

Certified Nutritional Practitioner

St. Patrick's Day Recipes

Created by Certified Nutritional Practitioner



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Here are some fun recipes to use on St. Paddy's day or any day that you want to boost the green goodness in your nutrition!

Feel free to look at other gut healing recipes and resources on my website
www.zeteoholistichealth.com or follow me on IG @gina.galla.alfieri

Gina xx

Lucky Green Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

No Mango

Add frozen pineapple or banana instead.

More Protein

Add a scoop of your favorite protein powder.

Ingredients

- 1 1/2 cups** Frozen Mango
- 2** Lime (juiced)
- 2 cups** Baby Spinach (packed)
- 2 tbsps** Ground Flax Seed
- 1/4 cup** Hemp Seeds
- 3 1/2 cups** Water

Green Smoothie Bowl

8 ingredients · 10 minutes · 2 servings



Directions

1. Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Ingredients

- 2 Banana (chopped and frozen)
- 4 cups Baby Spinach
- 1 1/2 cups Water
- 2 Ice Cubes
- 2 Kiwi (peeled and chopped)
- 2 tbsps Unsweetened Coconut Flakes
- 2 tbsps Slivered Almonds
- 2 tbsps Hemp Seeds

Liquid Gold Green Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

Notes

More Protein

Add a scoop of protein powder or hemp seeds.

Ingredients

- 1 Avocado (peeled and pitted)
- 2 Banana (frozen)
- 2 **tbsps** Cocoa Powder
- 2 **1/2 cups** Unsweetened Almond Milk
- 1 **tbsp** Maple Syrup
- 2 **cups** Baby Spinach

Gut Healing Green Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

- 2 1/2 cups** Water (cold)
- 2 cups** Kale Leaves
- 1/2** Avocado (peeled and pit removed)
- 1** Banana (frozen)
- 1 tbsp** Chia Seeds
- 2 tbsps** Ground Flax Seed
- 1/4 cup** Hemp Seeds
- 2 tbsps** Raw Honey

Green Pineapple Ginger Smoothie with Aloe

7 ingredients · 5 minutes · 1 serving



Directions

1. Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
2. Add remaining ingredients and blend until smooth. Serve immediately.

Notes

No Aloe Juice

Use fresh aloe leaf gel or coconut water instead.

Likes it Sweet

Add raw honey to taste.

Ingredients

- 1 cup** Water
- 1 1/2 fl ozs** Pure Aloe Juice
- 1/2 cup** Kale Leaves (finely chopped)
- 2 tsps** Ginger (peeled and grated)
- 1 cup** Frozen Pineapple (chunks)
- 1/2** Avocado (fresh or frozen)
- 4** Ice Cubes

Creamy Mango Green Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

Nut-Free

Use cow's milk or any other milk alternative.

More Flavor

Add protein powder, chia seeds, hemp seeds, or ginger.

Ingredients

1 Mango (peeled, chopped)

1/16 head Green Lettuce (separated into leaves and washed)

1 cup Unsweetened Almond Milk

1/2 cup Plain Greek Yogurt

1/4 tsp Cardamom (ground)

Fruity Kiwi Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately one cup.

More Protein

Add protein powder, collagen powder, hemp seeds, or chia seeds.

Ingredients

1 Kiwi

1 cup Pineapple (fresh or frozen)

1 cup Kale Leaves

1/2 cup Unsweetened Coconut Yogurt

1/2 cup Orange Juice (freshly squeezed)

1/2 cup Water

4 Ice Cubes

Green Lemonade Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add a pinch of salt, fresh ginger, or maple syrup to taste.

More Vegetables

Add frozen cauliflower or zucchini.

No Kale

Use spinach instead.

More Fiber

Add chia seeds or ground flaxseed.

Ingredients

1/2 Banana (frozen)

1 cup Frozen Pineapple

1 cup Kale Leaves (chopped)

3/4 cup Water

1/4 cup Lemon Juice (freshly squeezed)

Citrus Avocado Smoothie

5 ingredients · 10 minutes · 1 serving



Directions

1. Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.

Ingredients

1/2 Avocado

1/3 Cucumber (medium)

1 Lime (juiced, zested)

4 Ice Cubes

Sea Salt & Black Pepper (to taste, optional)

Detox Green Smoothie

8 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
2. Divide between glasses and enjoy!

