



NUTRITION REVIVAL



Davina's Top 10 Smoothie Recipes

~Davina Hearne~

Hi,

Thanks for subscribing to get my 10 Favourite Smoothie Recipes.

You're now also part of the Nutrition Revival where 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 all the smoothies, you can vary the consistency by the amount of liquid you add. If you want it runny, add more milk, water or juice. If you want it thick, add less of these.

For best results, use organic foods where possible. It's best to 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!

Davina x

Orange Cream

2 cups orange – peeled and chopped
3 Tbsp cashews
½ cup coconut water
½ cup ice
Optional – ½ cup greens and/or 1-2
Tbsp [cacao powder](#)

Combine ingredients in a blender and
mix well.

*Oranges, oranges, oranges! This
smoothie is over-flowing with vitamin C
and is deliciously creamy. Yum.*



The Orange Cream

Strawberry, Lime and Coconut

1 ½ cups frozen strawberries
½ cup cucumber
2 tsp lime juice
½ cup coconut water
¼ cup coconut
¼ cup coconut milk
¼ cup cashews
4 dates
2 drop stevia

Combine ingredients in a blender and
mix well.

*An infusion of strawberry, lime and
coconut makes this smoothie delightful.
It's perfect in summer with it's light taste,
antioxidants and electrolytes.*



Strawberry, Lime & Coconut



Mint Choc Chip

1 cup cashews
 2 Tbsp [cacao nibs](#)
 ½ cup chopped greens (I used spinach)
 ¾ cup milk (I used almond)
 1 drop peppermint essential oil
 3-4 drops stevia
 4 dates
 ½ cup ice
 Optional – 2 Tbsp [cacao powder](#)

Combine ingredients in a blender and mix well.

Just like a mint choc chip milkshake with the added bonus of getting your daily greens in.

Berry Antioxidant Blast

½ cup greens – I used spinach
 ½ cup milk or coconut water
 ¼ cup almonds
 2 Tbsp [goji berries](#)
 ½ cup frozen berries
 Juice of ½ lemon
 1 Tbsp chia
 ½ tsp honey
 Optional - ½ tsp bee pollen

Combine ingredients in a blender and mix well.

Antioxidants, greens, berries and alkalising are only a few of the benefits of this delicious smoothie.



Tropical Love

½ cup banana
½ cup mango
½ cup pineapple
1 passionfruit
½ cup coconut milk
½ cup greens (I used spinach)
½ cup ice

Combine ingredients in a blender and mix well.

Enjoy the taste of the tropics while nourishing yourself with nutrients. High in vitamin C and chlorophyll from the greens. This smoothie is an all round favourite.



Vege Blast

½ cup beetroot, peeled & chopped
½ cup carrot
1 cup oranges, peeled
1-3 tsp of fresh ginger, peeled and chopped
2 Tbsp of lemon juice
¾ cup coconut water
½ cup blueberries
½ cup ice

Combine ingredients in a blender and mix well.

Packed with veges, vitamins and energising nutrients. You'll be surprised at the refreshing sweetness of this awesome smoothie.



Banana Nut

- 1 cup banana
- 2 Tbsp nut butter
- ½ tsp cinnamon
- ½ cup milk
- ½ cup greens
- ½ tsp honey
- 1 tsp vanilla
- ½ cup ice

Combine ingredients in a blender and mix well.



Banana milkshake with a twist. This is a healthy alternative to the traditional banana smoothie, but without the need to compromise on taste.



Chockie Pear

- 1 cup pear – peeled and chopped
- ½ cup greens (I used spinach)
- ½ cup almond milk
- 2 Tbsp [cacao powder](#)
- 3 drops stevia or a few dates
- 1/8 - ¼ tsp cinnamon
- ½ cup ice

Combine ingredients in a blender and mix well.

If you like chocolate covered pears then this is the smoothie for you. It's a delicate flavour that will excite your tastebuds for sure.

Coconut Roughy



- 4 Tbsp [cacao powder](#)
- 2 Tbsp [coconut butter](#)
- 1 cup milk (I used almond)
- ¼ cup coconut milk
- ½ cup greens (I used spinach)
- ½ cup dessicated coconut
- 1 Tbsp chia seeds
- 1 Tbsp [coconut oil](#)
- 5 dates
- 1 Tbsp almonds
- ½ cup water (I used coconut water)
- 2-3 drops stevia
- ½ cup ice

Combine ingredients in a blender and mix well.

Chocolate and coconut are always a delicious combo. This yummy smoothie is packed with good fats, chlorophyll and the antioxidants of raw cacao. Bliss.

Smoothie Superfoods



½ cup coconut water
½ cup almond milk
1 tsp vanilla
2 Tbsp tahini
1 tsp [maqui berry](#)
½ cup mixed berries
1 Tbsp [Lifefoods superfood smoothie mix](#)
1 Tbsp [coconut oil](#)
2 Tbsp [goji berries](#)
1 Tbsp almonds
3 dates
½ banana
½ cup ice

Combine ingredients in a blender and mix well.

A tasty smoothie that's jam-packed with superfoods, antioxidants and goodness. It's vanilla berry on a nutty base makes it substantial enough to be a meal. Definitely one to try!

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 our community at Nutrition Revival!

Davina x