

Green Smoothies

Click to take a bodytype quiz.

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

Pitta smoothies: cooling, sweet and bitter. Anti inflammatory

Kapha Smoothies: light, stimulating, and drying

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'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 Simple 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'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

