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### **Green Smoothie Recipe for Children**

Modified from V. Boutenko's book: Green Smoothie Revolution (2012) North Atlantic Books

Green Smoothies have become an important part of my nutrition protocol. I recommend them to all of my clients to help them alkalize, cleanse, keep regular and lose weight.

### **The Perky Parrot (Raw & Vegan)**

Small bunch well washed spinach  
1 well ripened banana  
1 orange (peeled, seeded)  
1 large mango, peeled  
1 cup filtered water

Blend and Serve

**Notes about Green Smoothies:** *The Boutenko family suggests a blend of soluble and insoluble fiber in smoothies so that they look good and don't separate too quickly. This means combining fibers such as insoluble (skins of various fruits such as apple and pear) with soluble fiber (cantaloupe and strawberry). Although the Boutenko family suggests they will stay good for about 3 days, I recommend drinking them within several hours in order to prevent too much deterioration in nutrients. I enjoy smoothies that are not too cold and are more at room temperature. I have noticed that my children prefer freezing cold smoothies with ice. It may take time to get them to enjoy smoothies that are room temperature, but I'm working on it. If green smoothies are a problem for your children, prepare them initially with very small amounts of greens and then progressively add more bit by bit, so they don't notice the increase. Eventually they will enjoy smoothies over time that contain larger amounts of greens. Note to mothers with young kids: Start your kids on green smoothies when they are young!!!*