

guide to...

GREEN SMOOTHIES

Green smoothies are a great way to load up on vitamins and minerals, and are perfect to keep you full and satisfied until your next meal.

THE BASICS

Green smoothies are so easy to make, just follow our base recipe and add your favourite ingredients and flavours to suit your tastes:

LIQUID BASE

Use 250ml – 300ml of either milk of choice e.g. cow's, oat, almond or rice or add some natural electrolytes by using coconut water as the base for your green smoothie.

HEALTHY MUMMY SMOOTHIE POWDER

Add 2 tablespoons of your favourite Healthy Mummy Smoothie flavour.

THE GREEN STUFF

Add all sorts of green fruits and vegetables to get as many nutrients into each smoothie. You won't taste the vegetables when you combine them with the Healthy Mummy Smoothie powder and fruit but you'll definitely get all the benefits from eating these vitamin loaded ingredients.

Our favourite green ingredients include avocado, Kiwi fruit, lime, pear, cucumber, zucchini, baby spinach, silverbeet leaves, kale leaves and even broccoli!

OTHER GOODIES TO ADD

Add some nuts or seeds for added omega 3s and antioxidants. Try chia seeds, sunflower seeds, shredded coconut or rolled oats. Or for added protein add some natural yoghurt.

OUR FAVOURITE FLAVOUR COMBOS

Try some of these flavour combinations to mix up your green smoothies and get the most out of eating a wide variety of fruits and vegetables:

- add some mandarin, grapefruit or orange for an extra vitamin C dose for an immune boosting green smoothie.
- add apple, banana, mango, pineapple or berries for a natural sweet hit.
- use coconut cream or coconut yoghurt for an extra creamy green smoothie. Combine with coconut water as the liquid base and you can easily make green smoothies dairy free if needed.
- add some cacao nibs or cacao/cocoa powder for an extra chocolate hit.



BENEFITS OF SOME KEY GREEN SMOOTHIE INGREDIENTS:

CUCUMBER

Mild in flavour, a cucumber is a great way to ease yourself into the green smoothie scene. There's no need to peel it, just chop it into chunks and add to the blender. Cucumbers are low in calories but high in fibre, making them a great addition to your morning smoothie.

AVOCADO

The healthy fats in avocado are great for your skin and also help you feel satisfied until your next meal. It also adds a great creaminess to your smoothie.

BABY SPINACH

When blended, baby spinach can go almost undetected as it has a very mild taste. Throw a handful in and let the fibre do its work to fill your tummy and keep your digestive system in good shape.

KIWI FRUIT

A great way to add some sweetness to your green smoothie, kiwis are high in vitamin C yet low GI so you won't get a big sugar spike. Just peel and throw in the blender.

LIME

Add some zing to your smoothie with a squeeze of lime. Packed with vitamin C, limes can help to lighten up the taste of a green smoothie.

KALE

This nutrient dense vegetable manages to pack in a similar amount of iron as beef so it's a fabulous addition to your green smoothie. Simply remove the stem and core, using just the leaves.

ZUCCHINI

Another mild tasting veg, zucchini is beneficial as it helps to keep you feeling full while also being low in calories.

WATERCRESS

Relatively taste-free, it's packed with vitamins A and C, as well as chlorophyll which acts as an antioxidant.

LETTUCE

It might sound a little crazy to throw lettuce leaves into your breakfast, but once again the mild flavour means you can just enjoy the health benefits without much effort at all. Lettuce's water and fibre content mean it's a good option for your green smoothie.

APPLE

As well as vitamins, minerals and fibre, apples can also help to keep your blood sugar levels in check. Use any variety you fancy. For regular blenders it is best to peel them first, but high speed blenders can usually break down apple peel. You can also use pear for similar health benefits.

BENEFITS OF GREEN SMOOTHIES:

FIBRE FOR FULLNESS

As opposed to juicing your greens, a green smoothie keeps all the fibre in your cup. When you juice a vegetable, the fibre (pulp) is removed and thrown out, meaning you don't enjoy the benefits of the fibre which helps keep you feeling fuller for longer. That's why you can feel satisfied after a smoothie, but could easily drink the same amount of juice and not feel full.

