Email #13

Complementary Blog Post: 3 Berry Smoothies to Help Get More Fatty Acids in Your Diet

Subject: 4 Green Smoothies To Try For Breakfast

Hi [firstname],

Sneaking vegetables into otherwise already delicious meals and drinks is really nothing new. Parents who are trying to get their children to eat better probably invented this trick. The popularity of green smoothies is not completely unknown.

It is a convenient, affordable and tasty way to incorporate vegetables into your daily meals. Plus they are refreshing and delicious.

As with anything, variety is key in keeping up the habit. No matter how yummy a typical spinach, strawberry, banana shake is, you would eventually grow tired of it – when this happens you risk derailing your plans to keep up your healthy lifestyle.

Running out of green smoothie ideas? Below are just a few recipes you can indulge in guilt free!

Why Not Matcha?

Spinach and kale are popular in green juices and smoothies. They can be added to the drink without too much flavor and the taste is more subtle than that of other types of leafy greens.

Not only that, but they are both a superfood and pack quite a lot in health benefits. They are a source of vitamins and minerals you need to keep your body healthy.

Instead of only using these two leafy green plants to use - why not try something else green for your green smoothie? Matcha, a type of tea, has more of an earthy flavor that can amp the taste of your drink. Then if you add a little bit of pear, it is a great way to start your morning.

Matcha is also chocked full of healthy caffeine and can have as much as half the amount as a cup of coffee to!

Spinach Orange Green Smoothie

Kick it a notch further by incorporating a little bit of spinach into your breakfast orange juice. To create a smoothie add a little bit of Greek Yogurt, oranges (or orange juice), spinach and some almond milk.

Blueberry Mint Green Smoothie

Blueberries are an amazing superfood. When you mix blueberries in a smoothie you’ll mostly get the purple color – even with kale or spinach.

But do not let the dark hue daunt you. Blueberries in general are great antioxidants. They are a formidable source of vitamin K and C. Plus with the mint it gives it a unique flavor

Oats Smoothie

Oat smoothies might sound a little weird, but they are very healthy for you and work to fill you up. You’ll like this type of drink during hot summer mornings – sometimes it can be hard to eat warm oatmeal for breakfast.

Adding oats and flax to your cold smoothie is a smart way to get your daily dose of fiber without having to sweat so early in the day.

Not sure how to blend a green smoothie? Check out this blog post on the site that will give you tips on how to make them:

LINK

Green smoothies can easily be added to your day. Breakfast is a great time because you can throw everything into the blender and put it in a to-go cup, but the truth is that smoothies work any time of the day. Don’t forget to check out the blog post on the benefits.

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