Notes

No Kale

Use spinach.

No Pear

Use apples.

Metabolism Boost

Add 1/4 tsp cayenne pepper.

Make it Sweeter

Add 1/2 cup frozen pineapple or mango.

More Protein

Add a scoop of protein powder or hemp seeds.

Ingredients

- 4 cups** Kale Leaves
- 1** Cucumber (chopped)
- 1** Lemon (juiced)
- 2** Pear (peeled and chopped)
- 1 tbsp** Ginger (grated)
- 1 tbsp** Ground Flax Seed
- 1 1/2 cups** Water
- 5** Ice Cubes

Pineapple Cucumber Smoothie

7 ingredients · 2 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

Likes it Sweet

Add honey, dates, or another sweetener of choice to taste.

More Protein

Add collagen powder or hemp seeds.

No Baby Spinach

Use kale instead.

Pineapple

If using fresh pineapple add ice cubes for a colder smoothie.

Ingredients

1 cup Pineapple (fresh or frozen)

1 cup Baby Spinach

1/2 cup Water

1/4 Cucumber (roughly chopped)

1 1/2 tps Lemon Juice

1 1/2 tps Chia Seeds (optional)

1 tsp Ginger (fresh, grated, optional)

Cucumber, Mango & Banana Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Almond Milk

Use another plant-based milk such as cashew or oat.

No Almond Butter

Use cashew butter or sunflower seed butter.

Additional Toppings

Add chia seeds or hemp seeds.

Protein Powder

This recipe was tested using plant-based vanilla protein powder.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Banana
- 1/2 cup Frozen Mango
- 1/4 Cucumber (medium, chopped)
- 1 cup Baby Spinach
- 2 tbsps Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder

Mango Mint Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

More Flavor

Add a pitted date before blending.

Make it Vegan

Omit collagen powder and use plant-based protein powder.

Ingredients

1 1/4 cups Plain Coconut Milk (unsweetened from the carton)

1 cup Frozen Mango

1/4 Avocado

1 cup Baby Spinach

2 tbsps Mint Leaves (stems removed)

1/2 Lime (juiced)

2/3 oz Collagen Powder

Mango Coconut Smoothie

5 ingredients · 10 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add cinnamon.

Additional Toppings

Hemp seeds, chia seeds, protein powder, or ground flax.

Ingredients

1 cup Coconut Water (or water)

1/2 Banana (medium)

2 cups Baby Spinach

1 cup Frozen Mango

1 cup Frozen Pineapple

Cinnamon Green Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Bets enjoyed immediately. Refrigerate in an airtight container for up to two days.

More Flavor

Add grated ginger.

No Spinach

Use kale instead.

No Protein Powder

Add a few spoonfuls of hemp seeds instead.

Ingredients

2 1/2 cups Oat Milk (unsweetened, plain)

2 Banana (medium)

2 cups Baby Spinach

1/16 head Green Lettuce (separated into leaves and washed)

1/2 cup Vanilla Protein Powder

1/2 tsp Cinnamon

Pineapple Kiwi Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

Nut-Free

Use cow's milk or any other milk alternative.

More Flavor

Add protein powder, chia seeds, hemp seeds, honey, or mango.

Ingredients

1 cup Pineapple (chopped, fresh or frozen)

1 Kiwi (peeled)

1/16 head Green Lettuce (separated into leaves and washed)

1 cup Unsweetened Almond Milk

1/2 cup Plain Greek Yogurt

Banana Orange Green Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Spinach

Use kale instead.

No Frozen Cauliflower

Omit or use zucchini or more apple instead.

Orange Juice

Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.

Ingredients

1 Banana (medium, frozen)

1/2 Apple (medium, peeled and chopped)

1 cup Baby Spinach

1/2 cup Frozen Cauliflower

1/2 cup Orange Juice (freshly squeezed)

1/2 cup Water

Green Pineapple Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Spinach

Use kale instead.

Consistency

For a thicker smoothie add some ice cubes.

Ingredients

- 1 cup** Frozen Pineapple
- 1 cup** Baby Spinach
- 3/4 cup** Water
- 1/2** Apple (peeled and chopped)
- 1/4** Cucumber (chopped)
- 1/2** Lime (juiced)

High Fat Green Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day.

Likes it Sweeter

Add frozen banana, pineapple or apple.

