



“ ”

not your average
GREEN
SMOOTHIES



WITH RAW CHEF,
JOANNE RAIA

TABLE OF CONTENTS

about joanne raia.....2

disclaimer.....3

welcome to 'not your average' green smoothies.....4

GREEN SMOOTHIE BASICS.....5

SHOPPING LIST.....6

EQUIPPING YOUR KITCHEN.....7

MARKETS.....8

BERRY BANANA GREEN SMOOTHIE.....10

PINEAPPLE LIME GREEN SMOOTHIE.....11

PEACH RASPBERRY GREEN SMOOTHIE.....12

PEAR GINGER GREEN SMOOTHIE.....13

APPLE CINNAMON GREEN SMOOTHIE.....14

BLUEBERRY POMEGRANATE GREEN SMOOTHIE.....15

CHOCOLATE BLUEBERRY CHERRY GREEN SMOOTHIE.....17

thank you.....18



ABOUT JOANNE RAIA

A few years back I was feeling sluggish, fatigued, and foggy. I had food and skin allergies and I was overweight. I felt like I was 20 years older than I really was. I really had to drag myself around.

I went from doctor to doctor and specialist to specialist but nothing worked until I radically changed my diet to help support my body in healing itself. My transition was radical and that's when I got hooked on raw food.

But, the recipes that were out there were unappealing to me - I grew up in an Italian/Greek household where food was the centerpiece of our lives. It was celebrated every day and my Mom was a phenomenal cook. Naturally, that's where I developed my love of gourmet food.

I began scouring books, experts and vast array of resources to build a recipe library that not only serves and supports my nutritional needs but also tantalizes my taste buds and satisfies my need for love of my food.

Now, I help busy health conscious people with sophisticated palates how to incorporate, prepare easy, on the go, nutritious meals that tantalizes their taste buds, satisfies their need for love of their food and helps them meet their optimal lifestyle goals.

- Joanne

DISCLAIMER

The information provided in this ebook is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging.

Copyright ©2016

All contents and photos copyright protected.

Property of Joanne D. Raia, LLC

All Rights Reserved.

'NOT YOUR AVERAGE' GREEN SMOOTHIES

Welcome To Your 'Not Your Average' Green Smoothies journey! So glad you've joined me! Along with better health and more clear-minded energy, you're going to love how the more sophisticated combinations will juice up your life!

To ensure your enjoyment, fun and success, let's first dive into green smoothie basics and your shopping list.

Next we'll explore high speed blender options. Then, you'll discover great places to purchase wholesome ingredients, plus ways to mix and match ingredients to suit your tastes and needs.

This way, you can be totally ready with the essential information with DELICIOUS, easy to make green smoothie recipes that will make you feel so healthy drinking them!

GREEN SMOOTHIE BASICS

When I had my first green smoothie, I couldn't believe something could taste so good and be good for you! I still think that today! Hah!

But what is a green smoothie? There are ideas of what a green smoothie is from everyone and everywhere! It can be confusing at times.

This is what I want to tell you: the basic green smoothie consists of dark green leafy vegetables and fruit. That's it! So simple!

Once you have your dark green leafy vegetables all you need to do is sweeten it with any fruit you have on hand. When you keep a rainbow of fruit available it's easy as 1-2-3! Most of the time I use a banana to sweeten, thicken and create the creaminess I adore in my smoothies. More on that later in this program.

SHOPPING LIST

So you have a jump on the shopping, here is the list of ingredients for a full week of 'Not Your Average' Green Smoothies—being prepared and having everything assembled will help you stay on track and have more fun!

Depending on what you find where you shop, you can change what greens and fruit you use (stay tuned for more ideas about variations).

