



Use a regular blender until you can upgrade to a Vitamix - which will smooth out the texture. Smoothies may be too cold in fall and winter for those with cold constitutions or delicate digestion.



Vata Smoothies: mild, heavy, +nourishing

Vata's Best Smoothie:

- 1 c spinach
- 1 peeled orange
- 1 c fresh pineapple
- 1/2 inch ginger root
- 1/2-1 t spirulina
- 1 + t extra virgin coconut oil
- 1 c water

Vata's Superfood Smoothie:

- 1 T maca root
- 3 T soaked chia seeds
- 1 T goji berries
- 1/2 t spirulina
- 3 dates
- 1 c leafy greens
- 1 + t extra virgin coconut oil
- 1 wheatgrass cube
- 1 c mango or banana
- 1 c water

Vata's Simple Smoothie:

- 1 c kale
- 1 banana
- 6 dates
- handful soaked almonds
- 1 c water

Vata's Favorite Smoothie:

- 1 banana
- 1 c greens
- 1 c pineapple
- 1 T coconut oil
- 1 c water

vata can also add avocado to smoothies for more fat!



Pitta smoothies: cooling, sweet and bitter. Anti inflammatory

Pitta's Best Smoothie:

- 1 c leafy greens
- 1 c sprouts
- sliver turmeric root
- 1 oz. aloe juice
- 1 apple
- 1 c water
- stevia leaf for sweetness to taste (a pinch)
- 1 t extra virgin coconut oil

Pitta's Superfood Smoothie:

- 1 T maca
- 2 oz. aloe juice
- 2 cs leafy greens
- 2 T ground flax
- 1 orange
- 1 c water
- 1 wheatgrass cube
- stevia to taste

Pitta's Superfood Smoothie:

- 2 stalks celery
- 1 c greens
- 1 apple
- 1 + t extra virgin coconut oil
- stevia to taste water

Pitta's Favorite Smoothie:

- 1/2 cucumber
- 1/2 c cilantro
- 1 c greens
- 2 apple
- 1 c water
- stevia to taste



Kapha Smoothies: light, stimulating, and drying

Kapha's Best Smoothie:

- 1 c leafy greens
- 1/4 c parsley
- 1 c sprouts
- 1 c wild blueberries
- 1 inch ginger
- squeeze of fresh lemon
- 1 c water
- 1 grapefruit

Kapha's Superfood Smoothie:

- 3 T goji berries
- 1/2 c blueberries
- 1 t raw honey
- 2 cs leafy greens
- 2 oranges
- 1 c water

Kapha's Simple Smoothie:

- 2 cs greens
- 1 pear (use grapefruit in winter)
- 1/2 T raw honey
- 2 c water

Kapha's Favorite Smoothie:

- 2 c radish greens
- 2 radishes
- 2 apples (use grapefruit in winter)
- 1 cs water
- stevia to taste

Kapha's Best Smoothie:

- 1/2 c basil
- 1 c romaine
- 1 c spinach
- 1 grapefruit with seeds
- 1 c water
- 1/4 lemon
- pinch of cayenne