

# THE SMOOTHIE MAKER RECIPE BOOK

Works with Any Personal Blender or Smoothie Maker



Delicious Superfood Smoothies for Weight Loss, Good Health and Energy

## KATHLEEN BOYD

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Energy – Works with Any Personal Blender or Smoothie Maker**

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## LET'S HIT THE BODY RESET BUTTON!

I can't tell you that smoothies were my first love—because they weren't. Pulling out a smoothie maker and stocking up on all sorts of fruits and veggies just wasn't my thing. Instead, I had a sweet tooth. So, whether I was having coffee or donuts, I always wanted some extra sugar. I craved sugar! From my car to my handbags, sugary snacks could be easily found everywhere for my own convenience. I was like a sugar smuggler but that would change sooner than I realized.

Not surprisingly, my sugar addiction led to serious weight gain, migraine headaches and low energy levels. It wasn't encouraging to say the least. My energy levels were literally down to zero. I felt like I was running on empty. On a typical day, I would drag myself out of bed, drag myself to work, drag myself around the office then drag myself back home. Life became a literal drag for me. Furthermore, no matter how much I slept, I always woke up feeling tired and sleepy.

Admittedly, I got tired of feeling tired. I wasn't happy with how I felt or how I looked. Quite frankly, I was in a 'sweet' mess. As I desperately searched for a way out of my 'sugar' dilemma, a friend of mine convinced me to join her on a 10-day smoothie challenge. At first, I wasn't excited about it. I was skeptical about being able to stick with the challenge and I was also worried about being sugar deprived for 10 days. Anyhow, I still decided to give it a try. I was desperate for change! Besides, I thought, if I could change my life in just 10 days, then it's well worth a try.

The first three days of the challenge were most difficult. I felt as though I couldn't make it through without succumbing to my usual sugar cravings. I had

to agonizingly refuse sugary treats at work and everywhere else. I felt so tortured. This was one of the hardest things that I ever had to do in a long time. Despite all the odds, however, I survived without cheating. Surprisingly, by day five, I had lost 5 pounds! Amazing isn't it? By this time, I felt really encouraged. At the end of 10 days, I had lost a whopping 11 pounds, my headaches had disappeared and my energy was greatly improved. Interestingly, I'm now two years free from my sugar addiction and loving it. Drinking these smoothies has pleasantly become a daily part of my life. I am now totally convinced that drinking smoothies is one of the easiest ways to lose weight, increase vitality and restore health. If I did this, so can you!

Essentially, if you want to supercharge your health by making delectably healthy smoothies, then this smoothie recipe book is your solution. Whether you're a first-timer at smoothie making, an avid smoothie maker or you're just looking for fresh new ways to use your smoothie maker, you'll find exactly what you want. With a unique mix of different liquid bases, fruits, vegetables, nuts, seeds and spices, this book contains a healthy collection of nutritious and delicious recipes. You are assured that you'll be drinking a healthy smoothie in every glass!

## **FREQUENTLY ASKED QUESTIONS & ANSWERS**

Confidence goes a long way when it comes to making smoothies. Knowing what you are doing can make things much easier. So here are some *frequently asked questions & answers* about mastering smoothie making and improving your health. These are the answers to the top questions that I've been asked about smoothies.

### **Why Drink Smoothies?**

For me, my habit of drinking healthy smoothies has restored my health and kept me energized for my fast-paced lifestyle. But there is much more to smoothie drinking than that. By blending the right combination of fresh fruits and vegetables, the added nourishment for your body is a huge benefit. Healthy smoothies are perfect for body cleansing, rejuvenation and restoration. Desiring to be healthy, maintaining an ideal body weight and feeling energized are very good reasons why anyone would want to start a healthy smoothie drinking habit. Moreover, these naturally tasty smoothies will enrich your regular diet with quick-absorbing and nutrient dense nourishment. They are also rich in phytochemicals, live enzymes, vitamins, antioxidants and several minerals.



### **Should I Drink My Glass of Smoothie Slowly?**

Drinking smoothies fast or slow doesn't really matter. Instead, I have gotten into the habit of chewing my smoothies and I would encourage you to do the same. Fruits and vegetables are rich in fiber and may sometimes have slight bloating effects. Consequently, in order to avoid or minimize bloating and also aid in digestion, chewing your smoothies is usually recommended.

