



*Not
just
for
Vegans*

GREEN SMOOTHIE RECIPES

Healthy delicious
breakfast smoothies
for everyone

FROM ANYÁC



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Preface

In this recipe book, I try to give you ideas for a healthy breakfast.

These portions are a couple of daily portions for 1 person or enough for breakfast for a family of 4

This is because I personally don't like to deal with it on a daily basis. In this way, I can make enough portions for several days at one time.

Since these green smoothies are full of vitamins and minerals, I personally don't feel hungry for half a day. They are incredibly nutritious and delicious.





Recommendation

*I confess that there are no
coincidences*

I don't know if it is customary to write a recommendation for recipe books, but I had the feeling that I had to write for this one!

I didn't know why, I just had a feeling. That's why I started writing. "First of all, to my family, who persistently savor and enjoy my green smoothie ideas for breakfast."

But today while making my breakfast, while making the green smoothie, I realized why and to whom I want to recommend this book.

While I was pouring my green smoothie into my bowl, it suddenly occurred to me out of nowhere that I owe Boróka Csábi the fact that I started experimenting with green smoothies years ago and I would like to recommend this book to her.

Years ago, I knew I had to try green smoothies. But when I thought about it, all I could think of was "ugh."

Around that time, I came across a group on Facebook where Boróka started to promote the consumption of green smoothies. He inspired the members of the group. He gave ideas for the contents of the smoothies and encouraged members to share their own experiments.

This gave me the push and change of mind that green smoothies could be delicious.

This is how my love for green smoothies began. I wouldn't say it was love at first sight, but it became love with time and many attempts.

I can't imagine a more delicious breakfast today!

So Boróka, thank you very much for creating this challenge and helping me to live a more nutritious and healthy life!

And unbeknownst to you, years later, creating this great green smoothie recipe book, which not only makes the breakfast and life of many people more colorful, but also healthier!

Pear green smoothie

Ingredients:

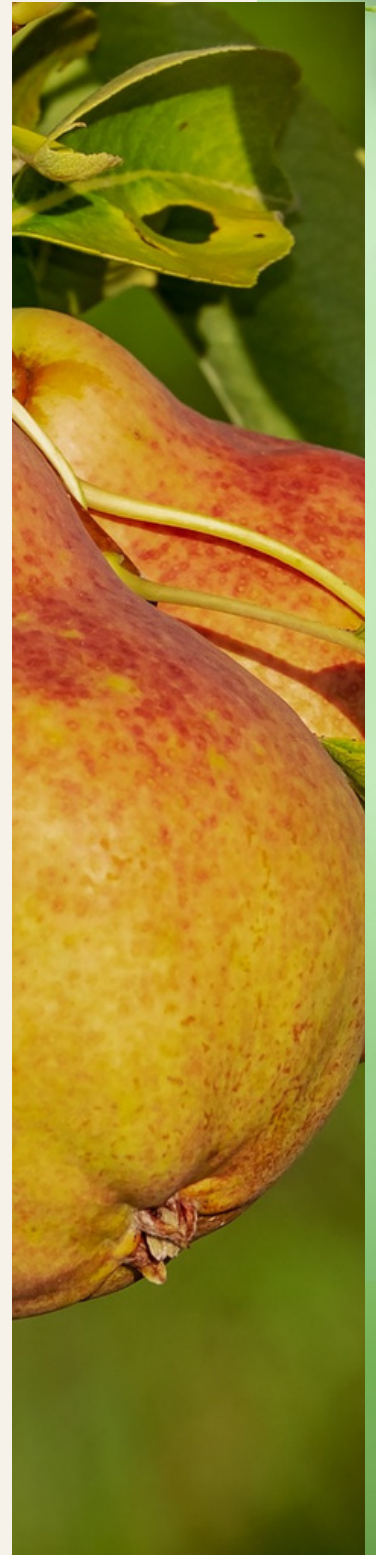
- 2 handfuls of spinach or 6 frozen spinach balls
- 4-5 leaves of iceberg lettuce
- 3-4 leaves of Romanian lettuce / oak leaf lettuce
- 1 handful of mint
- half a handful of parsley leaves
- 2 cm ginger
- 1 avocado
- 3 tbsp. extra virgin olive oil
- 1 tsp. ascorbic acid
- 1 banana
- 1 pear
- 3-4 dl water

Preparation:

Peel the banana, cut it into small pieces and add it to a smoothie. Cut the avocado in half, remove the seed, and scrape the flesh into the smoothie with a spoon. Peel the ginger and dice it into the milkshake in small pieces. Take out only the core of the pear and dice it. Then add the rest of the ingredients to the smoothie.

