



NUTRITION REVIVAL



MY 10
AWESOME
SMOOTHIE
RECIPES...
ENJOY!

My 10 Favourite Smoothies For All Occasions!

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Hi,

Thanks for subscribing to get my 10 Favourite Smoothie Recipes. You are now also part of the Nutrition Revival. I'll keep you up-to-date with what's happening through my weekly emails.

Below are the smoothie recipes that I promised you. Try them out and enjoy matching them to your daily needs.

For best results, plan your smoothies ahead of time and soak any nuts or grains overnight to ensure you get the maximum nutritional benefit from them.

If some of the ingredients I mention are new to you and you are not sure where to find them, my suggestion is to try your local health food/organic store and remember you can also get superfoods from the shop on my website.

Make sure you leave feedback and your own suggestions on the website (www.nutritionrevival.co.nz). I'm always excited to try new ideas!

Lets start blending!

Davina

Chocolate Covered Peanuts (well that's what it tastes like!)

300mL Milk – Raw Organic Cows/Almond Milk
1 ½ Tbsp Cacao powder
½ Tbsp Maca powder
2 Tbsp Goji Berries
2 Tbsp Blueberries (fresh or frozen)
2 Tbsp Raspberries (fresh or frozen)
1 Tbsp Coconut Oil
1 Tbsp Tahini
5 drops Stevia
2 Tbsp Protein Powder
1 tsp Vanilla Essence

Combine ingredients in a blender and mix well.

The cacao and tahini give this delicious smoothie the chocolate-peanut taste, while the berries and stevia gently sweeten it. It's packed with antioxidants, protein, 'good fats' and is a great snack/meal replacement. It's my personal favourite!

Liver Boost

1 Green Apple
½ tsp Spirulina
3 Leaves Kale
1 Grapefruit – juiced. Approx 150 mL
1 Lemon (juiced)
100mL Filtered Water
1 tsp raw honey if necessary to sweeten

Combine ingredients in a blender and mix well.

The flavour of this smoothie isn't for the light-hearted. Bitter flavours, like kale and grapefruit are fantastic liver tonics. The honey adds a lovely sweetness to the blend too. If you want to give your liver a good boost or if you enjoy tangy flavours, then this is definitely the smoothie for you.

Brain Power

1 Tbsp Chia Seeds
2 Tbsp Frozen Berries
1 Tbsp Oats
1 Tbsp Cacao
1 Orange – juiced. Approx 150mL
Handful (1/2 cup) Spinach
1 tsp Coconut Oil
1 Tbsp Walnuts
4 Drops Stevia
150mL Almond Milk

Combine ingredients in a blender and mix well.

This smoothie is over-flowing with ‘brain foods’ such as walnuts, omega 3 and anti-oxidants. It also has a decadent chocolate-orange flavour. It’s a great choice if you’re studying, have a high workload, or just love chocolate orange.

Sleepy Time Smoothie

1 Small Banana
6 Cherries (pitted)
½ tsp Honey
2 Tbsp Oats
200mL Almond Milk
1 Tbsp Almonds

Combine ingredients in a blender and mix well.

Cherries, bananas, oats and almonds are all lovely soothing foods that encourage sleep. The sweet, subtle flavour of this smoothie’s also calming, nourishing and comforting. Try this smoothie instead of dessert to improve your quality of sleep.

Banana-Chocolate Energiser

1 Small Banana
3 Leaves Kale
1 Tbsp Cacao
2 Tbsp Goji Berries
1 Tbsp Chia Seeds
½ tsp Spirulina
1 Tbsp Desiccated Coconut
3 Drops Stevia
250mL Almond Milk

Combine ingredients in a blender and mix well.

Packed with nutrients and energising-foods, such as the chia, spirulina, cacao and banana, this smoothie will keep you going for hours. The banana and cacao flavours dominate so that it's also easy on your palate. Enjoy the energy boost!

Kick-Ass Immune Boost

1 x 1cm piece of Fresh Ginger
½ Lemon - juiced
1 Orange
1 Kiwifruit
1-2 Slices of Papaya
3 Leaves Kale
½ tsp Spirulina
½ tsp Bee Pollen

Combine ingredients in a blender and mix well.

If you need immune support then you should try this tasty, high-vitamin smoothie! It's filled with nutrients and foods that give your immune system the boost it needs when it's being challenged. It also has a lovely, light, fruity flavour with an added ginger bite, which will leave you feeling cleansed and revived.

Breakfast-Time Smoothie

4 Tbsp Oats
1 Tbsp Chia Seeds
1 Tbsp Coconut
1 tsp Coconut oil
½ Apple
½ tsp Cinnamon
250mL Almond Milk

Combine ingredients in a blender and mix well.

This smoothie is another one of my favourites. It has a subtle flavour, which I really enjoy, especially in the morning. The oats, chia and coconut will give you sustained energy, while the apple and cinnamon add a beautiful sweetness for those of you low on sugar in the mornings.

Alkaliser

½ tsp Spirulina
½ tsp Barley Grass
½ tsp Wheat grass
¼ tsp Chlorella
1 Small Banana
300mL Coconut water
1 Drop Stevia if required

Combine ingredients in a blender and mix well.

The alkalising smoothie's more of a juice than a smoothie. It doesn't have the same thick consistency the other smoothies have. This is a fantastic smoothie to have daily as a way to include more greens into your daily diet. And the best thing about it is that it's easy to drink!

Chocolate Mint Hormone Balancer

1 Tbsp Cacao
Few Mint Leaves (to taste)
1 tsp Maca
1 tsp Coconut Oil
1 Tbsp Oats
1 Tbsp Chia seeds
250ml Almond Milk
2 Tbsp Almonds
½ tsp honey

Combine ingredients in a blender and mix well.

For those of you wanting to balance your hormones – which is most likely almost everyone in today's world, then this is a fantastic smoothie. Maca is a wonderful food to balance hormones! The other foods in this smoothie also assist the maca with this function and the yummy flavour is sure to keep you coming back for more.

Nutty Protein Pusher

½ tsp Spirulina
2 Tbsp Protein Powder
3 Leaves Kale
1 Tbsp Almond butter
2 Tbsp Black Beans – well rinsed to remove salty taste
1 Tbsp Chia Seeds
250ml Raw Milk/Almond Milk
2 Tbsp Goji berries
1 tsp Vanilla Essence

Combine ingredients in a blender and mix well.

If high protein is your thing, then try this nutty protein smoothie. It's flavour's difficult to describe, but you definitely have to like almonds to

enjoy it. It's not only packed with protein, but is also really energising and could easily be used as a snack or meal substitute.

That's all 10 of my favourite health-boosting smoothies that I promised you. Leave a comment on the site to let me know your favourites and how you've adapted them.

Remember to keep checking my website to keep up-to-date with my latest posts, share them and leave comments too. It's always good to hear your feedback.

Thanks for joining me on my Nutrition Revival!

Davina x