



HEALTHYcrush
a love affair with living well

**7 DAYS
7 GREEN SMOOTHIES**



**jenny
sansouci**

in partnership with [vitamix](http://vitamix.com)



bonus! aphrodisiac smoothie



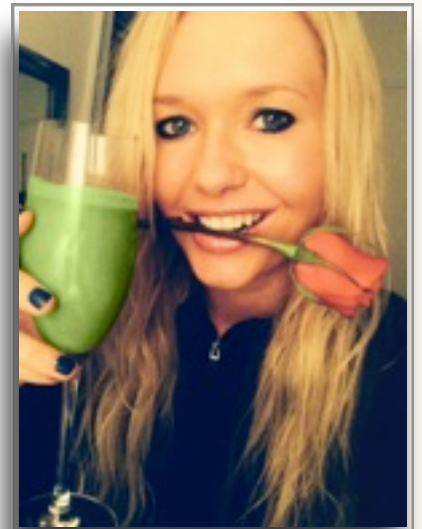
Hey, smoothie lovers!!! I'm really excited to be sharing this with you. Mostly because I'm fully obsessed with green smoothies. I consider each one to be such a beautiful work of art.

Why green smoothies? I love them because they're a quick, easy and delicious way to get a ton of nutrition at once. You can pack the nutrients and antioxidants in a crazy amount of greens and other superfoods into one glass!! What's cooler than that?

Greens are the ultimate best source of concentrated nutrition. Greens contain so many essentials that help us thrive with health: **vitamins, minerals, nutrients, enzymes, iron, calcium, potassium, magnesium, chlorophyll, phytonutrients, antioxidants** and more. Even if you eat a lot of salads, you aren't getting the most out of your greens. This is because many important nutrients are hiding inside the cell walls of plants, and these cell walls need to be ruptured for your body to get maximum benefits. For that reason, green smoothies are a perfectly delicious way to get **optimal nutrition from leafy greens with minimal digestive work**, without even tasting them!

Here are just a few of the benefits of **making green smoothies part of your life:**

- More energy
- Lack of cravings for "unhealthy" foods – cravings often mean we are lacking certain nutrients
- Better digestion & detoxification – the greens literally sweep your digestive tract clean
- Radiant skin
- Improved mood, mental clarity and focus
- Weight loss – replace a normal meal with a green smoothie, see what happens
- A healthy high -- greens can help fight depression, making you feel blissed out without the negative side effects of drugs



When I first discovered green smoothies, **they completely changed my life.** I stopped relying on coffee and every cell in my body began to squeal with delight. Really, go ahead and drink one and see if you hear those subtle squeals of happiness. That's your body saying thank you.

Recently, **in collaboration with [Vitamix](#)**, I created a week's worth of green smoothie recipes. Many of you asked me to compile all of the smoothie recipes into one place, so here it is. ENJOY!!! **Follow me on [instagram](#) for more epic smoothies and other [healthy highs](#).**

Fierce, blazing green smoothie love....
Jenny Sansouci, [Healthy Crush](#)

1: GINGER HEMP GREEN SMOOTHIE

I don't always add ginger to my smoothies, but this ended up being an insanely good idea.

Ginger is awesome when you feel like you're getting sick because it's super anti-inflammatory to the body -- and it tastes spicy and delicious!

This smoothie is perfect because it's creamy, filling, refreshing, and packed with nutrition – so it's perfect as a meal. It's not too sweet – the only sweetness comes from coconut water.

The **avocado** thickens it up amazingly without adding sugar – trust me, you can't even really taste the avocado. The **hemp seeds** add omega 3s, protein and nuttiness. The **lime** takes it to another level and makes it glamorous.

Ginger Hemp Green Smoothie (serves 1-2)

- 1 cup spinach
- 1 cup coconut water
- 1 cup pure water
- 1/2 avocado
- 1 inch piece of ginger
- 1 tbsp hemp seeds
- 1 lime (peeled)
- 3 ice cubes

Blend in [Vitamix](#) and enjoy!!! **Top with more hemp seeds for cuteness.**

Add more water if you want it to be thinner. If you want it to be sweeter, try adding 1/2 a pear (or more coconut water).



2: BASIL LOVER'S GREEN SMOOTHIE

I love basil. Who doesn't love a good fresh mozzarella, tomato and basil salad? My mom can make an excellent one. But basil ain't just for salads, yo! It makes a beautiful and very tasteful appearance in this smoothie.

After coming up with different smoothie recipes for the past few days with various greens, I figured it was time to introduce a new one: ROMAINE LETTUCE! **I think it's good to rotate your greens. And to rotate your food in general.** Too much of anything can get a little excessive.



