



PURA VIDA HEALTHCARE
a holistic cooperative

Green Drinks

Green drinks are a fast, convenient and inexpensive way to vitalize your system and flood your body with nutrition. There is no “wrong” way to make a green drink – be creative, have fun and try out your own ideas. Here is a list of ingredients to choose from – feel free to mix and match! You don’t need an expensive blender – if you have a less powerful blender, just let it blend for 3-5 minutes.

Choose one or more of the following leafy greens and vegetables

- Spinach Chard Kale Lettuce Sprouts Shredded beets, carrots, or other root veggie Cucumber

Choose one or more of the following herbs

- Cilantro Parsley Basil Mint

Choose one or more of the following fruits

- Apple (whole, sliced, with core and seeds) Pear (whole, sliced, with core and seeds)
 Oranges/clementines/grapefruits (peeled, with seeds) Berries Frozen Grapes
 Pineapple

Choose a base

- Water Coconut Water Splash of fruit juice (not whole base) Herbal tea

Choose herbs to add

- Turmeric Ginger Cayenne Cinnamon Sea Salt Lemon/Lime

Choose oil to add

- Flax Udo’s Coconut Olive

In season, gather herbs (weeds) from your yard or other non-pesticided area

- Dandelion (leaf and/or root) Mallow leaf and stem (chickweed)
 Lamb’s quarter (leaf and stem) Burdock leaf