### **Which Smoothie Should I Make First?**

Whatever smoothie recipe you choose from this book is totally up to you. Based on my experience, first-timers usually start with the fruity smoothies and then move onto the ones with both fruits and vegetables. Green smoothies are usually a last resort for first-timers. However, I usually recommend that you start your smoothie regime with a green smoothie. Green smoothies are best for cleansing and detoxification of the body. It makes better sense to cleanse then nourish.

### **How Often Should I Drink A Smoothie?**

Smoothies are food that has been extracted or blended into a drinkable form. Therefore, just as you would eat daily, you may also drink a glass or two of smoothies daily. I encourage everyone to have a glass of smoothie for breakfast whenever possible. This will help to provide your body with the right nutrients to start the day and boost your metabolism until you are ready for your next meal. However, depending on your health goals, you may also consider drinking your smoothies as a meal replacement, in-between meals or with a meal. Drinking smoothies as a meal replacement is a common method for people who want to lose weight. For those who would like to maintain their weight, smoothie drinking in-between meals is a great option. I don't really encourage drinking a smoothie with a meal, nevertheless, 30-minutes after a meal is quite fine.

### **How Can I Do a 10-Day Smoothie Challenge?**

Giving your body time to empty itself and recharge is always a good idea. Doing a 10-day smoothie challenge can help you to successfully achieve this. An ideal 10-day challenge should include mainly green or water-based smoothies.

You should start each day with a glass of warm water with a freshly squeezed lemon or lime and end each day with a cup of unsweetened chamomile, dandelion or ginger tea. You should consume green smoothies throughout each day without exceeding 64 ounces (8 cups/2 litres). Plan ahead of time and drink a glass of smoothie or have a healthy snack whenever you feel hungry. Healthy snacks include fruits, vegetables or a handful of raw nuts. Apart from healthy snacks, you are encouraged to drink plenty of purified water. No other foods are allowed during the 10-day challenge. You may do a 10-day challenge once every three months for maintaining good health.

### **How Can I Do a 3-Day Smoothie Detox Cleanse?**

A 3-day detox cleanse is perfect for those who want to lose weight or who just want a deeper cleanse. It works similarly to a one-day detox, except that it is for three days instead of one. You are encouraged to rotate the green smoothies each day, rather than using the same recipe over the extended 3-day detox period. Each day should start with a glass of warm water with a freshly squeezed lemon and end with a cup of chamomile, dandelion or ginger tea. You should consume green smoothies throughout the three days without exceeding 64 ounces (8 cups/2 litres) per day. Plan ahead of time and drink a glass of smoothie or have a healthy snack whenever you feel hungry. Apart from water and healthy snacks such as fruits, vegetables or a handful of raw nuts, no other foods are allowed during the 3-day detox cleanse. You may do a 3-day cleanse every month for weight loss and once every three months for maintaining good health.

### **What Should I Eat Following A Smoothie Challenge or Detox Cleanse?**

Following a smoothie challenge or cleanse you are encouraged to eat wholefoods (organic is best) rather than processed foods. You should also eat balanced meal which should include moderate amounts of lean (skinless and fat-trimmed) protein, lots of raw vegetables and low carbohydrates. In between meals, you may snack on raw nuts, fruits, vegetables and drink plenty of water (enough to keep your urine pale/light colored). You may also opt for a high energy smoothie or freshly squeezed juice rather than a processed or sugar laden drink. Eat like this for as long as you can! You may cheat on special occasions or holidays.

### **How Do I Use These Smoothies to Lose Weight?**

Many people (myself included) have lost weight using these smoothies.

Depending on how fast you want to lose weight, the weight loss method may vary. If you want to take things slow, you may use a weight loss smoothie to replace a meal such as breakfast, lunch or dinner. To make things easier and flexible, you should choose to replace a meal at a time most convenient for you (morning, midday or evening). You can do this meal replacement daily until you begin to see the results that you are looking for. If you want speedy weight loss, you should do a 10-day smoothie challenge or 3-day smoothie detox according to the guidelines mentioned earlier. For weight loss, you may choose recipes from the weight loss smoothies and/or the green smoothie categories.

