

YOUR ULTIMATE GUIDE TO
HEALTHY AND DELICIOUS

smoothies

Fuel Your Day
With 70 Deliciously
Energizing &
Healthy Smoothie
Recipes!





YOUR ULTIMATE GUIDE TO HEALTHY AND DELICIOUS

smoothies

some of the basics:

VANILLA
STRAWBERRY
RASPBERRY
BLACKBERRY
CHERRY
POMEGRANATE
CREAMY BANANA
OLD FASHIONED OATMEAL
CHOCOLATE STRAWBERRY
STRAWBERRY BANANA
PEANUT BUTTER
PEANUT BUTTER PROTEIN
ENERGIZING ORANGE
SIMPLE MANGO
MANGO CITRUS
MANGO CREAMSCICLE
SIMPLE PAPAYA
THE BEST BLUEBERRY
CHERRY BERRY
CHERRY CHOCOLATE
PEANUT BUTTER & JELLY
PEAR ALMOND
OATMEAL PEAR
CHOCOLATE ALMOND
MINT CHOCOLATE
MAPLE PECAN
CINNAMON COFFEE

super fun & fruity:

CRANBERRY ORANGE
SUPER ENERGY BERRY
ORANGE PINEAPPLE BERRY
WATERMELON
TROCIAL FRUIT
BLUEBERRY PEACH
STRAWBERRY GRAPEFRUIT
GINGER PEACH
PINEAPPLE NUTMEG
STRAWBERRY KALE PEACH
LEMON BLUEBERRY
AVOCADO CITRUS
VERY PINK

extra immune boost:

CARROT GINGER TURMERIC
ORANGE SUNSHINE
ORANGE SPICE ZINGER
RASPBERRY ZINGER
BLUEBERRY BEET
IMMUNE ENHANCING
SUPERFRUIT AVOCADO
MELON KIWI SUPERFOOD

drink your greens:

BERRY GOOD
SWEET POTATO
GOOD MORNING
CREAMY GINGER
SUPER PROTEIN
DEBLOAT & WAKEUP
COOLING MINT
BANANA MATCHA

seasonal flavors:

GERMAN CHOCOLATE CAKE
RED VELVET CAKE
CARROT CAKE
APPLE PIE CHIA
BANANA CREAM PIE
PEACH COBBLER OAT
PUMPKIN CHEESECAKE
GINGERBREAD
CINNABON BOMB
BUTTERNUT SQUASH
AUTUMN SPICED
CINNAMON FIG
SPICED PERSIMMON
APPLE CINNAMON CHIA
CHRISTMAS SNOWMAN
CHRISTMAS CHEER

why drink smoothies?

provide your daily dose of dense nutrition:

Consuming your daily allowance of fruits and veggies can often be a challenge! Especially if you're not so keen on eating your vegetables in the first place, right?! By blending a couple of servings into each smoothie once (or twice) a day it will help you meet your body's daily nutritional needs. Tastes super delicious too!

improve immune system and digestion:

Constipation, indigestion or being sick is no fun! At least nobody I know wants to experience these on a regular basis. Smoothies will help empower your immune system by providing that daily dose of dense nutrition along with plenty of fiber to ensure excellent digestion. Adding superfoods like flax & chia lend a helping hand in this area too!

are a time saver! quick, easy & convenient:

How many times have you gone through the drive-thru to save time instead of cooking a healthy meal at home?! From here on out, choose to make your own nutrient dense smoothie instead! It doesn't take as long to make as most meals and can be whipped up in just a few minutes. It is a flexible option for any time of the day, just blend and go!

help to reach health and fitness goals:

From personal experience, adding smoothies into my daily meal plan has helped me to lose weight, feel great, curb cravings and reach many of my wellness goals. They can supply the right fuel for more energy, which in turn can help us excel in our workouts. By replacing sweets and unhealthy crap with a super-boost of vitamins and minerals the pounds will melt away! Taking control of my health through simple and delicious smoothies has never been easier!

are delicious! kids love them too!

Oh what a struggle it can be to get our kids to eat nutritionally-packed foods! Fortunately, most kids love the taste of a creamy naturally sweetened smoothie! I'm giving you permission to be that sneaky parent and hide veggies your kids wouldn't normally eat into their smoothie glass. Getting your kids to eat their greens will be a piece of cake!