SAVE TIME IN THE KITCHEN

It's much quicker to make a green smoothie than it is to steam or stir-fry all those veggies. Use the time you've saved to do a quick workout or go for a walk.

GET YOUR FIVE A DAY

For some people, the idea of getting their 5 serves of vegetables a day can seem overwhelming. By adding a green smoothie to your day you can get several of your vegetable serves in one meal.

SNEAK IN YOUR LEAST FAVOURITE VEG

Not a huge fan of spinach? That's OK. Adding it to your green smoothie means you can enjoy the health benefits and barely even notice the taste. Add some fruit for sweetness to make it more enjoyable.

GET THE KIDS INVOLVED

Add some frozen banana for a sweeter kick and call it a 'Dinosaur Smoothie' or 'Green Slime' and you can most likely convince even the most veggie-averse kid to eat their greens.

NO NEED FOR OIL, BUTTER OR SALT

As opposed to cooking your greens, enjoying them in a smoothie means you don't need to add any salt or fats which is great news when trying to lose weight.

KEEP YOUR COOL

On a warm day, a green smoothie is a refreshing way to stay hydrated as well as satisfied.

REDUCE PROCESSED FOODS

By enjoying a green smoothie you are eating plenty of real food, and reducing the amount of processed foods that you are eating.

TOP 6 GREEN SMOOTHIE RECIPES



GREEN BOOSTER SMOOTHIE

Prep Time: 5 mins

Tip: Keep frozen spinach in the freezer as an emergency supply for green smoothies.

Ingredients (Makes 1 serve)

- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 1/2 banana (45 grams)
- 1 cup baby spinach (30 grams)
- 1 cup reduced-fat milk of choice (250 mls)

Method

- Place all ingredients in a blender and mix until well combined.

ENERGY 1032 KJS / 246 CALS



GREEN GODDESS SMOOTHIE

Prep Time: 5 mins

Spinach contains high levels of vitamins, iron and minerals and is high in fibre, so great for adding into your smoothies.

Ingredients (Makes 1 serve)

- 2/3 cup baby spinach (20 grams)
- 1/4 avocado (30 grams)
- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 2 peeled Kiwi fruit (140 grams)
- 1 cup reduced-fat milk of choice (250 mls)

Method

- Place all ingredients in a blender (add some ice cubes if desired) and mix until well combined.

ENERGY 1378 KJS / 328 CALS



THE GREEN MACHINE SMOOTHIE

Prep Time: 5 mins

Lime juice contains high amounts of citric acid, which helps keep your kidneys healthy.

Ingredients (Makes 1 serve)

- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 1 cup coconut water (250 mls)
- 1/2 avocado (60 grams)
- 1/2 cup baby spinach (15 grams)
- 1 Kiwi fruit (70 grams)
- 1 tablespoon lime juice (20 mls)

Method

- Place all ingredients in a blender and mix until well combined.

ENERGY 1010 KJS / 240 CALS



ANTIOXIDANT SMOOTHIE

Prep Time: 5 mins

Handy tip: peel and freeze kiwi fruit for a refreshingly icy drink. Brew green tea and then store in a jug in the fridge so you have it on hand to make smoothies like this one.

Ingredients (Makes 1 serve)

- 1 Kiwi fruit (70 grams)
- 1/2 tablespoon grated fresh ginger (8 grams)
- 1 cup baby spinach (30 grams)
- 2 tablespoons lemon juice (40 mls)
- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 1 cup green tea (250 mls)

Method

- Cool the green tea before placing all ingredients in a blender and mixing until well combined.

ENERGY 558 KJS / 133 CALS



CREAMY KIWI GREEN SMOOTHIE

Prep Time: 5 mins

An easy to prepare nutritious green smoothie filled with the goodness of dark leafy greens.

Ingredients (Makes 1 serve)

- 300 mls of coconut water
- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 1/2 cup baby spinach (15 grams)
- 1/2 peeled Kiwi fruit (35 grams)
- 1/4 cucumber (50 grams)
- 1/2 frozen banana (45 grams)
- ice cubes

Method

- Place all ingredients into a blender.
- Blend on high for 2-3 minutes until smooth. Serve.

