



Green Smoothies

HEALTH IN A GLASS





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WHAT IS A GREEN SMOOTHIE?

A Green Smoothie is a quick, convenient and filling way to nourish our bodies with the amazing nutrients found in leafy greens and fruits.

WHY DOES SHARAN RECOMMEND IT?

We recommend green smoothies as greens are a rich source of fiber, proteins, vitamins and minerals including calcium and iron. Fruits make them palatable and give us energy. Green Smoothies also cleanse our system, help us detox, lose weight and make our skin glow.

At SHARAN we recommend making your delicious, Green Smoothie the first meal of your day!



HOW TO MAKE A GREEN SMOOTHIE?

1 +
Cup of
Leafy Greens



2 +
Cups of
Fruits



1 =
Cup of
Water



This makes 1 large serving (appx 500 ml)
or 2 medium glasses (appx 250 ml each)

To make the smoothie more delicious, you can
use frozen bananas instead of regular ones or
use ice cubes instead of water.

**Watch this [video](#) to see how to make a
creamy, yummy Green Smoothie**



RECOMMENDED LEAFY GREENS & FRUITS

CHOOSE 1-2 LEAFY GREENS:

1. **Red Amaranth**
2. **Green Amaranth (Tandulja)**
3. **Spinach** (no more than twice in a week)
4. **Malabar spinach**
5. **Mint**
6. **Darker coloured Lettuce**
7. **Beetel (Paan) leaves**
8. **Tulsi**
9. **Curry leaves**
10. **Pok Choy**
11. **Kale**
12. **Arugula/Rocket**
13. **Celery leaves**
14. **Beetroot Greens**
15. **Carrot Greens**
16. **Basil leaves**
17. **Moringa leaves** (consume in smaller amounts)
18. Any other **local, seasonal, edible** greens

- You can add a small portion of microgreens too.
- Experiment with different greens and go with what tastes good to **you!**





RECOMMENDED LEAFY GREENS & FRUITS

CHOOSE 1-2 FRUITS:

1. **Banana** (Our favourite!)
 2. **Apple**
 3. **Mango**
 4. **Chikoo**
 5. **Pear**
 6. **Papaya**
 7. **Berries**
 8. **Peach**
 9. **Plum**
 10. **Guava**
 11. **Grapes** and many more.
- Avoid mixing melons with other fruits since melons are digested more quickly compared to other fruits, potentially causing gas and bloating.
 - You can add citrus fruits if you like, but they will make the smoothie watery.





ADDITIONAL CONDIMENTS & FLAVOURS

(Optional)

You can add one or more of these spices, condiments or seeds in small amounts to enhance the flavour and get added nutrients:

1. **Ginger**
2. **Lemon juice**
3. **Lemon zest**
4. **Amla**
5. **Amba Haldi** (Mango Ginger)
6. **Flaxseeds**
7. **Chia Seeds**





DO'S & DON'TS

- **Start Small** – Start with a small serving of smoothie first, especially if you are trying a leafy green for the first time in your smoothie.
- Avoid **mixing melons** with other fruits in the same smoothie.
- **Rotate your greens** – Don't use the same greens every day. Each leafy green has a different nutrient profile.
- **Don't overdo the greens** – It will impact the taste and might cause digestive disturbances for some.
- Avoid having a cooked meal along with, or soon before or after having your smoothie. Aim for a **2-hour gap** between a cooked meal and your green smoothie.
- Avoid adding **vegetables or nuts** to your smoothies. These have different digestive rates and can cause digestive disturbances for some people.



COMMONLY ASKED QUESTIONS

1. Why do we add fruits in Green Smoothies?

We add fruits to make the smoothies delicious and filling, so that you look forward to having them every single day.

2. Can we add vegetables, plant based yogurt or milk, nuts or seeds to our Green Smoothies?

Greens and fruits digest faster whereas all of the above take longer. Hence, in order to avoid fermentation, which may cause gas or bloating, it's best to stick to only leaves and fruits. You can optionally add chia seeds or flax seeds for added fiber and omega 3.