- 1 1/2 pounds spinach
- 1 pound kale
- 1 bunch cilantro
- 2 limes
- 13 bananas
- 10 oz. strawberries, fresh or frozen
- 14 oz. raspberries, fresh or frozen
- 28 oz. blueberries, fresh or frozen
- 10 oz. cherries, fresh or frozen
- 1 pomegranate
- 2 apples
- 2 peaches, medium
- 1 pineapple
- 1 cup fresh or frozen pears, approximately 1 1/2 pears
- 1 can organic pumpkin puree
- 4 oz. unsweetened raw cacao powder (I order mine on Amazon)
- 4 oz. lucuma powder (optional caramel flavoring)
- 1 oz or less ground cinnamon
- 1 oz or less ground pumpkin spice
- 2 oz. vanilla extract
- 6 Medjool dates
- 28 oz. almond milk (not raw) or freshly made raw almond milk, or your favorite nut milk

Optional sweeteners:

- 1 bottle of coconut or agave nectar

Enjoy setting up your fridge and kitchen with your ingredients!

Next, you'll get my insider tips on the best tools to make your smoothies!

EQUIPPING YOUR KITCHEN

Besides a spatula, the only equipment you need is a high-speed blender! Here are three choices, in order of preference, for creating the perfect smoothie.

VITAMIX®

I recommend the Vitamix for its long term durability and other functions, including making sauces and ice cream—but that’s for another program!

The retail price of a Vitamix® starts at \$499, but you can purchase a “Certified Reconditioned Vitamix®” starting at \$259 at www.vitamix.com/shop/Certified-Reconditioned-Series!

NUTRIBULLET®

Great for a smaller budget, another option is the Nutribullet®, an extractor that breaks down ingredients to a smooth consistency. You can purchase a Nutribullet® starting about \$79.99 at either nutribullet.com or amazon.com.

BLENDER

If you don’t mind a slightly chunky-style smoothie, an ordinary blender can be a great way to get started with your green smoothies.

For silky smoothness, however, be sure to invest in a Vitamix® or Nutribullet® as soon as you can. Either way, you’ll be making AMAZING smoothies!

Remember, blending your green smoothies is EASY! Simply add your dark leafy greens, fruit, water and ice. Put the lid on tightly and let the blender do all the work. Use the highest setting and within minutes you’ll have an irresistible smoothie you can’t wait to try!

Mmmmm! So yummy!

Now – discover great places to purchase wholesome ingredients and delicious ways to vary your green smoothie blends.

I have to say, buying ‘Not Your Average’ Green Smoothie ingredients is such FUN! You’ll love the many colors of the rainbow showing up in your shopping cart!

MARKETS

These days there are many places to find fresh and local produce. Whenever possible I buy organic, and here’s where I go:

- Whole Foods
- Natural food stores
- National supermarket chains (most now carry organic produce)
- Local farms
- Farmers’ markets

GREENS

For a good balance of nutrients plus tasty smoothie variety, rotate your choice of greens. For example, some days I pick kale for its high protein and calcium level, and other times I prefer spinach for its higher level of iron and magnesium.

Here are some greens you may wish to use:

- Baby spinach
- Kale
- Collards
- Beet greens
- Lettuce
- Fresh herbs (I add these to the above greens)

FRUIT

You have lots of choices with fruit! When possible, use what's in season for the freshest produce and taste. For most of my smoothies, I use bananas for sweetness and as a thickener. I also love adding a second fruit. Sometimes, too, I'll squeeze in lemon or lime juice for an extra zing and an antioxidant boost!

Here are yummy choices for you:

- Pineapple
- Mango
- Berries (any kind)
- Peach
- Nectarine
- Orange
- Lemon
- Lime
- Pear
- Apple
- Cherries
- Grapes

Now you have all you need to create fantastic 'Not Your Average' Green Smoothies—your shopping list, best equipment picks and suggestions for tailoring your smoothie blend.

Ready to start mixing? Awesome!

Talk about a healthy food on the go! Just throw everything into your high-speed blender and—viola— you're ready to start your day. So satisfying!

Berries and banana are a dream match—especially in this green smoothie recipe. Enjoy!



BERRY BANANA GREEN SMOOTHIE

makes 2 servings

ingredients:

- 1 cup spinach, lightly packed
- 1 cup fresh or frozen berry of your choice
- 2 frozen bananas, sliced into 4 or more pieces
- 1 1/2 cups water

instructions:

1. Place all ingredients in high-speed blender with lid on tight. Blend on highest setting until smooth.

Be careful to put the lid on tight or your cabinets and ceiling will get a green smoothie wash! I have done this a few times too many! Hah!

handy tips:

- Keep sliced bananas in your freezer. Easy to use! Just put them in the high-speed blender.
- If you use fresh strawberries, add 1/2 cup ice to your smoothie to make it frosty!
- Store in refrigerator in airtight glass jar for up to 24 hours.

variations

Substitute any berry of your choice, like blueberries or raspberries, or use a combination!

good nutrition

Bananas are high in potassium and strawberries are a good source of vitamin C.