Romaine has a lighter flavor so it makes for a refreshing smoothie. **This recipe was inspired by my [mojito green juice](#).**

This one is super delish — basil, romaine, green apple, lime, cucumber, ginger, and avocado for smooth texture.

Basil Lover's Smoothie (serves 2-3)

- 1 cup fresh basil leaves
- 1/2 head of romaine lettuce
- 1 inch piece of ginger
- 1 green apple
- 1 lime
- 1/2 avocado
- 1/2 cucumber
- 1-2 cups of water (add more based on your desired consistency)
- 2-3 ice cubes

Adjust amounts to your personal taste. Blend in [Vitamix!](#)

Fresh to the max. #winning



3: [PB&J GREEN SMOOTHIE](#)

In the spirit of being more playful recently and dancing more, I made this **PB&J smoothie**.

I consider this to be more of a dessert/treat smoothie than something to have all the time, because it's fairly sweet.

I use almond butter instead of peanut butter, because well, to be honest, [peanut butter = questionable vibe](#). You could probably also sub in tahini if you aren't into almond butter.



This smoothie recipe was inspired by and adapted from [Best Green Drinks Ever](#).

PB&J Green Smoothie (serves 1-2)

- 1 cup almond milk
- 1 cup spinach
- 1 cup frozen raspberries
- 1 tbsp almond butter
- 1 teeny pinch of sea salt (unless your almond butter already has salt in it)
- 1 medjool date (optional, for more sweetness)

Blend in [Vitamix!!](#)

Enjoy with extreme playfulness.



4: [SUPER CILANTRO DETOX SMOOTHIE](#)

This smoothie contains a lot of cilantro, so if you're a member of the "I hate cilantro club," find your smoothie recipe of the day elsewhere.

I, for one, am obsessed with cilantro. I would date cilantro if it were a man. If you feel the same, well, there's enough cilantro to go around and I promise I won't get all psycho jealous if I see you together. Ugh, I might though.

Cilantro is super detoxing, especially for getting rid of heavy metals like mercury and lead, which can accumulate in the body due to exposure in the environment and diet. It's pretty flipping radical.

I combined the cilantro with hydrating **cucumber**, anti-inflammatory **ginger**, detoxing **lemon** and a **pear** for sweetness. A winning combo!

Super Cilantro Detox Smoothie (serves 1-2)

- 1 cup fresh cilantro leaves
- 1 cucumber
- 1 pear
- 1 inch piece of ginger
- 1 lemon
- 1 cup pure water

You can sub a green apple for the pear if you want. Blend everything up in your [Vitamix](#) and drink! If you want to put a little bit of healthy fat in there for some texture and depth, add a teaspoon of **coconut oil**.

Happy cilantro-guzzling! If you want more cilantro, check out this [cilantro garlic sauce](#) (also made in my Vitamix).



5: MINT CHOCOLATE CHIP GREEN SMOOTHIE

Originally, I wanted to copy the [“I am cool” smoothie](#) from Cafe Gratitude. First, I attempted to create it by memory alone. I threw in spinach, a date, 1/2 a banana, almond milk, spirulina, mint, and cacao nibs. It tasted a little off to me.

My next batch was super sweet due to all the dates. **I started to feel guilty, realizing that I’d never normally use dates unless I’m making a dessert, and rarely even much banana when I’m making a smoothie to drink daily.** I don’t like to have a ton of sweetness from fruit in my smoothies, especially in the morning.



I decided to take matters into my own hands and create a fruit-free mint chocolate chip green smoothie. It was the perfect sweetness, for me. If you want it sweeter, add a little date or banana. **FYI – in order to make this chocolate “chippy” you need to use [cacao nibs](#), not cacao powder. The nibs will add more texture.**

My masterpiece: (serves 1-2)

- 1 cup coconut water
- 2 tbsp hemp seeds
- 1/2 avocado
- handful of mint leaves (or a few drops of peppermint oil)
- 2 tbsp cacao nibs
- 1/2 tsp spirulina
- the seeds from an inch or so of a vanilla bean (or a couple of drops vanilla extract)
- a few ice cubes

Blend away in your trusty Vitamix! **Yum.**

Who needs peppermint patties when you have this liquid insanity?



6: BLACK LABEL GREEN SMOOTHIE

Warning: stop reading now if you don't want to be introduced to something so good it should be illegal.

NOTE: This is more of a green "milk" consistency than a smoothie. But that's really irrelevant.