A glass of smoothie with banana slices, almonds, and a cinnamon stick on a placemat.

**some of
the basics**



vanilla smoothie

INGREDIENTS:

1/2 cup vanilla yogurt
1 tsp pure vanilla extract
1-1/2 frozen bananas
2 scoops Vanilla protein powder
1-2 cups of your fav milk beverage

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



strawberry smoothie

INGREDIENTS:

1 cup favorite milk beverage
1/2 cup strawberry yogurt
1-1/2 cups frozen strawberries
2 Scoops Vanilla or protein powder

Add additional milk if it is too thick

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



raspberry smoothie

INGREDIENTS:

1 tsp ginger
1 cup frozen raspberries
1/4 cup frozen pineapple
1 Tbsp ground flaxseeds
pinch of cinnamon

**optional - 2 scoops of your protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



blackberry smoothie

INGREDIENTS:

3/4 cup frozen blackberries
1/4 cup frozen cauliflower rice
1 Tbsp almond butter
1 Tbsp coconut flakes
1/2 cup coconut water
1/2 cup favorite milk beverage

**optional - 2 scoops of your favorite Life Shake (protein powder)*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth. Blend until the Cauliflower is smooth.
2. Enjoy your glass of healthy energizing goodness!



cherry smoothie

INGREDIENTS:

1-1/2 cups tart cherry juice
1 banana
1-1/2 cups frozen dark cherries
3/4 cup yogurt

**optional - 2 scoops of your favorite Life Shake (protein powder).*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



pomegranate smoothie

INGREDIENTS:

1 cup pomegranate juice
1/2 cup pomegranate arils
1 cup of ice cubes
1/2 cup coconut milk
1/2 frozen banana

**optional - 2 scoops of your favorite protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



creamy banana smoothie

INGREDIENTS:

1 cup sliced frozen banana
1/4 cup coconut yogurt
1/2 cup oat milk or fav milk beverage
1/4 tsp pure vanilla extract

**optional - 2 scoops of your favorite protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



old fashioned oatmeal smoothie

INGREDIENTS:

1/4 cup old fashioned oats
1 frozen banana
1/2 cup unsweet almond milk or fav milk beverage
1 Tbsp creamy peanut butter
1/2 Tbsp pure maple syrup
1/2 tsp pure vanilla extract
1/2 tsp ground cinnamon
1/8 tsp sea salt
a few ice cubes

**optional - 2 scoops of your f protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



chocolate strawberry smoothie

INGREDIENTS:

1 cup zucchini, chopped
1 cup frozen strawberries
3 Tbsp hemp seeds
3 Tbsp cocoa powder
1/2 cup coconut water
1/2 cup almond milk or fav milk beverage
1/2 tsp pure vanilla extract

**optional - 2 scoops of your favorite protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



strawberry banana smoothie

INGREDIENTS:

2 cups frozen strawberries
1 frozen banana
1-2 cups almond milk or favorite milk
beverage

**optional - 2 scoops of your favorite
protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



peanut butter smoothie

INGREDIENTS:

1 cup favorite milk beverage
1 cup ice
1 scoop [Vanilla protein powder](#)
2 Tbsp all-natural peanut butter
1 pinch sea salt

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



peanut butter protein smoothie

INGREDIENTS:

1/2 frozen banana
3/4 cup organic vanilla soy milk
1 Tbsp creamy peanut butter
2 scoops Chocolate protein powder
handful of ice cubes

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



energizing orange smoothie

INGREDIENTS:

2 seedless naval oranges, peeled
2 Tbsp fresh lemon juice
1 tsp fresh ginger
2 tsp pure maple syrup
handful of ice cubes

**optional - 2 scoops your favorite
protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



simple mango smoothie

INGREDIENTS:

2 cups frozen mango chunks
3/4 cup orange juice
1/2 cup coconut yogurt

*optional: 1-2 Tbsp agave or honey

**optional - 2 scoops your favorite protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



mango citrus smoothie

INGREDIENTS:

1-1/2 cups frozen mango chunks
1 cup grapefruit chunks
1 cup frozen pineapple
2 cups fresh orange juice
1 cup yogurt

**optional - 2 scoops your favorite
protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



mango creamsicle smoothie

INGREDIENTS:

1/2 cup frozen mango chunks
1 frozen banana
1/3 cup yogurt
1/2 cup light coconut milk
1 tsp vanilla extract