What did you think of your first 'Not Your Average' Green Smoothie?

I'd love to know! If you have any questions or comments, you'll find me at www.rawjo.com

or email me at jo@rawjo.com!

Let's Move To The Taste of the tropics—yum!

PINEAPPLE LIME GREEN SMOOTHIE

ingredients:

- 1 cup spinach
- 1 cup fresh or frozen pineapple, cut up in large chunks
- 1/2 cup fresh cilantro
- 1 frozen banana, cut up in 4 or more pieces
- 2 1/2 tablespoons fresh lime juice
- 3/4 cup water
- 1/2 cup ice

instructions:

1. Place all ingredients in high-speed blender with lid on tight and blend on highest setting until smooth!

handy tips:

- No limes? No worries. Use lemons instead!
- Store in refrigerator in airtight glass jar for up to 24 hours.

variation

For a thicker consistency and smoothness, add 1/2 an avocado.

good nutrition

Pineapples are an excellent source of manganese as well as vitamins C, B1 and B6. Pineapples are also good sources of copper and dietary fiber. Pineapples have anti-inflammatory properties and help with digestion. They contain an enzyme, bromelain, which helps break down protein. If you have any questions or comments, you'll find me at www.rawjo.com or email me at jo@rawjo.com!

Everyone loves peaches and raspberries! Yay! Now we have them in a smoothie!

When I made this smoothie for the first time, I got a freeze rush from the ice so now I leave it out—the frozen fruit makes the smoothie cold enough for me. However, if you like your smoothie extra frosty, add the ice and enjoy!

PEACH RASPBERRY GREEN SMOOTHIE

makes 3-4 servings.

ingredients:

- 3 cups baby spinach
- 2 medium fresh peaches
- 1/2 cup fresh or frozen raspberries
- 1 1/2 frozen bananas, cut up in 4 or more pieces
- 1 cup water
- 1/2 cup ice (optional)

instructions:

1. Place all ingredients in high-speed blender with lid on tight and blend on highest setting until smooth.

handy tips:

- You can tell a banana is ripe when it has brown spots.
- Store in refrigerator in airtight glass jar for up to 24 hours.

variation:

- Swap the peaches for nectarines or use one of each.

good nutrition:

Peaches have a large amount of vitamins A and C. Fair warning—when it's summer, and peaches are just picked and juicy, they give this smoothie an amazingly addicting flavor you'll love!

If you have any questions or comments, you'll find me at www.rawjo.com or email me at jo@rawjo.com!

Need a touch of heavenly fall?



PEAR GINGER GREEN SMOOTHIE

makes two servings.

ingredients:

- 1 cup spinach, lightly packed
- 1 cup fresh or frozen pears
- 2 frozen bananas, sliced into 4 or more pieces
- 1 inch piece, peeled, chopped fresh gingerroot, plus 1 inch piece, grated on microplane for garnish
- 1/2 cup water
- 1/2 cup ice

instructions:

1. Place all ingredients in high-speed blender with lid on tight and blend on highest setting until smooth! Top with grated gingerroot!

handy tips:

- Buy frozen pears when fresh aren't available.
- Store in refrigerator in airtight glass jar for up to 24 hours.

variation

- Substitute any pear of your choice—Bartlett, Red, Asian—or use any combination!
- Add 1/2 lime juiced.

good nutrition

Pears contain a significant amount of pectin (more than apples!), which is a water soluble fiber.

What did you think of pears and ginger together? Tell me! If you have any questions or comments, you'll find me at www.rawjo.com or email me at jo@rawjo.com!



Wow, there's nothing so perfect together as apple and cinnamon! It's a great reminder of apple pie! And now you can get that classic taste in a green smoothie.

