

- CLEANSES THE LIVER
- STIMULATES CIRCULATION
- MILD DIURETIC FOR KIDNEY HEALTH
- ANTI-INFLAMMATORY AGENTS
- NATURAL PAIN RELIEVER
- ANTIOXIDANT AMMO
- ANTIBACTERIAL/ANTI-CARCINOGENIC
- AIDS DIGESTION

GUIDE FOR SPICES

IN SMOOTHIES

GINGER



USE: 1 TSP TO 1 TBSP

PAIR WITH

BERRIES, MANGO, GRAPES,
MELON, PINEAPPLE,
LEMON, LIME, APPLE, PEAR

BENEFITS

- CLEANSSES LIVER & COLON
- STIMULATES LYMPH
- ANTI-INFLAMMATORY AID
- EASES JOINT PAIN & SWELLING
- NATURAL ANTIBIOTIC
- ALLEVIATES NAUSEA & VOMITING
- RELIEVES GAS & BLOATING
- AIDS DIGESTION

CINNAMON



USE: 1/4 TSP TO 2 TSP

PAIR WITH

CACAO, COCONUT, BANANA,
BERRIES, APPLE, PEAR,
ORANGE, MANGO, PEACH,
CARROT, SWEET POTATO

BENEFITS

- DIALS UP DETOX
- BOOSTS MEMORY & COGNITIVE FUNCTION
- ANTIMICROBIAL, ANTIBACTERIAL, ANTIFUNGAL
- ANTI-INFLAMMATORY
- BOOSTS FAT & CARB METABOLISM
- REGULATES BLOOD SUGAR
- SETTLE THE STOMACH
- IMPROVES CIRCULATION

CARDAMOM



USE: 1/8 TSP - 1/4 TSP

PAIR WITH

COCONUT, YOGURT,
BANANA, ROSE WATER,
PEACH, APRICOT, BERRIES,
PEAR, MANGO

BENEFITS

- NATURAL ANTIBIOTIC FOR INFECTIONS
- DIGESTIVE AID
- BOOSTS METABOLISM
- ALLEVIATES GASTROINTESTINAL DISORDERS
- NEUTRALIZES FREE RADICALS
- HEART-HEALTHY
- IMPROVES CIRCULATION
- ELEVATES MOOD

CAYENNE



USE: 1/8 TSP - 1/4 TSP

PAIR WITH

ABSOLUTELY ANYTHING

BENEFITS

- DIALS UP DETOX
- ALKALIZING IMMUNE BOOSTER
- NATURAL ANTIBIOTIC & ANTIFUNGAL
- BREAKS UP MUCUS
- NATURAL PAIN RELIEVER
- DIGESTIVE AID
- BOOSTS METABOLISM
- AIDS GUT HEALTH

TURMERIC



USE: 1/4 TSP - 1/2 TSP
+ PINCH OF PEPPER

PAIR WITH

CITRUS, PINEAPPLE, PEACH,
MANGO, CARROT, COCONUT

BENEFITS

- ANTI-INFLAMMATORY AVENGER
- BRILLIANT BLOOD BUILDER
- ANTIOXIDANT AMMO
- POTENT IMMUNE BOOSTER
- BOOSTS LIVER FUNCTION
- DIALS UP DETOX
- INHIBITS ABNORMAL CELL GROWTH
- DIGESTIVE AID

GUIDE FOR SUPERFOODS IN SMOOTHIES

GOJI

USE: 1 TBSP BERRIES OR POWDER



PAIR WITH
PEACH, APRICOT,
STRAWBERRIES,
GRAPEFRUIT, SWEET
POTATO, RED BELL PEPPER

BENEFITS

- BOOSTS IMMUNITY
- COMBATS INFLAMMATION
- INCREASES VITALITY
- GIVES YOU ENERGY
- IMPROVES MEMORY
- HEART-HEALTHY
- NOURISHES SKIN
- AIDS DIGESTION