**for garnish - coconut flakes and additional fresh mango chunks*

**optional - 2 scoops your favorite protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



simple papaya smoothie

INGREDIENTS:

1-1/2 cups frozen papaya
1 frozen banana
1/2 cup chopped carrot
2 tsp grated fresh ginger
2 scoops Vanilla Protein Powder
1-2 cups unsweet almond milk

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



the best blueberry smoothie

INGREDIENTS:

1 frozen banana
1 cup fresh blueberries
8 oz yogurt
1 cup almond milk
2 tsp nut butter
dash of pure vanilla extract
dash of cinnamon
1 - 2 scoops protein powder

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



cherry berry smoothie

INGREDIENTS:

1 cup frozen blueberries
1/2 cup frozen cherries
1/4 cup frozen strawberries
1 frozen banana
1 Tbsp flax seeds
1 Tbsp almond butter
1-2 scoops Vanilla Life Shake

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



cherry chocolate smoothie

INGREDIENTS:

1-1/2 cups coconut milk
2 tsp maca powder
1 Tbsp raw cacao powder
1 cup spinach or kale
1 cup frozen cherries
1 frozen banana
1-2 scoops of Chocolate Life Shake

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



peanut butter & jelly smoothie

INGREDIENTS:

4 pitted medjool dates
2 ripe bananas, frozen
1 Tbsp creamy peanut butter
1 Tbsp flax seeds
1 cup frozen strawberries
1-1/2 cups milk or water
1 tsp pure vanilla extract
1-2 scoops of protein powder

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



pear almond smoothie

INGREDIENTS:

1 very ripe frozen banana
1 ripe pear, your choice
1 cup unsweet almond milk
2 tsp almond butter
1/4 tsp ground cinnamon
drizzle of pure maple syrup

**Optional - 2 scoops your favorite [Life Shake](#)*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



oatmeal pear smoothie

INGREDIENTS:

1 large pear, seeded & chopped
1/2 cup milk
1/4 cup yogurt
1/4 cup rolled oats
1 cup ice cubes
1 Tbsp pure maple syrup
1/2 tsp fresh ginger
pinch of cinnamon, +more for garnish

**Optional - 2 scoops your favorite
protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Pour into a glass and with a dash of cinnamon on top.
3. Enjoy your glass of healthy energizing goodness!



chocolate almond smoothie

INGREDIENTS:

1 cup unsweet almond milk
1 scoop chocolate protein powder
1/2 large banana
1 Tbsp natural almond butter
handful of ice cubes

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



mint chocolate smoothie

INGREDIENTS:

1-1/2 cups almond milk
1-2 Tbsp almond butter
1/2 cup frozen cauliflower rice
1 [scoop chocolate protein powder](#)
handful of spinach
1 Tbsp chia seeds
1/2 Tbsp cocoa powder
5 fresh mint leaves
2 medjool dates

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



maple pecan smoothie

INGREDIENTS:

1 cup unsweet almond milk
1 scoops vanilla protein powder
2 Tbsp raw pecans, chopped
1 tsp pure maple syrup
handful of ice

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



cinnamon coffee smoothie

INGREDIENTS:

1 frozen banana
1 Tbsp almond butter
2-4 Tbsp concentrated cold brew
4 ice cubes
3/4 cup almond milk, or more
1 tsp cinnamon
1 Tbsp maca powder
1-2 scoops vanilla protein powder
2 medjool dates (or sweetener)

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Divide into two glasses and enjoy your healthy energizing goodness!

A glass of smoothie with berries on top, overlaid with a pink filter and the text "super fun and fruity".

**super fun
and fruity**



cranberry orange smoothie

INGREDIENTS:

1 cup fresh orange juice
1 cup fresh or frozen cranberries
1 cup yogurt
1 tsp pure vanilla extract
2 pinches sea salt
1 frozen banana
2 cups ice cubes
1-2 Scoops protein powder

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



super energy berry smoothie

INGREDIENTS:

1-1/2 cups packed spinach
1/2 cup frozen blueberries
handful of raspberries
1/2 frozen banana
1 tsp chia seeds
1 cup unsweet almond milk or favorite
milk beverage
1 Tbsp almond butter
1/4 tsp cinnamon

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



orange pineapple berry smoothie

INGREDIENTS:

