

## Simple Green Smoothie Recipes

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The green smoothie. When you think of a smoothie you are probably thinking of a banana blended with milk and a little bit of ice, or the strawberry and yogurt favorite. The Smoothie is no longer the same old milk and something added, now there are smoothies that will still keep a smile on the kids faces while allowing you're more advanced palate a taste of something better.

Green smoothies are a unique blend of green leafy vegetables and the fruits of your choice. There are green tea smoothies that are not only great tasting but great for you.

In the health conscious age of today people are looking for something more and something to help them remain vital and strong for many years to come. Smoothies have always been a favorite over the past 10 years and are now coming into the age of being a healthy treat.

While your smoothie and sharing them with the family you can be assured that you're allowing them their entire vital vitamin needs in one tasty little treat. They wont know it's good for them but you sure will and there is no better way to help your family on the road to a healthier lifestyle than to try out some of the new green smoothie recipes that will keep them asking for more.

Filled with vitamins, antioxidants, and high in fiber you will see why these are quickly becoming the new treat of the ages. A green smoothie is great way to start the day and offers you a boost of metabolism that will keep you full of energy throughout the morning.

Who would have ever thought you could fight off cancer causing illness and mental diseases such as Alzheimer's in such a tasty way.

Sharing your favorite green smoothie recipes will soon be the new in as everyone starts thinking healthier and starts leaving the cookies in the jar. Although there are many ideas for a great smoothie, a green smoothie is a healthy balance of vegetables and fruits that will keep your energy level high and your weight low. And there is no better gift to give your family than a great gift of a healthy body starting from the inside.

If your thinking about trying a few of the great green smoothies were talking about you can head on over to <http://greensmoothierecipes.org/> and check out all of the different recipes they offer. A green smoothie is the perfect blend of sugars, fiber and flavor to get you through the day.

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Source Gary Lock

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