CACAO

USE: 1 TBSP TO 1/4 CUP



PAIR WITH
CREAMY MILKS, COCONUT,
BANANA, BEET, BERRIES,
ORANGE

BENEFITS

- STIMULATES CENTRAL NERVOUS SYSTEM
- INCREASES SEROTONIN, DOPAMINE, ANANDAMIDE
- MEGA SOURCE OF MAGNESIUM TO AID SLEEP
- AIDS ABSORPTION OF CALCIUM
- POLYPHENOLS FOR HEART HEALTH
- PROMOTES STRONG BONES.
- ANTI-AGING ANTIOXIDANTS
- ANTI-INFLAMMATORY

CAMU

USE: 1/2 TSP



PAIR WITH
ORANGE, TANGERINE,
MANGO, PAPAYA, SWEET
POTATO, CARROT, PEACH,
APRICOT, STRAWBERRIES

BENEFITS

- #1 SOURCE OF VITAMIN C
- NOURISHES SKIN AND HAIR
- BALANCES MOOD
- SUPPORTS EYE AND BRAIN FUNCTION
- PROMOTE OPTIMAL NERVE FUNCTION
- ANTI-INFLAMMATORY
- ANTI-BACTERIAL/ANTI-VIRAL/ANTI-FUNGAL
- ANTI-HEPATITIC

AÇAÍ

USE: 1 TBSP POWDER OR 1 PULP PACK



PAIR WITH
BERRIES, BEETS, BANANA,
COCONUT, DATES

BENEFITS

- ANTI-AGING ANTIOXIDANTS
- ANTI-INFLAMMATORY OMEGA FATTY ACIDS
- PROMOTES BONE HEALTH
- AIDS DIGESTION
- HEART-HEALTHY
- NOURISHES SKIN AND HAIR
- BOOSTS BRAIN FUNCTION
- CURBS APPETITE FOR WEIGHT LOSS

MACA

USE: 1 TSP TO 1 TBSP



PAIR WITH
BANANA, CACAO, COCONUT,
ALMOND BUTTER, YOGURT,
BERRIES

BENEFITS

- BOOSTS IMMUNITY
- BUILDS HEALTHY BLOOD
- ENERGIZES THE BODY
- COMBATS STRESS
- INCREASES ENDURANCE
- AIDS MUSCLE RECOVERY
- TOP PLANT SOURCE OF B12
- REGULATES MOOD

GUIDE FOR OILS

IN SMOOTHIES

AVOCADO



USE: 1 TSP

PAIR WITH

SAVORY BLENDS: TOMATO, KALE, SPINACH, CELERY, CUCUMBER, AVOCADO, CARROTS

BENEFITS

- BOOSTS IMMUNITY
- DIALS UP DETOX
- ALKALIZING CHLOROPHYLL
- HEART-HEALTHY
- PROSTATE PROTECTION
- PROMOTES EYE HEALTH
- NOURISHES THE SKIN
- INHIBITS ABNORMAL CELL GROWTH

FLAXSEED



USE: 1 TBSP

PAIR WITH

ABSOLUTELY ANYTHING

BENEFITS

- DIALS UP DETOX
- ANTI-INFLAMMATORY OMEGA-3 FATTY ACIDS
- REGULATES BLOOD PRESSURE & CHOLESTEROL
- PROMOTES HEART HEALTH
- POWERFUL DIGESTIVE AID
- INHIBITS ABNORMAL CELL GROWTH
- NOURISHES SKIN, HAIR, NAILS
- BOOSTS FAT METABOLISM

HEMP



USE: 1 TSP

PAIR WITH

ABSOLUTELY ANYTHING

BENEFITS

- ALKALIZING CHLOROPHYLL
- BOOSTS IMMUNITY
- ANTI-INFLAMMATORY
- ANTIOXIDANT AMMO
- INHIBITS ABNORMAL CELL GROWTH
- BOOSTS BRAIN ACTIVITY
- REGULATES METABOLISM
- NOURISHES SKIN

COCONUT



USE: 1 TSP TO 1 TBSP

PAIR WITH

PINEAPPLE, MANGO, BANANAS, BERRIES, CITRUS, PEACHES, APRICOTS

BENEFITS

- BOOSTS IMMUNITY
- ENERGIZING
- HEART-HEALTHY FATS
- ANTIVIRAL, ANTIBACTERIAL, ANTIFUNGAL
- REGULATES BLOOD PRESSURE & CHOLESTEROL
- AIDS DIGESTION & WEIGHT LOSS
- NOURISHES THE SKIN
- REGULATES BLOOD SUGAR

