

Rejuvenating with Green Smoothies



Green Smoothies

Green Smoothies, also known as “Energy Soup”, are outstanding for getting more of the detoxifying, healing, and rejuvenating raw greens into your diet in a palatable way and without cooking. They are an excellent way to relieve the over-acid condition that leads to spring allergies, too!

(For more about the benefits, see the books by Dr. Ann Wigmore and Victoria Boutenko’s *Green for Life*, also my own, *Fresh Tastes for Breakfast*.)

Green smoothies are raw, nutrient dense, alkaline-forming and youth-enizing! Drink 1 pint to 1 quart daily for the greatest health impact. Avoid overdoing any kind of green—rotate and vary*.

Basic Green Smoothie

Yields 1 qt.

- 2 c. water
- 1 apple, diced (or 1/2 to 1 c. of any fresh fruit)
- 2 to 4 c. greens (a variety)**
- 1 Tbsp. dulse leaves (optional)
- 1/4 avocado (or 1/4 c. presoaked*** raw nuts or seeds)

Blend water with apple pieces and dulse, to make a thin puree. Wash and remove coarse stems, then tear or chop the leaves into bite size pieces. Now blend in the greens a cup at a time; add the avocado last for a creamy texture. Serve in glasses or in bowls, as a cold soup. Garnish with grated radish, chopped tomato, sunflower seeds, hempseeds, sprouts, etc. to give color contrast and a little crunch. Eat within 24 hours for best flavor and most nutrients.



Green Energy Soup

*For instance, too much spinach and/or chard can cause kidney stones in people who are sensitive to oxalic acid; too much cabbage family greens--collards, kale, and especially turnip and mustard greens--can be harmful if you have an underactive thyroid, because they contain goitrogen, a natural chemical that prevents iodine uptake.

**Greens you can choose from: collards, kale, spinach, romaine and other dark green lettuces, endive and escarole, parsley, cilantro, swisschard and dandelion greens. (See Wild Foods)

***To presoak, cover with 2 to 4 times as much filtered water for 8 to 10 hours. Presoaking makes nuts and seeds more easy to digest. They expand, become sweeter and lighter, and crisp rather than hard.

Green Smoothie (also known as Energy Soup) with hempseed and tomato garnish.