



# Green Smoothie Recipes

by Vita-Mix®

Including bonus

*Celebrity Recipes and  
Money-Saving Coupon!*



**Ready to go “green?”** You will never look back! A Vita-Mix green smoothie blends antioxidant-rich leafy greens with fresh fruits like grapes, pineapple and banana. The results are nothing short of spectacular—thanks to the combined talents of a the 2+ peak horsepower motor, precision-crafted stainless-steel blades and the uniquely-designed Vita-Mix container!

Silky-smooth and sweet, a green smoothie is a great way to start the day or perfect for an afternoon pick-me-up. Green smoothies are quick and easy to make—and perfect every time when made in the Vita-Mix 5200. The bonus is, Vita-Mix processing not only releases phenomenal flavor, but also hidden nutrition. The Vita-Mix 5200 has the power to break right through the cell walls of whole foods to make the calcium, magnesium, folate and vitamin C in leafy greens more available to nourish your body.

So enjoy all the green smoothie recipes—and then try the other green recipes we’ve included. Reminder: Perfect results are guaranteed only with the Vita-Mix 5200. Green recipes are not recommended for ordinary kitchen appliances.



## About the Vita-Mix Machine

The Vita-Mix machine has the power to perform a wide variety of food processes and does them faster and more effectively than ordinary kitchen appliances. It does everything without a single attachment and cleans up in just seconds. Most importantly, the Vita-Mix machine uses whole foods in every recipe and has the power to break open the cell walls to release more nutrition than you get from food that is simply chewed. Here's just a sample of what this amazing machine can do for you:

- **Make juice from fresh produce in under a minute**
- **Cook hot soup from scratch in just five minutes**
- **Make healthy, delicious frozen treats in 30 seconds**
- **Grind whole grains and knead dough in one easy operation**
- **Chop vegetables in an instant**



# Smoothies

## Popeye Green Smoothie

1/2 banana  
1/2 cup (80 g) grapes  
1 cup (30 g) fresh spinach  
1/2 apple  
1/4 cup (60 g) vanilla yogurt  
2 oz (56 g) pineapple  
1 cup (240 ml) ice

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed #1.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.

## Wheat Grass Smoothie

1 cup (160 g) green grapes  
1/2 cup (75 g) pineapple  
1/2 cup wheat grass  
1/2 cup (120 ml) water  
1 cup (240 ml) ice

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed #1.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.

# Smoothies

## Peachy Green Smoothie

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**2 cups (375 g) peaches, frozen or fresh pitted**  
**2 cups (60 g) fresh spinach**  
**1 apple, quartered**  
**1 cup (240 ml) soy milk**  
**1 cup (240 ml) ice**

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed **#1**.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.



# Smoothies

## Going Green Smoothie

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**2 cups (60 g) fresh spinach**  
**1/2 cup (75 g) pineapple**  
**1 cup (180 g) green grapes**  
**1/2 banana**  
**1/2 cup (120 ml) water**  
**1/2 cup (120 ml) ice**

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed **#1**.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.

## Spinach Cocktail

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**1 cup (120 g) fresh pineapple**  
**2 mint leaves**  
**1 cup (30 g) fresh spinach leaves**  
**1/2 cup (120 ml) ice cubes**

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed **#1**.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.

# Smoothies

## Kale and Pear Green Smoothie

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**1 cup (180 g) green grapes**  
**1 orange, peeled**  
**1/2 Bartlett pear**  
**1 banana, fresh or frozen**  
**1 cup (70 g) kale**  
**1/2 cup (120 ml) water**  
**2 cups (480 ml) ice cubes**

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed **#1**.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.



# Bonus Recipes

## Green Goddess Smoothie

1/2 cup (120 ml) vanilla soymilk, unsweetened  
1/4 cup (60 ml) pomegranate juice  
3 cups (90 g) fresh spinach leaves, gently packed  
1 kiwi, peeled  
1/2 cup (80 g) green grapes, or 1/2 pear  
1/4 avocado, peeled  
1/8 slice lime with rind  
1 scoop protein powder (vanilla flavor)  
Dash vanilla extract  
5 drops Stevia (optional)  
2 cups (240 ml) ice cubes

1. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed #1.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Run for **1 minute**, or until smooth.



Recipe courtesy of  
IFBB Professional Figure Competitor,  
Lifestyle Coach and *American Gladiator*  
**Valerie Waugamann**



# Bonus Recipes

## Green Goodness Soup

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2 tablespoons (30 ml) olive oil  
2 leeks, cleaned and sliced  
1/2 fennel bulb, chopped  
2 garlic cloves, chopped  
1/2 cup (65 g) chopped carrot  
1 cup (100 g) broccoli  
1 cup (30 g) spinach  
1 cup (70 g) kale  
1/2 cup (10 g) arugula  
2 sprigs thyme  
6 leaves basil  
1/2 sweet potato  
3 cups (720 ml) chicken or vegetable stock



Recipe developed for Vita-Mix  
by **Celebrity Chef Jon Ashton**  
and the Vita-Mix test kitchen.

1. Heat olive oil in large saucepan over medium heat. Add leeks, fennel and garlic and sauté about **5 minutes**.
2. Add remaining ingredients and bring to boil. Cover and simmer until potato is tender, about **15 minutes**.
3. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed **#1**.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**.
4. Run for **1 minute**, or until steam escapes from the lid.



## Bonus Recipes

### Great Green Deep-Freeze

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1/4 cup frozen pineapple  
1/2 cup (85 g) honeydew melon  
1/2 lime peeled  
1/2 cup (85 g) frozen peach slices  
1/2 cup (80 g) frozen mango, ripe  
1/2 frozen banana  
1/2 avocado, frozen and pit removed  
1/2 cup (15 g) spinach  
1/2 cup (120 ml) coconut milk  
or coconut water  
1 tablespoon honey  
1/2 cup (120 ml) ice



Recipe developed for Vita-Mix  
by **Celebrity Chef Jon Ashton**  
and the Vita-Mix test kitchen.

3. Place all ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed #1.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**.
4. Use tamper to press ingredients into the blades while processing. In about **30 to 60 seconds**, the sound of the motor will change and four mounds should form in the mixture. Turn machine **OFF**.
5. Do not over mix or melting will occur. Serve immediately.



## Bonus Recipes



### Green Smoothie

- 4 cups (120 g) DOLE® Baby Spinach**
- 3/4 cup (180 ml) vanilla soy milk**
- 1/2 cup (120 ml) DOLE Pineapple Juice, chilled**
- 1 cup (160 g) DOLE Frozen Mango Chunks**
- 1 DOLE Banana**
- 1 tablespoon whole ground flaxseed**

1. Place first three ingredients into the Vita-Mix container and secure two-part lid.
2. Select **VARIABLE**, Speed #1.
3. Turn machine **ON** and quickly increase to **VARIABLE #10** and then to **HIGH**. If necessary, use the tamper to press any ingredients into the blades while processing.
4. Remove the lid plug. Add the last three ingredients to the container. Run machine for another **45 seconds**, or until smooth.



# My Favorite Recipes



# Green Smoothie Recipes



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