Serving idea:

Pour the milkshake into a small bowl, add muesli, cashews and a quarter of a pear.



Peach green smoothie

Ingredients:

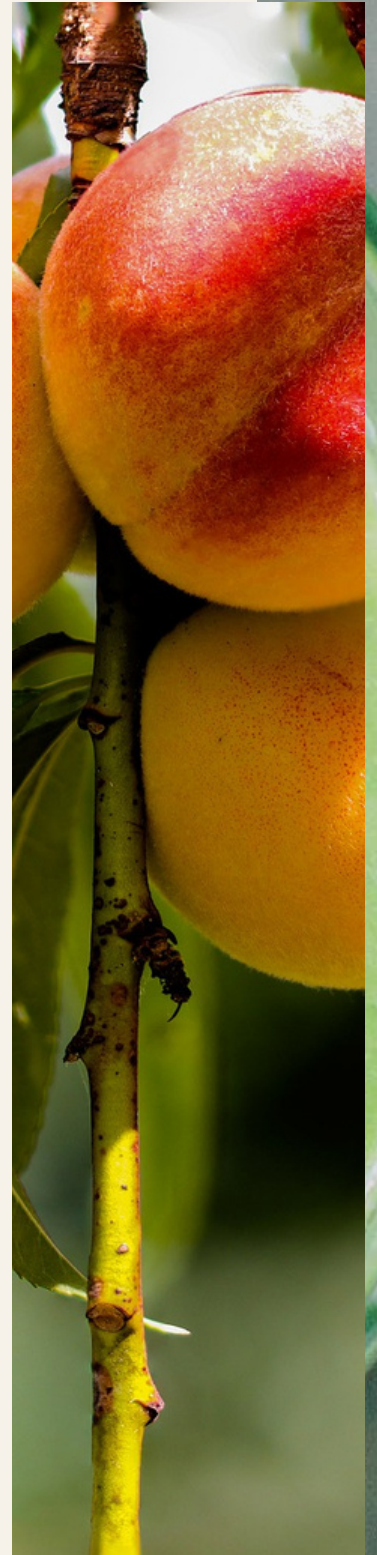
- 2 handfuls of spinach or 6 frozen spinach balls
- 4-5 leaves of iceberg lettuce
- 3-4 leaves of Romanian lettuce / oak leaf lettuce
- 1 handful of mint
- half a handful of parsley leaves
- 2 cm ginger
- 1 avocado
- 3 tbsp. extra virgin olive oil
- 1 tsp. ascorbic acid
- 1 banana
- 1 peach
- 3-4 dl water

Preparation:

Peel the banana, cut it into small pieces and add it to a smoothie. Cut the avocado in half, remove the seed, and scrape the flesh into the smoothie with a spoon. Peel the ginger and dice it into the milkshake in small pieces. For the peaches, remove the core and dice them. Then add the rest of the ingredients to the smoothie.

Serving idea:

Pour some of the milkshake into a small bowl, add muesli, cashews and risk a peach on top.



Orange green smoothie

Ingredients:

- 2 handfuls of spinach or 6 frozen spinach balls
- 4-5 leaves of iceberg lettuce
- 1 handful of arugula
- 1 handful of mint
- half a handful of parsley leaves
- 2 cm ginger
- 1 avocado
- 3 tbsp. extra virgin olive oil
- 1 tsp. ascorbic acid
- 1 banana
- 1 orange
- 3-4 dl water

Preparation:

Peel the banana, cut it into small pieces and add it to a smoothie. Cut the avocado in half, remove the seed, and scrape the flesh into the smoothie with a spoon. Peel the ginger and dice it into the milkshake in small pieces. Peel half an orange, remove the seeds from the segments. Then add it to the milkshake together with the other ingredients.

Serving idea:

Pour the milkshake into a small bowl, add muesli, cashews and a quarter of an orange.



Apple green smoothie

Ingredients:

- 2 handfuls of spinach or 6 frozen spinach balls
- 4-5 leaves of iceberg lettuce
- 1 handful of bird salad
- 1 handful of mint
- half a handful of parsley leaves
- 2 cm ginger
- 1 avocado
- 3 tbsp. extra virgin olive oil
- 1 tsp. ascorbic acid
- 1 banana
- 1 apple
- 3-4 dl water

Preparation:

Peel the banana, cut it into small pieces and add it to a smoothie. Cut the avocado in half, remove the seed, and scrape the flesh into the smoothie with a spoon. Peel the ginger and dice it into the milkshake in small pieces. Take out only the core of the apple and dice it. Then add it to the milkshake together with the other ingredients.