2 cups frozen mixed berries
1/2 cup pineapple juice
1/2 cup fresh or frozen pineapple
1/2 cup orange juice
1 cup coconut yogurt
1/2 tsp pure vanilla extract
1/4 tsp cinnamon
1/4 tsp fresh ginger
1/8 tsp nutmeg
2 tsp pure maple syrup

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Divide into two glasses and enjoy your healthy energizing goodness!



watermelon smoothie

INGREDIENTS:

3 cups frozen watermelon cubes
1 cup frozen strawberries
1/2 cup coconut yogurt
1/2 Tbsp pure maple syrup
1 cup water or unsweet almond milk
1/4 cup fresh packed mint leaves

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Divide into two glasses and enjoy your healthy energizing goodness!



tropical fruit smoothie

INGREDIENTS:

1-1/2 cups frozen mango chunks
1 cup frozen strawberries
1 cup frozen pineapple
2 cups fresh orange juice
1 cup yogurt

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



blueberry peach smoothie

INGREDIENTS:

2 cups coconut water
1 cup peaches, fresh or frozen
3/4 cup blueberries, fresh or frozen
2 cups fresh spinach
1 Tbsp almond butter
1 Tbsp rolled oats
2 tsp ground cardamom
handful of ice (if not using frozen fruit)

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



strawberry grapefruit smoothie

INGREDIENTS:

2 cups grapefruit & juice
2 frozen bananas
3 cups frozen strawberries
4-6 oz yogurt

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Divide into four glasses and then enjoy your healthy energizing goodness!



ginger peach smoothie

INGREDIENTS:

1 medium cucumber, peeled
2 cups frozen peaches
1 lemon, peeled
1 orange, peeled
1" piece of ginger, peeled
1 apple, cored
1/3 cup frozen strawberries
cold water

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Divide into two glasses and enjoy your healthy energizing goodness!



pineapple nutmeg smoothie

INGREDIENTS:

1/2 cup baby carrots, chopped
1 cup pineapple chunks, fresh or frozen
1/4 cup mashed overripe banana
2 Tbsp coconut milk
1/2 tsp nutmeg
1/4 tsp cinnamon
3/4 cup pineapple juice
handful of ice cubes

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!

**If you don't have a high powered blender, you may want to steam the carrots before hand and allow them to cool. This way the smoothie is creamier and not chunky.*



strawberry kale peach smoothie

INGREDIENTS:

1-1/2 cup strawberries
1-1/2 cups frozen peaches
1 cup frozen kale
2 cups coconut milk or favorite milk
beverage

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



lemon blueberry smoothie

INGREDIENTS:

1-1/2 cups frozen blueberries
1/2 frozen banana
1 Tbsp chia seeds
4 Tbsp fresh lemon juice
1 tsp lemon zest
1-1/2 tsp cinnamon
1-1/2 cups milk
1-2 Scoops vanilla protein powder

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



avocado citrus smoothie

INGREDIENTS:

1/2 avocado
1 frozen banana
1/2 cup yogurt
juice of half a lemon
juice of half an orange
1/2 cup milk
1/2 cup filtered water
pinch of sea salt

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



very pink smoothie

INGREDIENTS:

2 cups milk
1 cup frozen strawberries
1 cup frozen raspberries
1 orange, peeled
1 carrot, chopped
1 raw beet, peeled & quartered
1/2 cup frozen celery
1/2 cup roasted cashews

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Divide into two glasses and enjoy your healthy energizing goodness!



**extra
immune
boost**



carrot ginger turmeric smoothie

INGREDIENTS:

1-1/2 cups carrot juice
1 large frozen banana
1 cup frozen pineapple
1/2 Tbsp fresh ginger
1/4 tsp ground turmeric
1 Tbsp lemon juice
1 cup unsweet almond milk

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



orange sunshine smoothie

INGREDIENTS:

2 bananas
1-1/2 cup almond milk
juice of 1 orange, plus zest
2 Tbsp goji berries
1/2 tsp grated ginger
1/4 cup hemp seeds
handful of ice

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Divide into two glasses and enjoy your healthy energizing goodness!



orange spice zinger smoothie

INGREDIENTS:

1 large orange, peeled & separated
1/2 cup fresh orange juice
1/4 cup cold filtered water
1 banana
1 tsp cinnamon
1/2 tsp nutmeg
dash of cardamom
handful of ice