ENERGY 723 KJS / 172 CALS



GREEN ZUCCHINI SMOOTHIE

Prep Time: 5 mins

Zucchini's help maintain optimal health as they are a great source of manganese and vitamin C. They are also one of the best sources of dietary fibre and contain vitamin A, magnesium, folate, potassium, copper and phosphorus.

Ingredients (Makes 1 serve)

- 300 mls of coconut water
- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 1/2 chopped zucchini (55 grams)
- 1 tablespoon chia seeds (16 grams)
- 1/4 pear (50 grams)
- 1/2 cup kale leaves (15 grams)
- 1/2 Lebanese cucumber (100 grams)
- 1 stalk chopped celery (40 grams)
- 2 teaspoons lime juice (10 mls)
- ice cubes

Method

- Place all ingredients into a blender.
- Blend on high for 2-3 minutes until well combined and smooth. Serve.

ENERGY 1010 KJS / 240 CALS

TOP GREEN SMOOTHIE TIP:

For a super smooth smoothie, remember to blend the ingredients for 2-3 minutes as the Healthy Mummy smoothies are a natural product, are non refined, are low in sugar, are high in natural fibres and contain whole foods so need a good blend.

why we love the healthy mummy smoothies



"I had two smoothies a day for a while and oh my gosh do I LOVE them. I found that the smoothies actually kept me full and gave me a whole bunch of energy!"
Jackie



I find the smoothies give me a boost of energy, they are filling, quick, convenient and delicious to make. I love how the recipes are endless and I never get bored.
Tasheena

**JACKIE
 LOST 22KGS**

**TASHEENA
 LOST 44KGS**

Smoothies are also a huge hit in our house. The Carrot Combo and Berry Choc smoothies were winners with the kids as well as myself. I found these two recipes to be very filling and the combinations of the flavours was very moreish!"
Jodie



**JODIE
 LOST 36KGS**

"I still have the smoothies (and now they are 96% sugar free!) for breakfast and the occasional lunch. I'm 10.5kg off my goal weight and finally comfortably back in my engagement and wedding rings for the first time in five years!"
Erin



**ERIN LOST
 43.7KGS**

WHAT THE EXPERTS SAY...



SALLEE DWYER
 Registered Midwife/RN &
 Director of Midwife to Mum
 "I have purchased a variety of weight-loss shakes in the past and, generally, I am not a fan. I purchased the program with the smoothies, wanting to give myself the best opportunity to lose the weight. I was pleasantly surprised at how delicious the smoothies are.

They contain a multitude of ingredients and they were a great breakfast or afternoon snack when I needed a boost. The shakes are helpful for mums who are on the go and breastfeeding, and they complement a balanced diet."



KATHLEEN ALLEAUME
 Nutritionist, Author and Mum of 2
 "The smoothie is an excellent meal replacement and a perfect weight loss solution when partnered with a well-balanced eating plan and physical activity. The GI (glycemic index) of the smoothie is low, meaning the carbohydrates (our primary source of fuel) release slowly, blood sugar levels remain stable and hunger pangs at bay. Best of all they taste fantastic! The smoothie is perfect with your favourite antioxidant-rich fruit for a snack, or to include as your breakfast or lunch."

about the healthy mummy smoothies

Smoothies are an **optional extra**. Use in conjunction with the 28 Day Challenge meal plans, on their own as a healthy, easy to prep meal or not at all. The Healthy Mummy plans are totally flexible to suit your needs and budget.

QUICK, EASY AND DELICIOUS - THE PERFECT MEAL REPLACEMENT FOR BUSY MUMS

THE HEALTHY MUMMY SMOOTHIE IS A DELICIOUS AND NUTRITIOUS MEAL REPLACEMENT PRODUCT, DESIGNED ESPECIALLY FOR MUMS.

Unlike other shakes or smoothie products, which can contain artificial ingredients and fillers or just be a protein powder,

The Healthy Mummy Smoothie is packed with a **potent combination of 24 vitamins and minerals, protein, carbohydrates, fibre and healthy fats**, providing a nutrient hit for busy mums. The smoothie is also breastfeeding friendly and contains fenugreek.

