

DR. FUHRMAN'S FORMULA FOR MAKING *The Perfect Smoothie*

Convenient, portable, nutritious and delicious, **Dr. Fuhrman's SMOOTHIE** recipes are a great way to get plenty of leafy green veggies, fruit and healthy seeds and nuts. **Bonus:** using a high-powered blender will crush the cell walls of the plants more efficiently than we can by chewing, making it easier for our bodies to absorb the beneficial phytochemicals in the plants. Use these guidelines to make one serving.

THE PERFECT FORMULA

GREENS

2 cups, packed **Kale** or **Collards**
Lettuce, Spinach*
(Spinach contains high levels of oxalates, which inhibit calcium absorption, so it shouldn't be your primary source of greens. Use no more than 1 cup of spinach and combine with another type of greens.)

FRUIT

2 ½ - 1 cup (Fresh or frozen): **Berries, Cherries, Peaches, Mangos, Pineapple, Apple, Grapes**
½ **Banana**
(Pro-tip: When your bananas get nice and ripe, peel, cut in half and freeze so they are always smoothie-ready.)

NUTS/ SEEDS

1 Tbsp **Flax, hemp** or **chia seeds**
2 to 3 Tbsp **sunflower seeds** or **raw nuts** (almonds, walnuts, Mediterranean Pine nuts)

LIQUID

½ cup (optional)
Water or **ice**
Unsweetened **non-dairy milk** (hemp, almond or soy milk)
Pomegranate juice
Vegetable juice

TRY ONE OF
DR. FUHRMAN'S
SMOOTHIE RECIPES



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DR. FUHRMAN'S

Smoothie Recipes



EAT YOUR GREENS

SMOOTHIE

1 serving

2 cups **kale** or other greens
1/2 **banana** (freeze the other half-
frozen bananas are great for
smoothies and healthy desserts)
1 cup frozen or fresh **blueberries**
1/3 cup unsweetened **soy, hemp**
or **almond milk**

1/3 cup **pomegranate juice**
1 tablespoon ground **flaxseeds**

*Blend all ingredients in a
high-powered blender until
smooth and creamy*



ORANGE KALE

SMOOTHIE

1 serving

1 -1/2 cups **kale**, tough stems and
ribs removed

2-3 **ice cubes**

1 **apple**, cored and sliced
1 **navel orange**, peeled
1/2 **lemon**, juiced
1 tablespoon ground **flax seeds**

*Blend ingredients in a
high-powered blender.*



BLENDED MANGO


SALAD SMOOTHIE

1 serving

1 ripe **mango**, peeled and chopped
or 10 oz. frozen **mango** chunks
1 cup **spinach**
2 cup chopped **romaine lettuce**
1/4 cup unsweetened unflavored
or **vanilla non-dairy milk** or
coconut water

1 tablespoon ground **flax seeds**

*Blend ingredients in a
high-powered blender or
food processor*



CHOCOLATE CHERRY

SMOOTHIE

1 serving

3 cups chopped **kale**, tough
stems removed
1/3 cup unsweetened unflavored
or **vanilla soy, hemp** or
almond milk
1/3 cup **pomegranate juice**

1 tablespoon natural **cocoa powder**
1 cup frozen **cherries**

*Blend ingredients in a
high-powered blender.*

FOR MORE SMOOTHIE RECIPES OR OTHER DELICIOUS
NUTRITARIAN MEAL OPTIONS PLEASE VISIT
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