

Tips for Making Delicious Green Smoothies

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1. In order to create a creamy texture, be sure to include fruits that have soluble fiber; some options are bananas, mango, pear, avocado, and kiwi.
2. When using green leafy vegetables in your smoothie, you can improve the flavor and texture by steaming greens gently before adding them to your mixture. Also, as long as you are using some frozen fruit like I always recommend in my smoothie recipes, you don't have to worry about cooling the steamed greens. They'll cool down when you blend them.
3. For those who have a taste sensitivity to bitter flavors, use a squeeze of fresh lemon or lime to help mask any bitterness from the blended greens and to add an overall "brightness" to your drink.
4. To make your green smoothie even creamier and more satisfying, add healthy fats like coconut milk, MCT oil, avocado, nuts, or seeds. I generally use about 1-2 tablespoons of fat per serving.
5. If your smoothie isn't sweet enough, use natural sweeteners such as blackstrap molasses, pitted prunes or dates, raw honey, or stevia. A little bit can make a big difference!

6. Use your choice of protein powder to enhance the overall nutritional value of the smoothie and to help make it more filling as a meal replacement. There are some great options on the market, so experiment to find your favorite.
7. A spoonful of cocoa or carob powder helps make any smoothie taste like a chocolate milkshake and masks the green color for those who don't like to know they're eating something healthy.
8. Pineapple or papaya are great for diminishing the "green" flavor of smoothies; I always have a big bag in my freezer and use both regularly. Added bonus: both of these tropical fruits contain natural enzymes that aid in digestion (1).
9. For those who are brand-new to drinking greens, use baby spinach or romaine lettuce because they are so mild. For more adventurous palates, kale, collard greens, dandelion greens, and bok choy are good choices. Fresh mint is always a nice addition, too!
10. And, finally, for my final smoothie hack--use a high-speed blender to ensure that your ingredients get fully incorporated into a creamy, delicious drink that everyone is sure to love, including picky eaters like me!

1: Roxas M. *The role of enzyme supplementation in digestive disorders.* *Altern Med*

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