OLIVE



USE: 1 TSP TO 1 TBSP

PAIR WITH

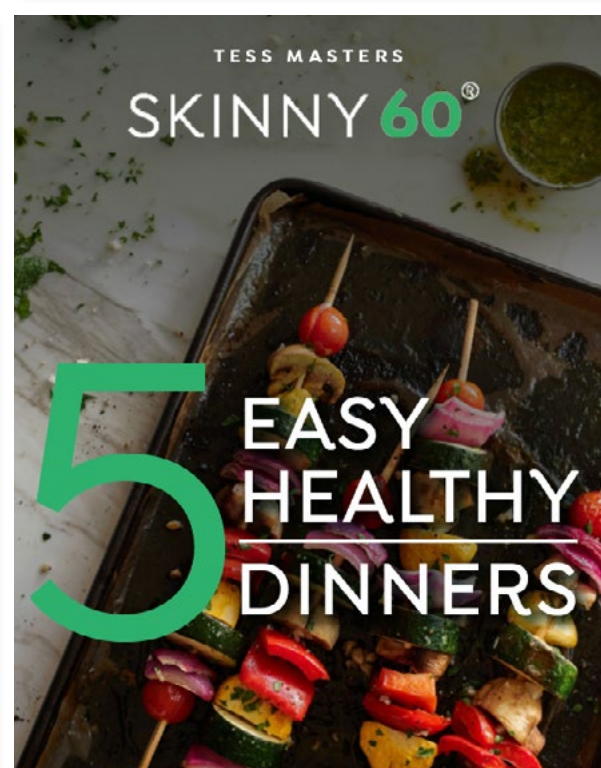
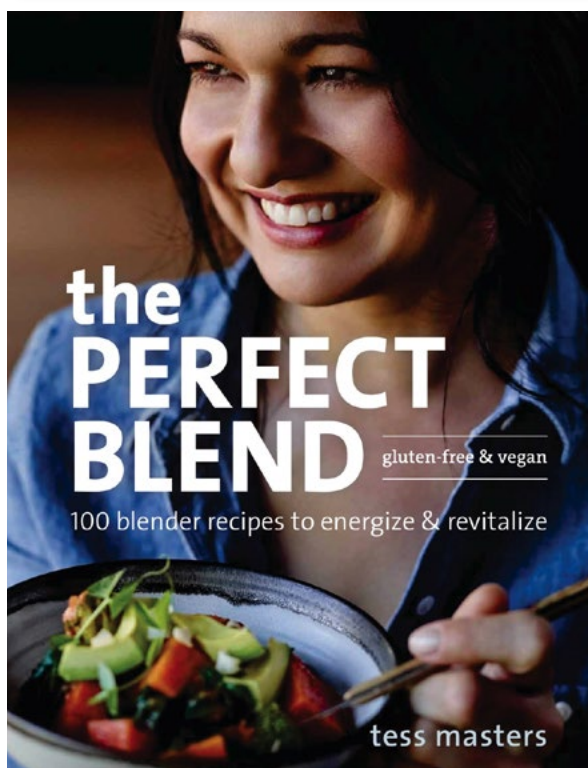
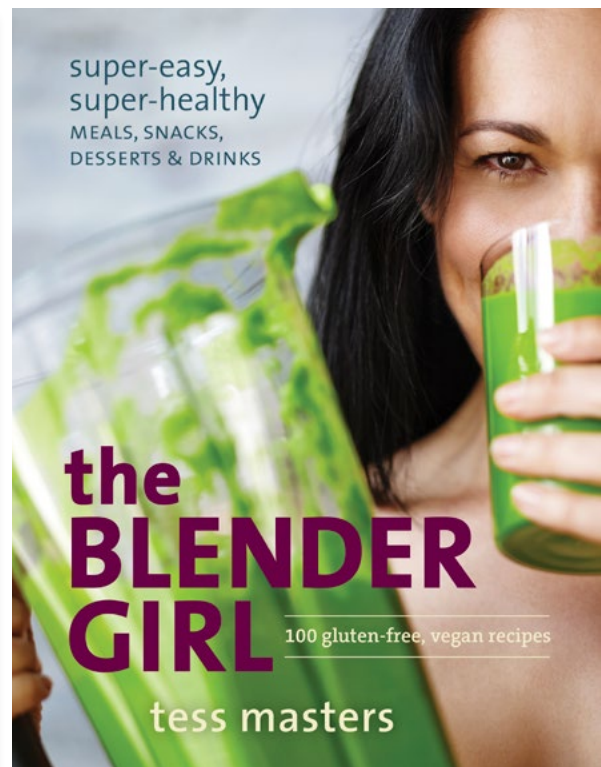
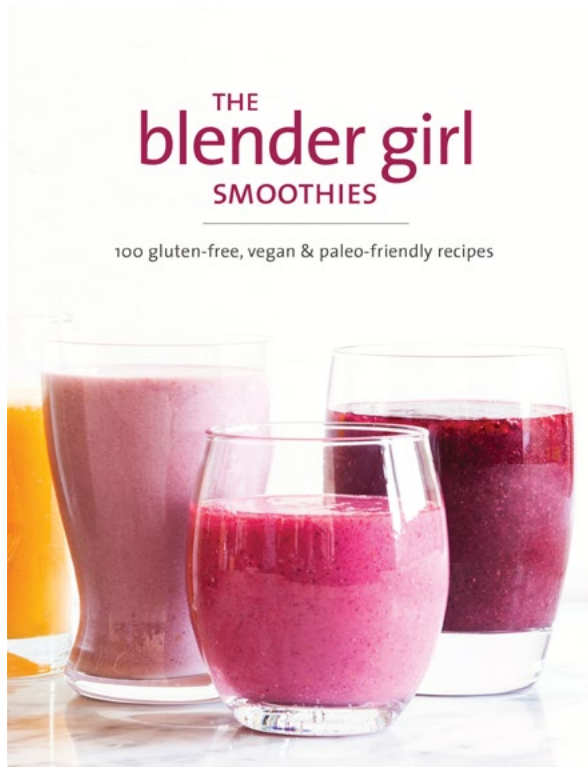
SAVORY BLENDS: TOMATO, KALE, SPINACH, CELERY, CUCUMBER, AVOCADO, CARROTS