3. How long can a Green Smoothie be stored?

It's best to have it immediately, as the greens and the fruits start to oxidize. However, if that is not possible for any reason, then store it in a flask or in the fridge. To maximize the nutritional benefit, it's best to consume Green Smoothies as soon as you can after making them.



COMMONLY ASKED QUESTIONS

4. How should we store our greens?

You can simply clean the greens and wrap in a damp cloth inside an air-tight container, and store in the fridge. Wash upon use. Alternatively, you can wash the leaves, dry them well and store in air-tight containers.

5. Why are bananas highly recommended as the fruits to add in smoothies?

Bananas are easily available throughout the year and add body to the smoothie. Plus, they are filling. They make the smoothie creamier and tastier, especially when frozen. Trust us, bananas will not make you put on weight or even give you that cold!

6. For how many days can the bananas be frozen?

Ten to fifteen days or even more! Allow the bananas to ripen well, peel, chop into half or smaller pieces and store in a container in the freezer.

7. Why should we rotate our greens?

Each green has something to offer you, so it's best to rotate them.



COMMONLY ASKED QUESTIONS

8. I am used to having something hot in the morning. What to do?

You are welcome to have herbal infusions before or even after the smoothie. For recipe, click [here](#).

9. When can we have Green Smoothies?

Anytime! It's the best drink for breakfast and you can also replace any other meal with Green Smoothies and fruit. It is a great way to have a raw food day to detox. Ideally, leave at least a 2-hour gap between a cooked meal and your Green Smoothie.

10. What if we don't get too many greens?

Do the best with what you have. Green powders are an option too. Microgreens can easily be grown at home. To learn how to grow them, click [here](#).

11. Is it safe to have the greens in monsoon?

It's safe, as long as you wash them well.



COMMONLY ASKED QUESTIONS

12. How should we be washing our leaves?

You can wash the leaves in clean water. If you wish, you can also add some vinegar, baking soda or salt to the water and wash your greens.

13. What if we don't get organic fruits and leaves?

Still, don't miss your smoothies! It would be great to grow some greens at home. Remember, magic happens when we get out of our comfort zone!

14. Can we have something cooked along with the green smoothie?

No, it's best avoided so that you fill up on a totally raw breakfast with plenty of fruit. However, later after some time, if you are hungry again, you can have something cooked if you wish.



BASIC GREEN SMOOTHIE

Ingredients :

- 2 cups peeled, chopped and frozen ripe bananas OR
- 1 cup peeled, chopped and frozen banana + 1 cup chopped apple/pear/mango or ½ a pineapple/ papaya or any other pulpy fruit of your choice (total 2 cups of pulpy fruit)
- 1 cup lightly packed-down shredded green leaves
- 1 cup water (use chilled water if using a high speed blender)

Method :

In a blender, blend all the ingredients together (except for dates) until homogeneous and smooth. Add the dates if the smoothie is not sweet enough for you. The smoothie should be absolutely delicious. Pour into two tall glasses and **enjoy!**

(If your fruit is not sweet, you can occasionally add 1-2 pitted soft dates to your smoothie)

Makes : 1 Large Serving (appx 500 ml) or 2 Medium Glasses (appx 250 ml each)



CARAMEL APPLE GREEN SMOOTHIE

Ingredients :

- 1 apple, unpeeled, chopped and frozen
- 1 large ripe banana, peeled, frozen ahead and chopped
- 2 cups roughly chopped fresh spinach
- 2 soft or soaked dates, pitted
- ½ tsp pure vanilla extract
- ⅛ tsp cinnamon powder
- ⅛ tsp unrefined salt
- Up to 2 cups water (can use ice cubes)

Method :

Blend apple, banana, spinach, dates, vanilla extract, cinnamon powder, salt, water and ice cubes in a blender for 30 seconds, or until smooth. Pour into a glass and serve.

Makes : 2 Large Servings (appx 500 ml each) or 4 Medium Glasses (appx 250 ml each)



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