

THE SMOOTHIE RECIPE BOOK



FUTURE OF YOUR HEALTH

•— HAVE MORE ENERGY. FEEL YOUNGER —•

Including Smoothies For Weight Loss and Optimum Health

I have become a really big fan of green smoothies. They are easy and quick to make. You can put your favorite super foods into your blender and have a delicious, healthy, and energizing drink to give your body what it needs in a very short time.

There are a lot of green smoothie recipes available, but not all of them are not exactly healthy. A smoothie that has dairy, sweeteners and unhealthy ingredients are not the healthiest choice. Even if you have all healthy ingredients like kale or spinach, adding one or a few unhealthy ingredients can ruin a healthy drink.

The idea is to load your smoothie with superfoods, greens and healthy fats. All the foods are natural, organic and non-processed so they can easily and quickly be digested.

Smoothies are a fantastic way to boost your energy and fill you up. For this reason, they are wonderful to have in the morning or to help you through the afternoon “drowsies”.

The ingredients in your smoothie can be powerful in boosting your immune system. A green smoothie is full of phytonutrients and other nutrients that can give your body a great boost and optimize how your body functions.

While fruits are very healthy, too much fruit can create too much sugar. For this reason, it is good to use veggies as the base to your smoothies and then add fruits as you like. Fruits will be digested to fructose (a sugar) and it is good to limit sugar consumption to 25 grams per day. One of the keys then is to have more vegetables than fruits. One exception is avocados. Even though they are a fruit (yes really!) they provide a great source of healthy fat. Avocados can be a wonderful foundational ingredient to your smoothies. They also add a wonderful texture to the smoothie.

Other fruits which are superstars include pear, banana, pineapple, orange, berries, lemon, apple, and mango.

You may see orange juice in some of these recipes. I am not that big a fan of orange juice because it can have too much sugar. You may substitute with any fluid or beverage you choose.

Smoothies are different from juicing in that the entire vegetable or fruit are put into the blender. This includes the skin and all so you also get all of the fibers from the foods in your smoothies. The blending process breaks the fibers down so the ingredients are easier to digest. Now you can get an even release of nutrients into the blood stream. Blood sugar spikes can be avoided.

This is different than the concentrated release you get with juicing. This is not to say that there is anything wrong with juicing. Quite the contrary is true. Smoothies are just a different way to prepare your foods.

Because you have a higher fiber content, smoothies tend to be more filling. Smoothies are faster and easier to make than juice, so they can be great to drink first thing in the morning as your breakfast or for snacks throughout the day.

This is not just a passing fad. Once you start drinking green smoothies you will notice your energy explode! Try making a smoothie every day and notice the difference in how great you feel.

Smoothies do not have to be difficult to make. Once you start making them, you can experiment with the different ingredients. A word of caution, once you start, you may not be able to stop! LOL! You may find this one of the best things that you can do for your health.

Here are some other tips which can be helpful in creating your smoothies.

It is recommended that all ingredients be organic.

In place of almond milk, you can use coconut water or plain filtered water.

Raw eggs can be added and are a great source of protein as well as other nutrients. When using raw eggs, make sure to use organic free-range eggs.

Psyllium husk can also be added if you would like to get more fiber. If you do add this fiber, you will need to drink your smoothie sooner due to the fiber absorbing water.

1 Scoop of coconut oil can be added to any of these smoothies.

Cinnamon can be either added to the smoothie or added as a topping. This acts as a blood sugar balancer and can help to keep your energy even.

A piece of ginger has many benefits, especially helping to improve your digestive system.

Chia seeds can also provide a great boost.

Other foods which you may enjoy include maca powder, cacao, nut butter, vanilla, hemp seeds.

You can really power pack your smoothies by adding a scoop of these ingredients:

A scoop of super green is a great addition to your smoothies. I also like to add some whey protein to give you an extra boost of protein. Greens First is a healthy supplement that provides over 15 servings of vegetables and fruits!

Whey protein is a highly bioavailable protein and is very beneficial to your body. If you do add a protein powder to your smoothie, add it last. It needs to only be blended for a few seconds. The reason for this is that you don't want to breakdown the protein bonds by either heating them or mechanically breaking them down. Dream Protein is a whey protein (chocolate & vanilla) that can give you an additional boost of protein.

There are different types of proteins that you can add to your smoothies. I think the best types are whey and protein. You can also use soy protein. I am not a big fan of soy protein due to the tendencies to increase estrogen in your body.

These can be considered "foundational ingredients" and you can add them to any of your smoothies. . I have provided a link at the end of these recipes to a super green and whey protein product.

Pineapple-Coconut Smoothie

- 6-8 ounces unsweetened almond milk
- 1 cup pineapple, cubed
- 1/2 cup of coconut (Baker's coconut flakes)
- 1/4 teaspoon fresh ginger
- 1 or 2 ice cubes (optional)

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Banana-Strawberry Smoothie

- 2 medium ripe bananas
- 2 large or 4 small strawberries cut
- 1 scoop Greens First
- 1 scoop of dream protein
- 1 raw egg (organic free range)
- 6-8 ounces unsweetened almond milk
- 4 ice cubes

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Immune Boosting Fruit Smoothie

- 6-8 ounces of coconut water
- 1 cup of spinach
- ½ avocado
- 1 cup of kale
- 1/2 pink grapefruit, peeled and seeded
- 1/2 lemon or 2 limes, peeled and seeded
- 1/2 cup nonfat yogurt, vanilla flavor
- 2 teaspoons raw honey
- 1 raw organic free range egg

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Vanilla Strawberry-Banana Smoothie