Serving idea:

Pour the milkshake into a small bowl, add muesli, cashews and a quarter of an apple.



Plum green smoothie

Ingredients:

- 2 handfuls of spinach or 6 frozen spinach balls
- 4-5 leaves of iceberg lettuce
- 3-4 leaves of romaine lettuce / oak leaf lettuce
- 1 handful of mint
- half a handful of parsley leaves
- 2 cm ginger
- 1 avocado
- 3 tbsp. extra virgin olive oil
- 1 tsp. ascorbic acid
- 1 banana
- 3-4 plums, depending on their size
- 3-4 dl water

Preparation:

Peel the banana, cut it into small pieces and add it to a smoothie. Cut the avocado in half, remove the seed, and scrape the flesh into the smoothie with a spoon. Peel the ginger and dice it into the milkshake in small pieces. Core the plums. Then add it to the milkshake together with the other ingredients.

Serving idea:

Pour the milkshake into a small bowl, add muesli, cashews and sprinkle 2 plums on top.



Mango green smoothie

Ingredients:

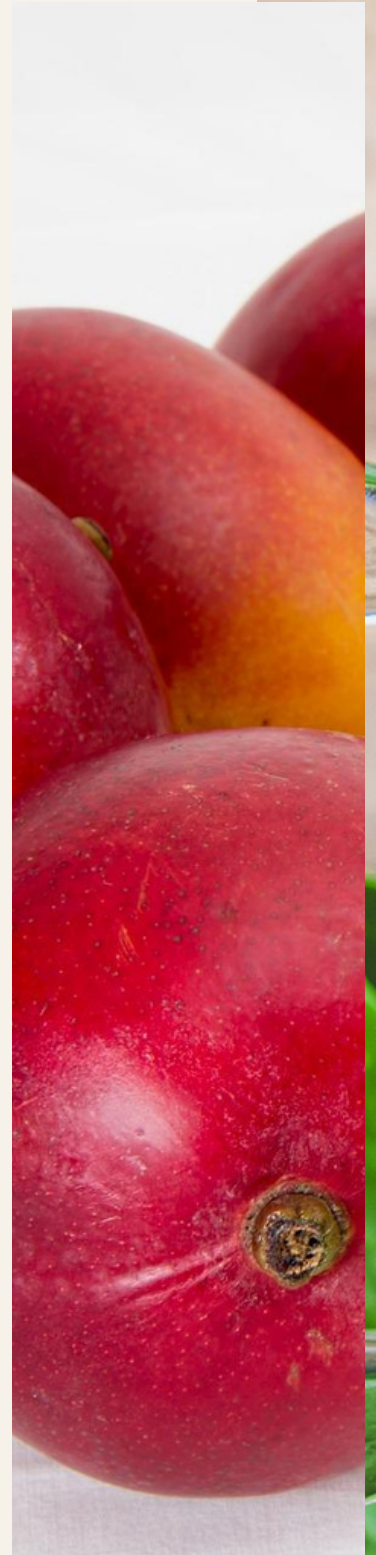
2 handfuls of spinach or 6 frozen spinach balls
4-5 leaves of iceberg lettuce
3-4 leaves of romaine lettuce / oak leaf lettuce
1 handful of mint
half a handful of parsley leaves
2 cm ginger
1 avocado
3 tbsp. extra virgin olive oil
1 tsp. ascorbic acid
1 banana
Half a mango
3-4 dl water

Preparation:

Peel the banana, cut it into small pieces and add it to a smoothie. Cut the avocado in half, remove the seed, and scrape the flesh into the smoothie with a spoon. Peel the ginger and dice it into the milkshake in small pieces. Peel half of the mango and dice it. Then add it to the milkshake together with the other ingredients.

Serving idea:

Pour some of the milkshake into a small bowl, add muesli, cashews and risk a smaller than $\frac{1}{4}$ of a mango on top.