APPLE CINNAMON GREEN SMOOTHIE

makes two servings.

ingredients:

- 1 cup spinach, lightly packed
- 2 medium apples, cored and rough chopped
- 1 frozen banana, sliced into 4 or more pieces
- 1 cup water
- 1 teaspoon ground cinnamon
- 1/2 cup ice

instructions:

1. Place all ingredients in high-speed blender with lid on tight and blend on highest setting until smooth.

handy tips:

- Keep sliced bananas in your freezer, then put them in your high-speed blender. Easy!
- Store in refrigerator in airtight glass jar for up to 24 hours.

variations:

- Spice it up more with a pinch of fresh grated nutmeg!
- Try different varieties of apples for subtly different smoothie tastes.

good nutrition

Apples have vitamin C.

How are you feeling by the way? Is your energy increasing? Looking forward to your daily green smoothie? Let me know! If you have any questions or comments, you'll find me at www.rawjo.com or email me at jo@rawjo.com!

Pomegranate smoothies are nutrient rich and this recipe uses berries for high amounts of antioxidants.

BLUEBERRY POMEGRANATE GREEN SMOOTHIE

makes 2 servings.

ingredients:

- 1/2 cup pomegranate arils (approximately 1/2 pomegranate)
- 1/2 cup fresh or frozen blueberries
- 1/4 cup fresh or frozen strawberries
- 1 1/2 frozen banana, sliced
- 1 1/2 cups fresh baby spinach
- 1 cup water
- 1/2 cup ice, optional

instructions:

1. Place all ingredients in a high-speed blender and blend until smooth! Enjoy!

variation:

- Use raspberries or any berry combination!

good nutrition:

According to Dr. Mercola, pomegranates are high in antioxidants and contain three types of antioxidant polyphenols, including tannins, anthocyanins, and ellagic acid, in significant amounts. Antioxidants may help to lower chronic inflammation, may have anti cancer properties, benefit the heart by lowering the systolic blood pressure, slowing and reversing the growth of plaque formation in arteries and improving blood flow. It's also an excellent source of vitamin C, with one pomegranate providing about 40 percent of the daily requirement. Consuming the pomegranate fruit versus the juice, will give you the added fiber benefit.

If you're a chocolate lover like me, you're going to absolutely love our final day together with this smoothie! It's like having a chocolate liquid dessert! Don't worry, I've got you covered! Just keep reading!



CHOCOLATE BLUEBERRY CHERRY SMOOTHIE *makes 2 servings.*

ingredients:

- 1 cup of baby spinach, lightly packed
- 1/2 cup frozen blueberries
- 1/2 cup frozen cherries (I use dark cherries!)
- 2 frozen bananas, sliced into 4 or more pieces
- 3 level tablespoons of raw cacao powder
- 1 1/2 teaspoons of lucuma powder (optional)
- 1 tablespoon vanilla extract or 2 whole vanilla beans, sliced into pieces
- 1 1/2 cups almond milk

instructions:

1. Place all ingredients in high-speed blender with lid on tight and blend on highest setting until smooth!

handy tips:

- Pour into popsicle molds for a great chocolate treat for the kids!
- Store in refrigerator in airtight glass jar for up to 24 hours.

variation:

- Bothered by caffeine? Replace the raw cacao powder with raw carob powder!

good nutrition:

Raw cacao contains various vitamins and minerals with higher amounts of fiber and magnesium.



THANK YOU!

Thank you for journeying with me through the 'Not Your Average' Green Smoothies program! It's so much fun sharing these recipes and tips with you, and I hope you're enjoying new-found energy, clarity and wellness.

WANT CONTINUED RAW FOOD SUPPORT?

You'll find me at www.rawjo.com or email me at jo@rawjo.com!



*This is what everyone is saying
about Joanne aka Rawjo:*

"She clearly has a passion for enjoying and sharing raw food and from my experience her food is DIVINE! If you have a chance to attend one of her classes or be part of anything she does, RUN don't walk, you will be glad you did!"

– EVA RAWPOSA OF UNCOOKING101.COM

"I learned from Rawjo a more healthy way of nourishing my body then I was hooked on raw food! Thank you Joanne for inspiring us all to eat fun, delicious and beautiful foods!"

– PAULA JEAN BURNS

RAWJO
raw foods for vibrant living