BREASTFEEDING FRIENDLY



NO CAFFEINE

NO ACCELERANTS

GLUTEN & DAIRY FREE

96% SUGAR FREE

100% FRUCTOSE FREE

HIGH IN FIBRE

NO ARTIFICIAL INGREDIENTS

BREASTFEEDING FRIENDLY



ANDREA LOST 30KGS

WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES

"After finding The Healthy Mummy when my baby was three weeks old, I started on The Healthy Mummy Smoothies and they were my saviour! I went from only eating dinner to finally having filling and nutritious breakfasts and lunches that I could have on the go and with my hands full. The smoothies also made a fantastic difference to my supply, which was a massive help when bub was feeding continually. With the help of The Healthy Mummy program and smoothies, I was able to lose 30kg in 12 months, while feeding my bub."

ANDREA DIXON

"The Healthy Mummy Smoothies have been a complete lifesaver for me. With a toddler and a newborn, it's so hard to look after yourself, even to make yourself breakfast in the morning. The smoothies are delicious and keep me full for ages. I've lost 8.5kg in the last seven months!"

ALISHA LYMAR

"I can't imagine how I would have survived when my third baby was born without my Healthy Mummy Smoothies. They boosted my milk supply, making breastfeeding easier. I never missed a meal because I always found a quick minute to whip up my smoothie. They were a total lifesaver!"

MEGAN VANDERWAAL

www.losebabyweight.com.au - click [here](#) to join today!

THE HEALTHY MUMMY SMOOTHIES STAND OUT FROM THE CROWD!



PER 100G	THE HEALTHY MUMMY	SLIM RIGHT	OPTIFAST	TONY FERGUSON	FAT BLASTER	RAPID LOSS	BIGGEST LOSER	HERBALIFE	CELEBRITY SLIM
Energy (kj)	1450	1470	1566	1538	1566	1504	1583	1511	1672
Protein (g)	54.9	16	30	34	19.3	19	36	32	48
Carbs (g)	9.3	57	39	43	58	51	44	53.5	27.5
Sugar (g)	1.6	46	32	32	52.8	46	40	32	22.5
Fibre (g)	26.7	16	not listed	7	9	7	4	8.2	6.2
Fat (g)	6.9	2	5.5	4	5.3	5	4	3.5	9.1
No of vitamins & minerals	24	16	24	24	25	24	25	19	25
Sodium (mg)	711	245	480	360	468	382	382	428	342
Cost per serve (based on RRP in Jan 2016)	\$2.74	\$1.52	\$3.49	\$3.49	\$1.38	\$2.21	\$3.66	\$3.48	\$2.99
Serving size	25g	35g	54g	55g	33g	41g	55g	28g	40g
Sugar (per serve)	0.4g	16g	18g	18g	17g	19g	22g	9g	13g
Sodium (per serve)	177.7mg	86mg	220mg	200mg	155mg	160mg	210mg	120mg	160mg



WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES



CAT HAS LOST 30KGS



"I struggled with my milk supply with my first baby and only managed a week or two of breastfeeding.

I started using The Healthy Mummy plans when she was about eight months old. By the time I had my second baby, I had been using The Healthy Mummy Smoothies for a few years, along with the meal plans. I successfully and exclusively breastfed him for seven months before returning to work.

I know my breastfeeding success was due to using the smoothies to maintain my supply. They were full and nutritious meals I could make in under five minutes, ensuring I was eating enough of the good stuff to meet bub's needs.

Having a meal you can make in five minutes

and one-handed makes life with a newborn so much easier. I have lost more than 30kgs safely using The Healthy Mummy Smoothies and meal plans."

CAT CHRIST

"After struggling to meet the feeding demands of my firstborn, I was ecstatic to be able to feed our second child to 19 months, while losing weight with The Healthy Mummy Smoothies.

I'm now feeding our third baby, and six months in, I have lost almost 20kg and I have never felt so confident with my supply thanks to my daily Healthy Mummy Smoothies."

BELINDA BELLIS



the healthy  Mummy

smoothie subscription



PAY ONLY
\$2.06
PER SERVE

Pay only \$2.06 per serve on our lifetime discount smoothie subscription!

- whole food smoothie
- 96% sugar free
- no fructose or fillers
- no artificial sweeteners
- gluten free with no nasties
- breastfeeding friendly
- made for busy mums

GET YOUR 25% PERMANENT DISCOUNT NOW!



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