



Green Smoothie

1 large wedge of pineapple with the core
1 whole orange, peeled
1/3 banana, peeled
Small slice of lime with the rind
About 2 handfuls spinach
2 oz. agave nectar (if you want to make it sweeter)
Coconut water
1 cup of ice

Add all the ingredients in a Vitamix®. Start on low and slowly increase the speed. Increase to high until all the ingredients are blended and smooth.

Apple Pie Smoothie

1½ apples, quartered
¾ cup low-fat vanilla yogurt (or plain yogurt with 1 Tbsp vanilla)
1 Tbsp honey
½ tsp apple pie spice (cinnamon, nutmeg, allspice)
2 Tbsp walnuts
2 Tbsp ground flaxseed
1 scoop vanilla protein powder
1 cup ice cubes (add water to desired consistency)

Add all the ingredients in a Vitamix®. Start on low and slowly increase the speed. Increase to high until all the ingredients are blended and smooth.

Carrot Apple Juice

7 whole organic unpeeled carrots
3 apples (cored)

Run ingredients through a juicer and enjoy a lower-fiber juice.

Kris Carr's Green Juice

2 large cucumbers (peeled if not organic)
Big fistful of kale
Big fistful of sweet pea sprouts
4-5 stalks celery
1-2 large broccoli stems
1 pear or green apple (optional)
1" piece of ginger (or less)
Other optional greens we love: romaine, parsley, spinach and dandelion.

Wash and prep all ingredients. Place all the ingredients through the juicer.