BENEFITS

- ANTIOXIDANT AMMO
- ANTI-INFLAMMATORY
- DIALS UP DETOX
- AIDS DIGESTION
- REGULATES BLOOD PRESSURE & CHOLESTEROL
- NOURISHES THE SKIN
- PROMOTES HEART HEALTH
- COMBATS BRAIN DEGENERATION

COOKBOOKS

BY TESS MASTERS



TASTES-LIKE-ICE-CREAM KALE SMOOTHIE

SERVES 2

INGREDIENTS

1/4 cup (43g) firmly packed chopped
pitted dates
1 cup (240ml) filtered water
1/2 teaspoon probiotic powder (*optional*)
1 cup (25g) torn-up curly green kale leaves
1/2 cup (70g) raw unsalted cashews, soaked
2 medium-sized bananas
Pinch of Celtic sea salt
1/2 teaspoon natural vanilla extract
1 teaspoon minced ginger
2 cups (250g) ice cubes

OPTIONAL BOOSTERS

1 tablespoon flax oil
1 tablespoon chia seeds
1 teaspoon wheatgrass powder

DIRECTIONS

Place the chopped pitted dates in a small bowl. Cover them with the 1 cup of filtered water, and allow to sit for about 20 minutes to soften.

Pour the dates and water into the blender, add the other ingredients (*including any boosters*), and blast on high for 30 to 60 seconds until smooth and creamy.



GRAPE PARSLEY LEMONADE SMOOTHIE

SERVES 2

INGREDIENTS

1/4 cup (120mL) fresh lemon juice
3 cups (510g) green seedless grapes
1 medium bunch flat-leaf parsley, chopped
1/2 small avocado, peeled and pitted
5 drops alcohol-free liquid stevia,
plus more to taste
2 cups (250g) ice cubes

OPTIONAL BOOSTERS

2 teaspoons minced ginger, plus more to taste
1 teaspoon flax oil
1 teaspoon wheatgrass powder

DIRECTIONS

Throw all of the ingredients (*including any boosters*) into your blender, and blast on high for 30 to 60 seconds until frosty.



