



NUTRITION REVIVAL



## My 10 Favourite Smoothies For All Occasions!

*Davina Hearne*

Hi,

Thanks for subscribing to get my 10 Favourite Smoothie Recipes. You are now 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 or Farmers Markets and remember you can also get superfoods from the shop on my website.

It's important to always use fresh, organic produce where possible to ensure you are minimising your exposure to toxic chemicals and getting the maximum nutritional value from your food.

Lastly, make sure you leave feedback and suggestions on [www.nutritionrevival.co.nz](http://www.nutritionrevival.co.nz).

I'm always excited to try new ideas!

Davina

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

300mL Milk – Raw Organic Cows/Almond  
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.

## **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.

## **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.

### **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.

### **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.

### **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.

### **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.

### **Alkaliser**

½ tsp Spirulina  
½ tsp Barley Grass  
½ tsp Wheat grass  
¼ tsp Chlorella  
1 Small Banana  
300mL Coconut water  
1-2 drops Stevia – if required

Combine ingredients in a blender and mix well.

### **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.

### **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.