
GREEN VIBRANCE SMOOTHIES

EASY GUT HEALING SMOOTHIE

Ease your tummy woes with a gut healing smoothie that is easy to digest and will provide relief. Smoothies are easy to digest because the ingredients are blended and doesn't cause stress on your stomach. Plus, your body absorbs more nutrients because the ingredients are easily digestible.

When experiencing indigestion, stomach aches, bloating, and flatulence stay away from indigestible carbohydrates to alleviate the discomfort. These include: corn, noodles, potatoes, artichokes, onions, pears, wheat, asparagus, beans, broccoli, brussel sprouts, cabbage, whole grains, dairy, candies, and drinks with sweeteners. Many of the foods listed have nutritional benefits but, when your gut needs repair they may do more harm than good.

Always use a nondairy milk to reduce inflammation in your gut. Coconut milk is non-inflaming and tastes delicious. It's always important to include nine servings of fruits and vegetables in your diet everyday so your body has the building blocks to repair and heal your body. Green Vibrance has four and one half servings plus the added kale and strawberries equal to the total nine servings you need for the entire day. This allows your body to absorb the nutrients and you can sip on green tea and lemon water until your stomach feels better. Heavy meals like chicken and pasta taste great but when you're hurting it only delays recovery.

Speed recovery with ginger, the brown root of the tropical ginger plant, which has been used in traditional medicine for thousands of years for the treatment of indigestion. Ginger also alleviates nausea, flatulence, and motion sickness.

Probiotics are also important for gut health because it provides the good bacteria it needs to heal. Vibrant Health's Green Vibrance has 25 billion live bacteria to ensure that your body has what it needs to replenish and maintain the good bacteria within your gut.

1/2 Cup Coconut Milk
2 Cups Fresh Kale
2 1/2 Cups Frozen Strawberries
1/2 inch piece of Ginger
1 Scoop Green Vibrance

EQUIPMENT: Blender, Knife and Spoon

DIRECTIONS: First prepare your ginger. Start with the piece of ginger and cut off 1/2 an inch. Use a spoon's edge to scrap off the ginger's skin. The spoon glides down the piece of ginger, stripping the skin off the ginger. Then add the peeled ginger to the blender with the 1/2 cup of coconut milk and 2 cups of kale. Blend on high until smooth. Add the 2 cups of frozen strawberries and blend on high until smooth. Lastly add the scoop of Green Vibrance to the blender and blend on high until distributed evenly. Pour smoothie into container. *Tip* If you would like to use the remaining smoothie stuck to the bottom and sides, pour another 1/2 cup of coconut milk into blender and blend on high. Pour remaining smoothie into your container, mix, and enjoy!

WINTER DETOX SMOOTHIE

Do you love raw greens? How about antioxidants, energy, and vitamins and minerals which naturally support the natural detoxification process in our bodies? If you answered yes, then please enjoy this slightly spicy, high in fiber, nutrient-dense green smoothie as you transition into spring.

Ingredients:

- ½ organic cucumber, chopped
- ½ avocado, pitted and peeled
- 1 cup organic, raw kale
- ½ cup organic, raw arugula
- ½ cup microgreens and/or pea shoots
- 1 cup coconut water
- 2 tablespoons fresh lemon juice 6 ice cubes
- 1 scoop Field of Greens

Directions: Combine ingredients in blender and blend until smooth.

GOOD MORNING GREEN VIBRANCE

Ingredients

- 1 stick celery
- 1/2 cup pineapple
- 1 cup spinach
- 1/4 cup ice
- 2/3 cup coconut milk
- 1 scoop Green Vibrance
- 1 tsp honey or sweetener of choice

VIBRANT HEALTH SUPER SMOOTHIE BOWL

- 1 whole avocado
- 1 scoop of Green Vibrance
- ½ cup organic blueberries
- ½ cup fresh pineapple
- 5 medium strawberries
- ½ banana
- ½ sliced cucumber
- 1 cup unsweetened coconut water
- *Garnish with chia seeds, pineapple, and blueberries (optional)