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



raspberry zinger smoothie

INGREDIENTS:

1 cup frozen cauliflower
1 cup frozen raspberries
1 lemon, juiced
1 scoop vanilla protein powder
1 Tbsp chia seeds
2 cups almond milk

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



blueberry beet smoothie

INGREDIENTS:

3/4 cup frozen blueberries
1/2 cup chopped cooked beets
1/2 banana
1 cup unsweet almond milk
1-2 Scoops vanilla protein powder
handful of ice cubes

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



immune enhancing smoothie

INGREDIENTS:

1 ripe banana
1 apple, quartered
1 orange, peeled
1/4 cucumber, quartered
1 Tbsp fresh ginger
1/2 cup fresh spinach
1/2 cup fresh parsley
1 cup unsweet almond milk
1 Tbsp chia seeds
handful of ice

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Divide into two glasses and enjoy your healthy energizing goodness!



superfruit avocado smoothie

INGREDIENTS:

2 cups kale
1/2 avocado
1/4 cup mango chunks
1/2 cup frozen strawberries
1 Tbsp rolled oats
1/2 cup filtered water
1/4 cup coconut milk

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



melon kiwi superfood smoothie

INGREDIENTS:

1 cup honeydew melon, chopped
2 kiwis, peeled
1-1/2 cup coconut water
1 Tbsp lime juice
1 tsp ginger root
1 Tbsp fresh mint
handful of spinach
1 frozen banana
1 cup ice cubes

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!

The image features two glass jars filled with a vibrant green smoothie, each with a white paper straw. The jars are placed on a light-colored wooden surface. Surrounding the jars are various fresh green leafy vegetables, including spinach and kale, some of which are scattered on the table. The entire scene is overlaid with a semi-transparent pink filter. The text "drink your greens" is centered over the image in a bold, black, serif font, with "drink your" on the top line and "greens" on the bottom line, each within its own white rectangular background.

**drink your
greens**



berry good green smoothie

INGREDIENTS:

2 cups spinach
2 cups filtered water
1 cup blueberries
1 cup strawberries
1 frozen banana
1 Tbsp flax or chia seeds
1 scoop Organic Greens Booster

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



sweet potato green smoothie

INGREDIENTS:

1 cup spinach
1 cup almond milk
2 Tbsp filtered water
1/2 cooked sweet potato flesh
1 cup frozen mango chunks
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1 scoop Organic Greens Booster

* *optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



good morning green smoothie

INGREDIENTS:

1 cup of filtered water or coconut milk
1/2 large banana
1 cup frozen spinach
1/2 cup grated carrots
1 tsp fresh ginger
splash of lime juice
handful of ice cubes
1 scoop Organic Greens Booster

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



creamy ginger green smoothie

INGREDIENTS:

2 handfuls of spinach
1 cup filtered water
1/2 avocado
1 banana
2 pitted dates
1 Tbsp fresh ginger root
juice of 1 lemon
handful of ice cubes
1 scoop Organic Greens Booster

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



super protein green smoothie

INGREDIENTS:

1 cup coconut milk
1/2 cup filtered water
1 frozen banana
1/2 cup frozen mango
2 large handfuls of spinach
1/4 cup pumpkin seeds
2 Tbsp hemp seeds
1 Tbsp flax seeds
1 scoop Organic Greens Booster

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



debloat & wakeup green smoothie

INGREDIENTS:

1/2 lemon, juiced
1/2 cup frozen mango
2 cups coconut water
5 mint leaves
1 Tbsp chia seeds
handful of spinach
2 stocks of celery
handful of ice cubes
1 scoop Organic Greens Booster

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



cooling mint green smoothie

INGREDIENTS:

1/2 cup watermelon cubes
2 cups baby spinach
1 large gala apple
3 Tbsp avocado
2 Tbsp fresh mint leaves
handful of ice cubes
1 scoop Organic Greens Booster

**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



banana matcha green smoothie

INGREDIENTS:

2 bananas, frozen
1 cup almond milk
1 cup spinach
1/2 cup zucchini, chopped & frozen
1/2 cup unsweet non-dairy yogurt
1 Tbsp matcha green tea powder
2 pitted medjool dates
2 tsp pure vanilla extract
1 scoop Organic Greens Booster