Rhubarb green smoothie

Ingredients:

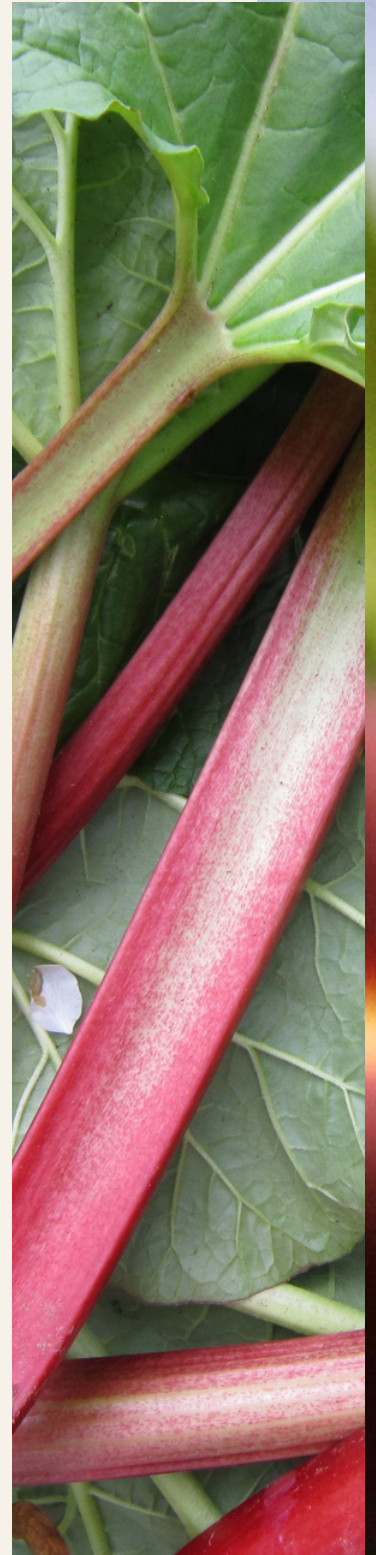
- 2 handfuls of spinach or 6 frozen spinach balls
- 4-5 leaves of iceberg lettuce
- 3-4 leaves of romaine lettuce / oak leaf lettuce
- 1 handful of mint
- half a handful of parsley leaves
- 2 cm ginger
- 2 avocados
- 3 tbsp. extra virgin olive oil
- 1 tsp. ascorbic acid
- 1 large or 3 small bunches of rhubarb
- 3-4 dl water

Preparation:

Peel the banana, cut it into small pieces and add it to a smoothie. Cut the avocado in half, remove the seed, and scrape the flesh into the smoothie with a spoon. Peel the ginger and dice it into the milkshake in small pieces. Peel the rhubarb stem/stems very thinly and cut them into small pieces. Then add it to the milkshake together with the other ingredients.

Serving idea:

Pour the smoothie into a small bowl, add muesli, cashews and cut 10 grapes in half





Topping ideas

Over the years, my morning smoothie consumption has changed a bit. About 1.5 years ago, I started making the milkshakes thicker. In which I add a portion of homemade muesli, cashews, and seasonal fruit and eat it like that.

Since I love fruits, I usually mix them up. I put other fruit in the smoothie and put other fruit on it as a topping.

When a fruit is in season, I always put it as a topping. For example, I add strawberries, raspberries or blueberries to the apple and pear green smoothie.

I love all 3 fruits, so they always run out quickly at home.

Very rarely, but it happens that there is no fruit at home. That's when I add raisins to my smoothie.

If for some reason there are no cashews at home, I dice a few almonds with a knife and add them to the smoothie together with fruit.

Freezing tips

When a fruit is in season, you can get it cheaper from the growers or in the market.



That's why I buy some of them and prepare them for use. I peel what I need, cut it into cubes and freeze it in small bags. If you can, put only one serving of fruit in a bag. Some fruits freeze in such a way that it is difficult to take them apart when frozen and remove as much as is used at one time.

I also freeze avocados and bananas.

I only use these frozen fruits in the green smoothie. I never use them as a topping. I always use fresh fruit as a topping.

But I don't just freeze fruits. When I have a lot of lettuce, mint, and spinach in the garden at the same time or I managed to get them at a good price at the market, I always freeze some of them.

If the lettuce or spinach leaf is larger, it is worth cutting it into smaller pieces. It is better for the blender to have a smaller piece of salad when it is frozen, it can be blended more easily.

About me

About 2-3 years ago, I started drinking green smoothies and experimenting with their flavors at home. We used to drink 1 glass each with breakfast.

When I saw an idea that you could make muesli at home, I started experimenting with it. At the same time, my green smoothies also started to transform. I made it thicker and thicker. Lately I make it as thick as a yogurt.

I add the muesli to this thick green smoothie, add some cashews and some seasonal fruit. I eat it like this almost every morning.

I very rarely eat anything else for breakfast. If I don't eat this for breakfast, I can feel the lack of it during the day.

After all, this breakfast is not only delicious, but also incredibly healthy! It contains a lot of vitamins and minerals. Therefore, it gives a person vitality and fitness.

It is very good for the stomach and intestinal villi.



I wish you a good appetite for
breakfast and many energetic
days!

Anyaic