

SMOOTHIES

5 EASY RECIPES

CACAO-COCO'NUT'



combine & blend

- 1-2 cups unsweetened coconut milk (water for less calories)
- 3-4 ice cubes
- 1 ripe banana
- 2 tablespoons of cacao powder
- 2 tablespoons of shredded coconut
- 2 pinches of cinnamon
- 1/2 tablespoon of maca powder
- 1 scoop of natural protein powder (vegan or whey)
- 2 tablespoons of almond (or nut) butter

highlights

- great meal replacement or post-workout
- high in good fats (think anti-inflammatory)
- cinnamon: anti-inflammatory & anti-oxidants
- maca: energy and hormone support

BLUE'BERRY' DELIGHT

+GREENS



combine & blend

- 1-2 cups unsweetened coconut milk (water for less calories)
- 3-4 ice cubes
- 1 ripe banana
- 1 handful of blueberries
- a few strawberries
- 2 handfuls of spinach
- 1 scoop of natural protein powder (vegan or whey)

highlights

- great breakfast meal replacement
- anti-oxidant rich
- 'ghost' greens - you won't even know they're in it!

GREEN MACHINE



combine & blend

- 1.5 cups water
- 2-4 ice cubes
- 1/2 cup chopped pineapple
- 1/2 cup chopped mango
- 1 inch piece of fresh ginger, peeled and chopped
- 1/4 cup chopped parsley
- 4 stemmed and chopped kale leaves
- 4 chopped romaine leaves

highlights

- ginger: anti-inflammatory; anti-oxidant
- parsley: packed with vitamins; immune system boost
- kale: excellent vitamin C, K; anti-oxidant, list goes on :)
- added fruit makes this delicious!

BEET-MINT BLEND



combine & blend

- 1.5 cups water
- 4 chopped carrots
- 1 chopped beet
- 1 cored, peeled and chopped apple
- 1/4 cup chopped mint

highlights

- simple and refreshing
- mint: aids digestion
- beets: lots of fiber and vitamin A & C

LEMON DETOXER



combine & blend

- 1.5 cups water
- 2-4 ice cubes
- lemon juice from 1 lemon
- 1 cup of kale
- 1 stalk of celery
- 2 pinches of cinnamon
- 1/4 cup chopped cilantro
- 1 cored, peeled and chopped apple

highlights

- lemon juice: aids digestion
- kale: chlorophyll detoxifies
- cilantro: anti-cancer + great for your skin