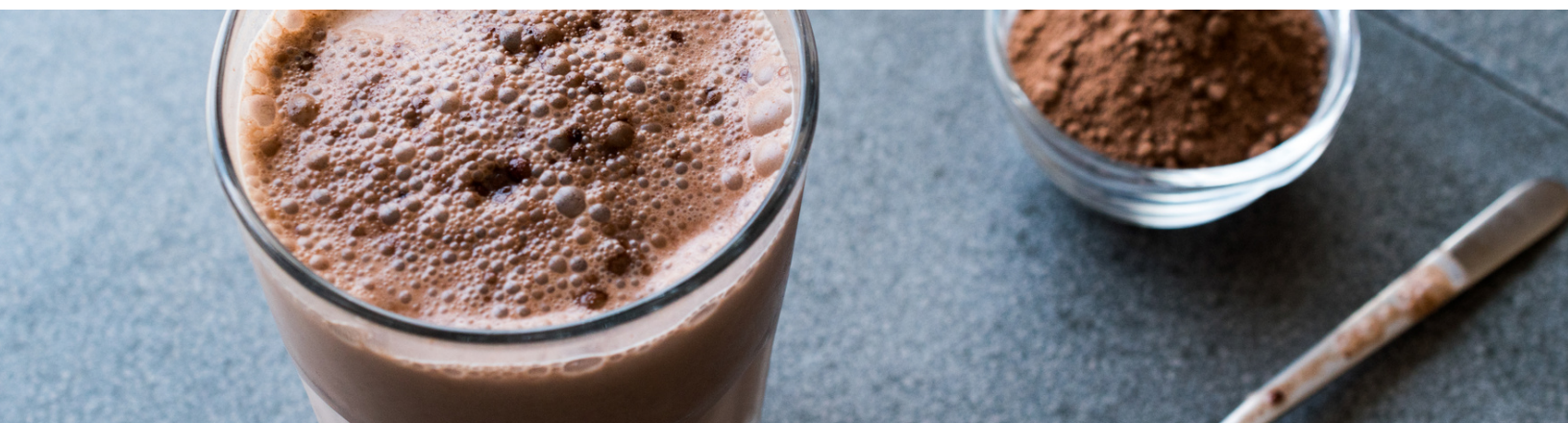
**optional - 1-2 Scoops protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



**seasonal
flavors**



german chocolate cake

INGREDIENTS:

1 cup coconut milk
1 cup ice cubes
1/2 cup frozen cherries
5 pecan halves
1/2 tsp pure vanilla extract
1 Tbsp shredded coconut
1 scoop of chocolate protein powder

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



red velvet cake smoothie

INGREDIENTS:

3 frozen bananas
1/3 cup steamed beets, cooled
2 Tbsp cocoa powder
3 pitted medjool dates
1 cup almond milk
1/2 tsp pure vanilla extract
1-2 Scoops Chocolat protein powder

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



carrot cake smoothie

INGREDIENTS:

1 cup carrots
1 cup frozen cauliflower
1/2 cup frozen mango
2 Tbsp chia seeds
2 Tbsp coconut flakes
1 scoop [vanilla protein powder](#)
1 tsp cinnamon
1/4 tsp nutmeg
1 cup almond milk
1 banana

*optional garnish - shredded carrot, coconut flakes, chia seeds and cinnamon

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!

**If you don't have a high powered blender, you may want to steam the carrots before hand and allow them to cool. This way the smoothie is creamier and not chunky.*



apple pie chia smoothie

INGREDIENTS:

1 apple, cut into pieces
1 cup almond milk
2 Tbsp chia seeds
1 Tbsp pure maple syrup
1/2 tsp pure vanilla extract
1/2 tsp cinnamon
pinch of nutmeg & salt

**optional - 1 scoop of your favorite protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



banana cream pie smoothie

INGREDIENTS:

2 bananas, sliced and frozen
1/3 cup coconut yogurt
2 tsp pure vanilla extract
1-2 cups unsweet vanilla almond milk
1 Tbsp pure maple syrup
1/4 tsp ground nutmeg
1/2 tsp ground cinnamon
handful of ice cubes

**optional - 1 scoop of your favorite protein powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



peach cobbler oat smoothie

INGREDIENTS:

1/2 cup rolled oats
1-1/2 cups frozen peaches
1 cup vanilla coconut yogurt
1/2 cup almond milk
1 Tbsp pure maple syrup
1/4 tsp pure vanilla extract
1/4 tsp ground cinnamon

**optional - 1 scoop of your favorite protein or superfood powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



pumpkin cheesecake smoothie

INGREDIENTS:

2 cups filtered water
1 cup pumpkin puree
2 medium carrots, chopped
1/2 cup raw cashews
1/4 cup cooked quinoa
4 pitted medjool dates
large handful of ice
2 tsp pumpkin pie spice
1 scoop [vanilla protein powder](#)

*optional garnish - coconut cream or
whip cream and chopped nuts

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!