There's something incredibly **absurd – completely unreasonable**, even – about how good this is. It's absolute magic. I'm not exaggerating. Once you make it you'll understand.

First off, I should give [Juice Press](#) some serious props because they're the ones who came up with the base for this recipe.

I added spinach, and it became....a totally **badass green drink**.

This recipe is for **courageous warriors of magical alchemy** only.

Serves 2.

- 2 cups **coconut water** (NOT some BS coconut water like Vita Coco or Zico. I'm talking coconut water that actually tastes good and has a sweetness to it. I like Harmless Harvest, but there are plenty of other good ones out there like Taste Nirvana, Blue Monkey, and Amy & Brian's).
- 2 cups **spinach**
- 1/4 cup **raw almonds** (soaked overnight)
- 1 tbsp **coconut oil**
- 1/4 tsp **vanilla**
- pinch of **sea salt**

Blend in [Vitamix](#).

Drink it out of a wine or champagne glass, because that's obviously what unreasonable people would do. **Now go ahead. TELL ME THIS ISN'T THE BEST THING YOU'VE EVER TASTED.** It's utterly unmessablewith.



7: PEACHES AND CREAM GREEN SMOOTHIE

This morning I woke up and opened up my cabinet to pick out some smoothie ingredients. I laid my eyes upon my [coconut butter](#).

Coconut butter is THE BEST THING EVER. If you're not familiar, it's different than coconut oil. **Coconut butter is the whole flesh of the coconut, pureed into a nut butter like consistency.** It's totally bombtown. I discovered it last year when I was in LA, and I think I ate an entire jar in like 3 days. Not recommended, but sometimes when I find new things I get too excited.



I used frozen peaches because peaches aren't in season right now, but if for some reason you're in a place where fresh peaches are in abundance, you can use those.

Something to note — this smoothie does have a slight spirulina-y taste. If you don't like that (it tastes a little bit like...the sea...) use a green like spinach or kale.

I added [chia seeds](#) and [maca](#) to boost it up.

Peaches and Cream Smoothie (serves 1-2)

- 1 cup frozen **peaches**
- 1 1/2 tbsp **coconut butter**
- 1 tbsp **chia seeds**
- 1 tsp **maca**
- 1/2 tsp **spirulina** (OR a handful of **kale, spinach**, whatever green you wanna use)
- 1 1/2 cups **water** (try using half water, half coconut water if you want it sweeter)

Blend all ingredients in [Vitamix](#).

Check out [BEST GREEN DRINKS EVER](#) for an incredible abundance of green smoothie and juice recipes.

Now go. Drink this smoothie and dominate!!!!



BONUS:

THE ULTIMATE APHRODISIAC SMOOTHIE

Today is your lucky day. I researched and experimented and finally came up with....the **ultimate aphrodisiac smoothie!!**

This smoothie will flip your light switch directly to ON. Drink it, and vibrate at a whole new level. Trust me.



The Ultimate Aphrodisiac Smoothie **Serves 2**

ALL INGREDIENTS ARE KNOWN AS POWERFUL APHRODISIACS. Make at your own risk!

- 1 cup **almond milk**
- 1 cup **water** (or another cup of **almond milk** if you want it to be creamier)
- 3 **figs** (I used dried figs but if you can find fresh ones when they are in season, go for it!)
- 1/4 **avocado**
- 1/2 tsp **fresh ginger**, chopped into tiny bits
- 2 tbsp **cacao powder**
- 2 tsp **maca powder**
- 1 tsp **raw honey**
- 1/2 tsp **cinnamon**
- 1/2 tsp **vanilla**
- teeny, tiny pinch of **cayenne**

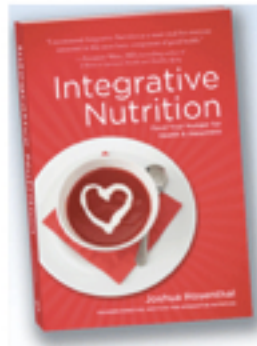
Blend in [Vitamix](#) (if you aren't using a high powered blender you might want to soak the figs first to soften them up).

A note on the figs: I originally got black mission dried figs (pictured above). Then I found Turkish figs, which were softer and even more delicious and smoothie-friendly. So, just use whatever figs you can get your nutty paws on. **Drink, and buzz hard like a lovesick crackhead.**



Hope you enjoy all the smoothies!!

If you geek out about health, nutrition, wellness and you're interested in generally rocking at life, check out the [Institute for Integrative Nutrition](#). :)



Connect with me!

Healthy Crush

Facebook

Instagram

Twitter

Healthy Highs



Love,
Jenny