

"Best Hospital in Dallas-Fort Worth"
— U.S. News & World Report

UT SOUTHWESTERN
Medical Center

Reliant
Energy

SIGN UP NOW >>

Home > Life & Arts > Food

FOOD

RSS Mobile Newsletters MY YAHOO!

Quick links: [Great savings: print free coupons](#) [Cooking in? Browse for recipes](#)



Smoothie recipes makes the most of lean, mean greens

Posted Tuesday, Apr. 12, 2011 [Print](#) [Share](#) [Reprints](#) [0 Comments](#)

Topics: [Food](#), [Cucumbers](#), [NBA Basketball Players](#)

Tags: [recipes](#), [vegetables](#), [calories](#)

ARTICLE PHOTOS (3) COMMENTS ▾ A ^

BY KATE PARHAM

Special to the Star-Telegram

Yeah, yeah. We all know we're supposed to eat more vegetables: dark leafy greens, which are high in fiber and a great source of [antioxidants](#), fight fat and detoxify our bodies, while lowering our risk of cancer and [heart](#) disease.

We get it.

It's the actual incorporation of these ingredients into our daily diets that's the tricky part. One can only eat so many salads before feeling like the Jolly Green Giant. Not to mention the fact that leafy greens are hardly as delicious as, say, bacon or french fries.

But fear not. Getting your recommended two-and-a-half cups of vegetables every day can be easy ... and tasty! The key is to trick your body into thinking that it's getting a delicious meal, while secretly providing it with the necessary nutrients, [vitamins](#) and [minerals](#) your body really needs.

The solution: green smoothies. Simply drop some veggies into a smoothie (along with fruit, of course) and you'll hardly know they are there. Even smoothie giant Jamba [Juice](#) has jumped on the veggie-wagon, offering three new smoothies that incorporate vegetables, including one called "Apple 'n Greens."

With a few simple recipes, you can create your own green smoothies at home in less than five minutes.

Every green smoothie should include:

Leafy greens (such as kale or spinach)

Fruit (usually some kind of berry or [citrus](#))

An emulsifying agent (such as bananas, avocado or yogurt)

Liquid (100 percent organic vegetable or fruit juice, soy or nonfat milk)

Herbs (such as mint, ginger, basil) or sweetness (honey, agave, vanilla) to add flavor

Add a little ice, and the possibilities are endless.

Here are some recipes to get you started.

Kate Parham is a North Texas freelance food writer who blogs at [kitchencouture.kateparham.com](#).

Berry green smoothie

1/2 cup fresh spinach leaves



[View photos](#)

Have more to add? News tip? Tell us

Help us protect the money you've earned. Take a stand and speak up.

[LEARN MORE](#)

AARP

Fanatics.com

TCU HORNS FROGS ROSE BOWL CHAMPS

[SHOP NOW](#)

In affiliation with: Star-Telegram

Other favorites:

Cowboys Rangers Mavs Stars TCU UT A&M Tech OU UTA UNT SMU

MOST POPULAR

Updated: Charean Williams' NFL Mock Draft

Friendly fire suspected in death of Marine from Arlington

4 killed in 3 wrecks over weekend

500 students protest teacher layoffs in Keller district

Ogando dominant in win for Texas Rangers

Help us protect the money you've earned. Take a stand and speak up.

[LEARN MORE](#)

AARP

1/2 avocado

1 cup strawberries, quartered

1/2 cup Granny Smith apple, diced

1/2 cup orange juice

2 tablespoons agave nectar

1 cup ice

Combine all ingredients in a blender and blend until smooth. Serve and garnish with a fresh strawberry.

Nutritional analysis per serving: 158 calories, 8 grams fat, 22 grams carbohydrates, 2 grams protein, no cholesterol, 12 milligrams sodium, 4 grams dietary fiber, 43 percent of calories from fat.

– Kate Parham, Special to the Star-Telegram

Tropical green smoothie

1 cup kale, chopped

1/2 banana, sliced

1/2 cup pineapple, diced

1 teaspoon ginger, minced

1/2 tablespoon wheat germ

1/2 cup orange juice

2 tablespoons agave nectar

11.2-ounce box of frozen coconut water (See note)

Combine all ingredients in a blender and blend until smooth. Serve and garnish with a fresh pineapple slice.

Note: Coconut water is sold in the water/juice section at most grocery stores and comes in "juice box" form. Look for brands such as Vita Coco, Zico or O.N.E. To freeze it, just pop a whole juice box in the freezer, then put the whole frozen block in the blender. Alternatively, pour the coconut water into ice trays, freeze and dump the ice cubes into the blender.

Nutritional analysis per serving: 137 calories, 1 gram fat, 31 grams carbohydrates, 4 grams protein, no cholesterol, 18 milligrams sodium, 2 grams dietary fiber, 7 percent of calories from fat.

– Kate Parham, Special to the Star-Telegram

Green monster smoothie

1/2 cup cucumber, diced

1/2 cup fresh spinach leaves

1/2 cup kale, chopped

1/2 cup Granny Smith apple, diced

1/2 avocado

1 teaspoon lime zest

1 lime, juiced

1/2 cup 2 percent plain Greek yogurt

1/2 cup nonfat milk

1 teaspoon vanilla extract

2 tablespoons honey

1 cup ice

Combine all ingredients in a blender and blend until smooth. Serve and garnish with a fresh cucumber slice.

Nutritional analysis per serving: 222 calories, 9 grams fat, 36 grams carbohydrates, 5 grams protein, 2 milligrams cholesterol, 63 milligrams sodium, 3 grams dietary fiber, 32 percent of calories from fat.

– Kate Parham, Special to the Star-Telegram

[Looking for comments?](#)



E & M Home Service
Appliance Repair - Free Service
Call with Repair. Call 817-566-4844



Double B Electric
Commercial & Residential
Service 817-561-1978



SW Fort Worth Child Care
24 Hours, 7 Days, 0-4 Years of
Age. [Click Here](#) or Call 817-361-9221



All Stone Top
Counter tops and Marble Tables
Restored. Free Est. 469-286-0312



Big John's Remodeling
You Name it - We do it.
Interior/Exterior etc. 817-919-6626

NEWS FROM TV GUIDE



VIDEO: Kutcher and Moore Make Combatting Child Slavery Fun!

Ashton Kutcher and Demi Moore's Demi & Ashton Foundation (aka DNA) recently released a handful of online ...

4/12/2011 3:38 PM EST



Oprah Finale Commanding \$1 Million for 30-Second Ad Spot

The series finale of *The Oprah Winfrey Show* is seeking a whopping \$1 million for 30-second advertising ...

4/12/2011 3:12 PM EST



NCIS: Can Gibbs' Team Coexist with Barrett's Agents?

If we learned anything from last week's *NCIS*, it's that Jethro Gibbs doesn't exactly play well with others. ...

4/12/2011 2:26 PM EST

[More Breaking News from TVGuide.com »](#)

Search for News About Your Other Favorite TV Shows, Celebrities, & Movies

SEARCH



powered by