



green smoothie recipe

by [jessyratfink](#) on April 15, 2015

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Author: [jessyratfink](#) making jiggy!

I make things at Instructables! I like embroidering, dancing, eating, jrpgs and inexplicably cute animals.

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Intro: Green smoothie recipe

This is an amazingly basic green smoothie recipe! It's a great base smoothie recipe to tweak to your liking with additional fruits and flavors. :D

This green smoothie includes pear or apple, spinach, ginger, and lemon. Yum! Great for everyday and especially when you're feeling under the weather stomach-wise. I've just come off antibiotics and my stomach's a mess - this smoothie was just what I needed!



Step 1: Ingredients

- 2 cups spinach, washed and dried
- 1 pear or apple
- 1/2 - 1 inch piece fresh ginger
- juice of 1/2 lemon
- 1 1/2 cups water
- 1 tablespoon ground flax seeds (for thickening)
- honey or agave nectar if needed to sweeten

And that's it!

You can freeze both the spinach and the ginger if you're worried about them going bad. :)

I'm using flax seed here to add a little body to the smoothie, as well as a little extra boost of good-for-you stuff. You can leave it out or even sub in a banana a thicker smoothie!

recipe via the kitchn



Step 2: Prep the fruit and veg

To measure the spinach, really press it down into the measuring cups. :)

Peel most of the skin off the piece of ginger and cut the lemon in half.

Take and stems and seeds out of the apple or pear.

Depending on what blender you're using, you may need to cut the fruit into smaller pieces, so keep that in mind!



Step 3: Add and blend!

I like to add the water and flaxseed first so it has a second to mingle. Then the spinach. The fruit and ginger go on top to help weight the spinach down.

Squeeze the lemon juice on top and start blending. :D

Once it's blended, do a taste test. It's best to add your sweetener now because it will mix in better!

P.S. I'm using a Oster VERSA blender - bought it a year ago and I love it. It's half the price of a Vitamix but works just as nicely. :D



Step 4: Enjoy!

I like it as is, but the boy adds honey to his to make it a teeny bit sweeter. It's also great with ice when it's warm out. :)



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Comments

3 comments

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Paige Russell says:

Ooh, I'm definitely going to try this. You've made it easy to be green!

Apr 16, 2015. 2:50 PM [REPLY](#)



Tecwyn Twmffat says:

Also excellent for constipation with all those flax seeds thuddunk !!

Apr 16, 2015. 12:04 PM [REPLY](#)



jessyratfink says:

Ha! Definitely. Clear you right out!

Apr 16, 2015. 1:08 PM [REPLY](#)

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