More Protein

Add protein powder or collagen powder.

No Mint

Use cilantro or basil instead.

Ingredients

1 cup Water (cold)

2 tbsps Lemon Juice

1 cup Baby Spinach

1/2 Avocado (frozen)

1/4 cup Mint Leaves (fresh, roughly chopped)

1 tsp Ginger (fresh, roughly chopped)

Tahini Green Smoothie

8 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Protein

Add a scoop of protein powder or collagen.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

No Frozen Zucchini

Use fresh zucchini.

No Fresh Ginger

Use a pinch of dried ginger instead.

No Chia Seeds

Omit or use flax seeds instead.

Extra Creamy

Replace the fresh avocado with cubed, frozen avocado.

Ingredients

1 cup Water

1 1/2 cups Baby Spinach

1/4 Avocado

1/4 Zucchini (diced, frozen)

1/2 Banana (frozen)

1 tbsp Tahini

1 tsp Ginger (fresh)

1 tbsp Chia Seeds

Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet

Add frozen banana.

Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Ingredients

1/4 Avocado

1 cup Unsweetened Almond Milk

1 tbsp Almond Butter

1 cup Baby Spinach

1/4 cup Chocolate Protein Powder

Bloat-Fighting Tropical Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet

Add raw honey.

More Protein

Add hemp seeds or a scoop of vanilla protein powder.

No Papaya

Use extra pineapple or other fruit like mango or oranges.

Ingredients

- 1 cup** Papaya (chopped)
- 1 cup** Pineapple (chopped)
- 1** Cucumber (chopped)
- 5** Ice Cubes
- 1/2 cup** Mint Leaves
- 1 cup** Baby Spinach
- 2 tbsps** Chia Seeds
- 1 cup** Water

Kiwi Green Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seed instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

Mango Green Smoothie Bowl

8 ingredients · 5 minutes · 1 serving



Directions

1. Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
2. Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Notes

Topping Ideas

Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie

Add more almond milk for a thinner consistency.

Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

Coconut Matcha Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth.
2. Divide between glasses. Top with any leftover coconut cream and enjoy!

Notes

No Coconut Milk

Replace coconut milk with more almond milk.

More Protein and Fibre

Add ground flax seed.

Ingredients

2/3 cup Canned Coconut Milk (full fat, refrigerated overnight)

1 1/2 cups Unsweetened Almond Milk

2 Banana

2 cups Baby Spinach

2 tbsps Hemp Seeds

2 tsps Green Tea Powder (matcha)

Post Workout Green Smoothie

5 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach

Use kale instead.

No Protein Powder

Add a few spoonfuls of hemp seeds.

Ingredients

1/4 cup Vanilla Protein Powder

2 cups Water (cold)

1/2 Avocado

1 Banana (frozen)

2 cups Baby Spinach

Tropical Matcha Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet

Add honey or pitted dates.

More Protein

Add vanilla protein powder.

Ingredients

- 1 Zucchini (chopped and frozen)
- 1 **cup** Pineapple (fresh or frozen)
- 3 **cups** Baby Spinach
- 2 **tsps** Green Tea Powder
- 1/4 **cup** Hemp Seeds
- 2 **cups** Unsweetened Almond Milk

Glowing Green Mango Energy Smoothie

7 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Enjoy!

Ingredients

- 4 cups** Baby Spinach
- 1/2** Cucumber
- 1** Lime (juiced)
- 1** Lemon (juiced)
- 1** Apple (skin removed and diced)
- 1 1/2 cups** Frozen Mango
- 2 cups** Water

Mango Coconut Green Smoothie

7 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

Notes

Coconut Butter

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

1/4 cup Frozen Cauliflower

1/4 cup Frozen Broccoli

1/2 cup Frozen Mango

1 cup Unsweetened Almond Milk

1/4 cup Canned Coconut Milk (full fat)

1/4 cup Vanilla Protein Powder

1 tbsp Coconut Butter

Orange Matcha Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cups.

No Coconut Milk

Use cow's milk or any other alternative milk.

Additional Toppings

Add spinach or kale before blending.

Ingredients

1 cup Plain Coconut Milk (from the carton)

1 Navel Orange (peeled)

1/2 cup Frozen Banana

1/4 cup Vanilla Protein Powder

1 tsp Green Tea Powder