CHARD BLACK AND BLUE SMOOTHIE

SERVES 2

INGREDIENTS

2 cups (480ml) filtered water
1/2 teaspoon probiotic powder *(optional)*
1 cup (31g) firmly packed chard leaves
1 medium-sized frozen sliced banana
1/2 teaspoon minced fresh ginger,
plus more to taste
1/8 teaspoon finely grated lemon zest,
plus more to taste
Pinch of Celtic sea salt
1 cup (160g) frozen blackberries
1 cup (160g) frozen blueberries
1 tablespoon pure maple syrup *(optional)*

OPTIONAL BOOSTERS

2 tablespoons chopped fresh mint
1 tablespoon açai powder
1 teaspoon chia seeds

DIRECTIONS

Throw all of your ingredients *(including any boosters)* into your blender, and blast on high for 30 to 60 seconds, until smooth and creamy. Tweak ginger, zest, and sweetener to taste.



SPICY TOMATO GAZPACHO GRAB SMOOTHIE

SERVES 2

INGREDIENTS

2 medium tomatoes, chopped
1/2 red bell pepper, seeded and chopped
1/2 English cucumber, chopped
1/2 medium avocado, pitted and peeled
2 tablespoons fresh lime juice,
plus more to taste
2 tablespoons finely chopped cilantro,
plus more to taste
1 tablespoon finely chopped red onion,
plus more to taste
3/4 teaspoon Celtic sea salt, plus more to
taste
1/8 teaspoon freshly ground black pepper,
plus more to taste
Pinch of red pepper flakes, plus more to taste
1 cup (125g) ice cubes

OPTIONAL BOOSTERS

1 tablespoon extra-virgin olive oil
1 teaspoon finely chopped jalapeno chile
1/4 teaspoon finely grated lime zest

DIRECTIONS

Throw all of the ingredients (*including any boosters*) into your blender, and blast on high for 30 to 60 seconds until smooth and creamy. Tweak cilantro, onion, pepper, and pepper flakes to taste.



WILD COCONUT CURRY SMOOTHIE

SERVES 2

INGREDIENTS

1 cup (240ml) raw coconut water
or filtered water
1 cup (240ml) full-fat canned coconut milk
1/2 teaspoon probiotic powder (optional)
1/2 cup (14g) dandelion greens
1/4 medium avocado, peeled and pitted
1/2 teaspoon finely grated lime zest
1 tablespoon fresh lime juice
1/2 teaspoon yellow curry powder
1/8 teaspoon red pepper flakes
Pinch of Celtic sea salt
2 cups (320g) frozen mango

OPTIONAL BOOSTERS

1 tablespoon coconut oil (*in liquid form*)
1 tablespoon goji powder
1/8 teaspoon ground turmeric

DIRECTIONS

Throw all of the ingredients (*including any boosters*)
into your blender, and blast on high for
30 to 60 seconds until smooth and creamy.



SKINNY 60[®]

HEALTH PROGRAMS





TESS MASTERS

Tess Masters is a cook and author of [The Blender Girl](#), [The Blender Girl Smoothies](#), and [The Perfect Blend](#).

She is also the creator of the [Skinny60®](#) health programs.

Tess and her team of dietitians have helped over 30,000 people achieve better health. Millions of people use [The Blender Girl recipes](#) to make healthy living delicious and fun.

In high demand as a spokesperson, presenter, and recipe developer, Tess has collaborated with Vitamix, KitchenAid, Williams-Sonoma, Four Seasons, Whole Foods Market, Sprouts Farmers Market, Silk, So Delicious, Driscoll's, Earthbound Farm, Vegetarian Times, and many others.

Tess and her healthy recipes been featured in the L.A Times, Washington Post, InStyle, Cosmopolitan, Prevention, Real Simple, Shape, Glamour, Family Circle, Clean Eating, Vegetarian Times, Veg News, Today.Com, FoodNetwork.Com, Parents.Com, among other publications.

Away from the blender, Tess enjoys a diverse performance career. She has toured internationally with stage productions, worked in film and television, and lent her voice to commercial campaigns, audiobooks, and popular video game characters. Tess is also the host of the [It Has To Be Me podcast](#) inspiring listeners to take action on the things they're dreaming about.