### **What is Unique about Your Smoothie Book?**

*The Smoothie Maker Recipe Book* is NOT just another recipe book of smoothie recipes. These recipes contain carefully selected ingredients that are geared towards specific health goals for your best advantage. All the recipes are calorie counted and contain measurements that are friendly to both US and UK consumers. Overall, the book is a nice choice for those who want to make healthy smoothies without compromising too much on taste.

### **How Do You Store Your Leftover Smoothies?**

I leave my leftover smoothies in the refrigerator if I am planning on using it the same day. If I want to store it for the next day, I store it the freezer compartment and thaw it in the refrigerator whenever I need it.

### **What Are Your Favorite Smoothie Ingredients?**

I tend to like recipes with a mixture of greens leafy vegetables and fruits. And I'll tell you why. I really don't like to eat most vegetables. Hence, the fruit and vegetable blends are a great way for me to eat my veggies without experiencing the overpowering taste. Also, I have noticed that the smoothies with a combination of fruits and vegetables make me feel much more energized.

### **What Sweeteners Should I Use In My Smoothies?**

Fruits have their own sweetness, so if you can tolerate it, I would encourage you to avoid or minimize the amount of added sugars in your smoothies. However, if you think your smoothie needs that added sugar boost, you may opt for healthier sweeteners such as honey, maple syrup, agave nectar, stevia, dates and other high-sugar fruits. Always use sweeteners in moderation.

### **Any Smoothie Preparation Tips?**

Make a shopping list and go shopping for specific recipe ingredients that you do not have at home. Whenever you go shopping always choose fresh (organic is best) produce and buy a little extra wherever possible. Always gather, prepare and portion out the recipe ingredients for the smoothie that you want to make. Remember to always wash your produce. Follow the recipe directions carefully. If you need added sweetness, you should add, blend and taste, rather than adding it all at once. Clean up immediately or as soon as you can.

### **How Can I Make My Smoothie Morning Regime Easier?**

If you are trying to make your morning smoothie habit easier, it will certainly help if you gather, prepare and portion out the recipe ingredients for the smoothie from the night before. By doing this, all you will have to do in the morning is run your smoothie maker and in three minutes or less, you're done.

### **What Sources of Fats Do You Use in Your Smoothies?**

There are many sources of healthy fats that can be used in smoothies. I support the use of healthy fats in smoothies because it is a great safety net for increased nutrient absorption and added energy boost. Some of the added fats in my smoothies include avocados, nuts, seeds and nut butters.

### **What Liquid Base Do You Use in Your Smoothies?**

I do not support the use of processed liquids in my smoothies due to the hidden sugar factor and the risk of other harmful added ingredients. The liquid base that you'll find in these recipes include: fresh and unsweetened fruit juices, purified water, organic unsweetened coconut water, dairy and non-dairy milk. Feel free to make your favorite non-dairy milk substitutions based on your personal taste and preference.

### **How Can I Make My Smoothies Thicker or Thinner?**

You can make your smoothies thicker or thinner by making some slight changes to a few ingredients. For thicker smoothies, you may add less liquid than required, add less ice, use frozen fruits or simply process your smoothie for a shorter time period. While for thinner smoothies, you may add more liquid and

use fresh fruits then process just enough until smooth.

### **What Can I Do If I Don't Like a Smoothie?**

First off, if you don't want to use fruits and vegetables in your smoothies, this smoothie book is not for you. Depending on the ingredients and your taste palate, some smoothies may seem a bit sweet, not sweet enough, a bit tangy, or not creamy enough. If the smoothie seems too sweet, you may add a teaspoon of lemon or lime juice, add more ice, or add a little water. If your smoothie is not sweet enough, you may add healthier sweeteners such as honey, maple syrup, agave nectar, stevia, dates and other high-sugar fruits. If your smoothie is too tangy, you may use neutralizing fruits like bananas or mangos and a tablespoon of your favorite protein powder. For added creaminess, you may add fruits like avocados or just simply add some yogurt.

### **What Can I Do if I Want To Make A Single Serving Smoothie?**

It is true that it's hard to make a delicious glass of smoothie and keep it all to yourself. For this reason, these recipes are for 2 servings. Nevertheless, if you simply want to make a single serving smoothie, you should use half of each required ingredient in any given recipe. For example, if the recipe calls for 1 cup milk and 1 banana, you would use ½ cup milk and ½ banana for 1 serving. By doing this, you will still maintain a good smoothie consistency and get similar results.

