

*NAB Communities Commits to Enlightened Living*  
**NOURISH | GREEN SMOOTHIE CHALLENGE**



Greens are vital for the survival of all living beings on our planet. They contain all of the essential minerals, vitamins, and amino acids for optimal health. Drinking green smoothies is an effortless and *delicious* way to make sure you get all of your proper nutrition for the day.

Join the green smoothie challenge one day at a time. Try out these recipes from some of North Atlantic Books' notable raw foods authors, or create your own!

*Advice from Victoria Boutenko*  
**BEST PRACTICE FOR GREEN  
SMOOTHIE CONSUMPTION**

**First thing in the morning** | Prepare your green smoothie first thing in the morning in the amount you would normally consume for the day. Store the leftovers in a cold place like your refrigerator.

**Only greens, fruits, and water** | Don't add any additional ingredients into your smoothie besides greens, fruits, and water. Adding nuts, seeds, oils, or any other ingredients might cause irritation, gas, and ultimately slow down the assimilation of smoothies in your digestive tract.

**Drink separately** | Always drink your green smoothie separately from your meals to gain the most nutritional benefits. Eat approximately 40 minutes before or after consuming a green smoothie.

**Keep It simple** | Avoid adding too many ingredients to keep things easy on your digestive system.

**Always rotate your greens** | Always rotate the green leaves added in your smoothies. Almost all greens in the world contain tiny alkaloids that are harmless in tiny quantities. However if you keep consuming the same greens for many weeks without rotation, the same type of alkaloids can accumulate in your system and cause symptoms of poisoning.

**Buy Organic** | Organic produce boasts of superior nutrition in comparison to conventionally grown produce which are likely to have been exposed to pesticides and other toxic chemicals. The best way to nourish your body is to consume organic produce and locally grown produce whenever possible.

*Start the Challenge*  
**GREEN SMOOTHIE RECIPES**

**Day 1 | Victoria's Favorite Dark Green**

From *Green Smoothie Revolution: The Radical Leap Towards Natural Health* by Victoria

Boutenko

(Yields 2 quarts)

1 bunch dandelion greens

4 Roma tomatoes

3 cups water

**Day 2 | Spiral Green**

From *Rawlicious: Delicious Raw Recipes for Radiant Health* by Peter and Beryn Daniel

(Serves 4-5)

4 cups (1 liter) water

2 frozen bananas

1 mango

½ pineapple

1 tablespoon spirulina

1 teaspoon buchu powder or sprig of fresh mint

2 teaspoons hemp oil (optional)

**Day 3 | Green Ah-Ha! Epiphany Smoothie**

From *Fresh: The Ultimate Live-Food Cookbook* by Sergei and Valya Boutenko

(Serves 2-3)

1 head butter lettuce

1 mango

¼ medium watermelon (rind removed)

**Day 4 | Drink Your Greens**

From *The Raw Food Gourmet: Going Raw for Total Well-Being* by Gabrielle Chavez

1 bunch kale with stems, washed and chopped

1 large bunch mint with stems, chopped

Juice of 4 large lemons or 6 limes

½ cup raw honey or agave nectar

Dash unrefined salt

Water

**Day 5 | Green Smoothie**

From *Raw Family Signature Dishes: A Step-by-Step Guide to Essential Live-Food Recipes*

by Victoria Boutenko

1 pineapple

2 mangoes

1 bunch chard

2 cups water