- 6-8 ounces water or almond coconut milk
- 1 large banana, peeled
- 4-5 large strawberries, fresh or frozen
- 1/4 teaspoon vanilla extract
- 1 or 2 ice cubes (optional)

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Blueberry-Cinnamon Smoothie

- 6-8 ounces unsweetened almond milk
- 1 banana, peeled
- 1/2 cup blueberries (fresh or frozen)
- 1/2 teaspoon cinnamon
- 2 cups (or small handfuls) of fresh baby spinach
- 1 or 2 ice cubes (optional)
- ½ avocado

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Banana-Pear Smoothie

- 6-8 ounces unsweetened almond milk
- 1 banana, peeled
- 1 pear
- 1/2 teaspoon cinnamon
- ½ avocado
- 2 cups (or small handfuls) of fresh baby spinach
- 1 or 2 ice cubes (optional)

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Very Green Smoothie

- 6-8 ounces unsweetened almond milk
- 1 avocado
- 1 cup of kale
- 1 cup of spinach
- ½ cup of pineapple
- 1/2 teaspoon cinnamon
- ½ cup of blueberries
- 1 or 2 ice cubes (optional)

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Apple, Banana, & Berry Smoothie

- 6-8 ounces unsweetened almond milk
- 2 apples
- 1 cup of blueberries or strawberries
- 1 banana
- ½ cucumber
- ½ avocado

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Citrus & Green Smoothie

- 6-8 ounces unsweetened almond milk
- 1 cup of kale
- 1 cup pineapple
- 1 orange
- 1 cup spinach
- 2-4 ice cube
- ½ avocado

Place all ingredients in a blender. Pulse a few times, then puree until smooth.
Serve and enjoy!

Berry Mango Smoothie

- 6-8 ounces unsweetened almond milk
- 1 cup mixed berries
- 1 mango
- 1 serving of spinach

Place all ingredients in a blender. Pulse a few times, then puree until smooth.
Serve and enjoy!

Green Coconut Banana

- coconut water
- 1 large scoop of coconut yogurt
- A big handful of spinach
- 1 ripe banana
- 1 tablespoon of bee pollen (optional)

Place all ingredients in a blender. Pulse a few times, then puree until smooth.
Serve and enjoy!

Monster Green Smoothie

- Add your choice of water, coconut water, green tea, or nut milk
- 2 types of greens:
- Add 1 type of your favorite Fruit
- Add a scoop of super greens
- chia seeds

Place all ingredients in a blender. Pulse a few times, then puree until smooth.
Serve and enjoy!

Blueberry Blast

- Greek yogurt
- Blueberries
- Honey

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Blueberry Crunch

- Blueberries
- Greek yogurt
- Granola
- Honey

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Raspberry Mango Twist

- Raspberries
- Mangos
- Greek yogurt
- Honey
- Orange juice

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Banana Peanut Butter Bomb

- Banana
- Peanut butter
- Honey
- Greek yogurt

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Mixed Berry Slam

- Raspberries
- Blueberries
- Boysenberries
- Strawberries
- Greek yogurt
- Honey

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Strawberry Banana Rama

- Strawberries
- Banana
- Greek yogurt
- Honey

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Green Island

- Spinach
- Kale
- Pineapple
- Mango
- Banana

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Awesomely Green

- Cucumber
- Kale
- Green apple
- Kiwi
- Spinach
- Green apple
- Celery

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Super Berry Boost

- Acai
- Pomegranate
- Banana
- Blueberries
- Strawberries

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Pomegranate Plunge

- Pomegranate
- Banana
- Strawberries
- Cranberries

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Avocolorado

- Avocado
- Pineapple
- Spinach
- Kale
- Coconut
- Lime

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Goji & Go!

- Goji
- Peaches
- Orange
- Banana
- Non-fat yogurt

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Detox Treasure

- Spinach
- Kale
- Mango
- Pineapple
- Banana
- Fresh ginger

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Caribbean Sun Burst

- Goji
- Mango
- Carrots
- Banana
- Orange Juice

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Sunrise Sunset Treat

- Strawberries
- Pineapple
- Mango
- Orange juice

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Kiwi Drencher

- Kiwi
- Strawberries
- Non-fat yogurt

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Paradise Place

- Strawberries,
- Banana
- Apple

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Sunny Way

- Mango
- Banana
- Orange juice
- Kiwi

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Magical Mango

- Pineapple
- Mango
- Non-fat yogurt

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Blimey Limey

- Strawberries
- Pineapple
- Lime
- Juice

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Blueberry Joy

- Blueberries
- Strawberries
- Banana

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Rock 'n' Roll Raspberry

- Raspberries
- Strawberries
- Banana

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Strawberry Lime Delight

- Strawberries
- Lime

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Peaches 'n' Dream

- Peaches
- Strawberries
- Banana

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

One-Two Punch

- Strawberries
- Banana

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Triple Berries & Oats

- Strawberries,
- Blueberries,
- Cranberries,
- Ground flax seed,
- Whole grain oats

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Peanut Paradise

- Peanut butter
- Banana
- Non-fat yogurt
- Protein

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

Healthy Nutty Dream

- Blueberries
- Mango
- Banana
- Almonds
- Protein

Place all ingredients in a blender. Pulse a few times, then puree until smooth. Serve and enjoy!

The Uber Green Smoothie

- Almond milk or young coconut water
- Spinach
- Kale
- Avocado
- Banana
- 1 teaspoon Spirulina powder
- 1 teaspoon chlorella powder
- 1/2 teaspoon maca powder
- 1/2 teaspoon ground cinnamon
- 1/4 to 1/2 teaspoon Himalayan crystal salt

Click on the image below to order a greens or protein powder!

