

VIS Nutrition Tip: The Green Smoothie Revolution

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If you haven't tried a green smoothie yet then you either don't like the idea of drinking what looks like green goo or you've just missed the latest nutrition buzz hitting the blender!

Green smoothies are fantastic because of their impressive nutrient content, and the convenience and ease of preparation and consumption.

Green smoothies not only provide a great opportunity to get more vegetables into your diet, unlike juicing, you retain all the fibre and goodness of the wonderful foods that go into a green smoothie, chief among them, leafy greens.

Leafy greens are a super vegetable, tackling chronic disease by way of the high quantities of antioxidants and micronutrients they contain (for your information, kale is the most nutrient dense). These greens blended together with fruit, nuts and seeds are almost a complete meal or recovery snack.



Green smoothies can be enjoyed for breakfast, being easier to digest than a bowl of cereal, or alternatively as a healthy and natural recovery snack, with added protein from nuts, or protein powder if you choose to go without milk or yoghurt. Make them creamy with banana or avocado, or sweet with dates or a low GI syrup such as Agave - but be careful if watching your weight, because despite being healthy the calories can add up!

While claiming to be a cure for everything, critical nutritionists can confidently say that the green smoothie can be an excellent cherry on the cake, if the cake is a well-balanced healthy diet combined with an active lifestyle.