**If you don't have a high powered blender, you may want to soak the cashews and steam the carrots before hand and allow them to cool. This way the smoothie is creamier and not chunky.*



gingerbread breakfast smoothie

INGREDIENTS:

1-2 cups unsweet vanilla almond milk
1 Tbsp almond butter
1 Tbsp blackstrap molasses
1/3 cup rolled oats
1/2 tsp ground cinnamon
pinch of ground ginger
1/2 tsp pure vanilla extract
pinch of sea salt
handful of ice cubes

**optional - 1 scoop of your favorite protein or superfood powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



cinnabon bomb smoothie

INGREDIENTS:

1/4 cup rolled oats
2 Tbsp pure maple syrup
1/2 tsp nutritional yeast
1/2 tsp cinnamon
1/8 tsp nutmeg
1 cup almond milk
1 small frozen banana
pinch of sea salt
1 scoop vanilla protein powder

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



butternut squash smoothie

INGREDIENTS:

heaping 1/2 cup of cooked squash
1 Tbsp almond butter
1/2 tsp ground cinnamon
1/4 tsp ground ginger
pinch of sea salt
1/2 cup of unsweet almond milk
handful of ice cubes
1 scoop vanilla protein powder

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



autumn spiced smoothie

INGREDIENTS:

2 cups cold apple cider
2 tea bags of rooibos tea, cooled
1/2 cup pumpkin puree
1 frozen banana
1 apple, chopped
1/2 tsp cinnamon
1/2 tsp pure vanilla extract

**optional - 1 scoop of your favorite protein or superfood powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



cinnamon fig smoothie

INGREDIENTS:

1-1/2 cup almond milk
3-4 fresh figs
1 frozen banana
1/3 cup rolled oats
1 Tbsp flaxseeds
2 tsp cinnamon

**optional - 1 scoop of your favorite
protein or superfood powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



spiced persimmon smoothie

INGREDIENTS:

1-2 fuyu persimmons, super ripe & frozen
1 frozen banana
2 Tbsp pumpkin puree
1/2 tsp cinnamon
1-1/2 cups unsweet almond or soy milk

**optional - 1 scoop of your favorite protein
or superfood powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



apple cinnamon chia smoothie

INGREDIENTS:

1 apple, cut into pieces
1 cup almond milk
2 Tbsp chia seeds
1 Tbsp pure maple syrup
1/2 tsp pure vanilla extract
1/2 tsp cinnamon
pinch of nutmeg & salt

**optional - 1 scoop of your favorite protein or superfood powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Pour into a glass and with a dash of cinnamon on top.
3. Enjoy your glass of healthy energizing goodness!



christmas snowman smoothie

INGREDIENTS:

1 frozen banana
2 cups unsweet almond or soy milk
1/4 cup unsweet coconut flakes
1/2 cup coconut whip cream
drop of pure vanilla extract
handful of ice
dash of cinnamon

**optional - 1 scoop of your favorite
protein or superfood powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!



christmas cheer smoothie

INGREDIENTS:

2 cups almond milk
1/4 cup avocado
2 Tbsp cocoa powder
1/4 tsp mint extract
pinch of sea salt
6 pitted medjool dates
handful of ice cubes
1/4 tsp espresso powder

**optional - 1 scoop of your favorite protein or superfood powder*

DIRECTIONS:

1. Add all ingredients to your high-speed blender and blend until creamy and smooth.
2. Enjoy your glass of healthy energizing goodness!

YOUR DAILY NUTRITION ESSENTIALS IN **ONE COMPLETE MEAL.**

RICH & CREAMY

20 G PROTEIN

24 VITAMINS
& MINERALS

6 G FIBER



VEGAN

GLUTEN FREE

DAIRY FREE

LOW GLYCEMIC

