

Why Smoothies?

Green smoothies are:

- **incredibly nutritious.**

- **easy to digest.**

(When blended well, all the nutrients in the produce are divided into easy-to-digest particles. They literally start to be absorbed in your mouth.)

- **a complete food with fiber, unlike juices.**

- **quick to make and clean up.**

When you consume greens in smoothie form, you avoid adding the salts and oils often used when cooking them. And as you incorporate more veggies into your diet, you enjoy them more! People often start to crave greens once they start eating green smoothies.



To help you get started making green smoothies, here are some delicious combinations. Add water and blend the following:

Mango & Parsley

2 large mangoes
1 bunch parsley

Peach & Spinach

6 peaches
2 handfuls spinach

Mango & Weeds

2 mangoes
1 handful lambs quarters, stinging nettles, purslane, etc.

Strawberry, Banana & Romaine

1 Cup strawberries
2 bananas
½ bunch romaine

Apple, Kale & Lemon

4 apples
Juice from half a lemon
4 - 5 kale leaves (no stems)

Kiwi, Banana & Celery

4 kiwis, very ripe
1 ripe banana
3 celery stalks

Pear, Kale & Mint

4 ripe pears
4 - 5 kale leaves

Finger Banana & Spinach

10 finger bananas
2 handfuls spinach

Bosc Pear, Raspberry & Kale

3 Bosc pears
1 handful raspberries
4 - 5 kale leaves


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Eating More Fruits & Veggies

Your body needs a lot of fruits and vegetables. They are an important source of vitamins, minerals, antioxidants, fiber, and phytochemicals. Unfortunately, most people don't eat enough of them. Here are a few tips on how to get more fruits and especially vegetables into your meals and snacks.



- Serve at least one fruit or vegetable at each meal and snack.
- Try all different colors of produce, like dark green, deep yellow, orange, red, blue and purple.
- Think outside the box. Dip veggies in bean dips or salsas.
- Tuck fresh veggies in whole wheat pitas.
- Let everyone in the family pick out a vegetable to purchase; this is especially fun at farmers markets.
- Add extra vegetables to canned products like soups and spaghetti sauces.
- Add them to foods like eggs, omelettes, sandwiches, lasagna, pizza, and casseroles.
- Finely chop vegetables before adding them to other foods. The chopped pieces are not as easy to pick out.
- Clean and chop produce ahead of time so they're easy to grab as a snack, or take with you when your family is hungry.
- Add berries, bananas, or other brightly colored fruits to cereals, pancakes, waffles, or oatmeal.
- Don't just have lettuce in your salad—add a variety of fruits and vegetables.
- Keep produce in sight. Have a bowl of raw or steamed veggies on the counter, available for munching while dinner is being prepared.
- Keep trying things! Studies show children may need to taste a food several times (10 or more) before they begin to enjoy it.
- Parents can be good role models. Show your kids how much you enjoy eating fruits and vegetables.
- Blend a mixture of vegetables and fruits to make delicious and refreshing smoothies.

See reverse side for more on smoothies!


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