## **LET'S GET STARTED**

With *The Smoothie Maker Recipe Book* you can use your smoothie maker or blender to make daily, weekly or periodic smoothies to help you maintain good health. So, whether you want to lose weight or just simple want to energize your body, there is a smoothie in this book just for you. I've always believed that there is no need to kick-off a new year with healthy habits. Instead, I believe that we all deserve a healthy start every day. So, join me and let's do this. Choose a recipe, gather your ingredients and start drinking some super healthy smoothies. Let's now hit the body reset button with these smoothies!





## HEALTHY BRAIN SMOOTHIES

### ***Blueberry Avocado Smash***

*This wonderful blueberry and avocado smoothie is packed with delicious and healthy ingredients that are all great for boosting brain power and vitality.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 318

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*1 cup/240ml unsweetened Almond Milk  
2 cups/290g Fresh Blueberries  
1 small Avocado, peeled, pitted and chopped  
1 tablespoon Chia Seeds*

## 4 Ice Cubes

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### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Flax Strawberry Strip***

*This smoothie is a delicious combination of appetizing ingredients. The strawberries in this recipe nicely compliment the fresh apple juice, yogurt and flaxseed oil.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 316

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*1¼ cups/300ml Fresh Apple juice*

*¼ cup/60ml Plain Yogurt*

## **2 tablespoons Flaxseed Oil**

*2 cups/290g Strawberries, frozen*

*1 small Banana, peeled, sliced and frozen*

## 4 Ice Cubes

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### **Directions**

Add the apple juice to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Creamy Kiwi Cooler***

*This recipe is a healthy green smoothie which is ideal for the whole family. It is a great tasting way to get lots of beneficial nutrients and flavors into your diet.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 399

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*1 cup/240ml Fresh Apple juice  
1 cup/240ml Frozen Kefir  
1 medium Cucumber, peeled and chopped  
2 cups/60g Fresh Baby Spinach  
1 large Kiwi, peeled and chopped  
1 small Avocado, peeled, pitted and chopped  
Stevia or preferred sweetener, to taste (optional)*

**1 tablespoon Flaxseeds**

*4 Ice Cubes (optional)*

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**Directions**

Add the apple juice and kefir to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Creamy Acai Mango***

*This smoothie is a wonderful blend of mango and avocado which makes an incredibly tasty and creamy drink. You'll feel the difference!*

**MAKES:** 2 servings

**REPARATION TIME:** 10 minutes

**Calories per serving:** 425

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*2 cups/480ml Soy Milk*

*2 cups/60g Fresh Spinach, chopped*

*1 small Avocado, peeled, pitted and chopped*

*1 medium Mango, peeled, pitted and chopped*

*Stevia or preferred sweetener, to taste (optional)*

*½ tablespoon Acai Powder*

## 4 Ice Cubes

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### **Directions**

Add the soy milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Banana Mixed Berry***

*This recipe uses a combination of great tasting pomegranate juice and fresh berries. This smoothie not only boosts your brain health but it is also unbeatable in flavor and nutrition.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 275

---

*1¼ cups/300ml Fresh Pomegranate juice*

*1 cup/145g Fresh Raspberries*

*2 cups/290g Fresh Blueberries*

*1 small Banana, peeled, sliced and frozen*

*2 tablespoons Chia Seeds*



## 4 Ice Cubes

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### **Directions**

Add the pomegranate juice to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Apple Blackberry Spin***

*This fruity smoothie has a wonderful rich texture provided by the pumpkin seeds and almonds. This smoothie is quite delicious and a great boost for your brain!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 380**

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*1½ cups/360ml Fresh Apple juice  
2 Apples, peeled, cored and chopped  
½ cup/73g Blackberries, frozen  
1 large Banana, peeled and sliced*

**3 tablespoons Pumpkin Seeds**

*3 tablespoons Almonds, chopped*

## 4 Ice Cubes

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### **Directions**

Add the apple juice to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Spiced Banana Flex***

*This refreshing kale and banana smoothie is loaded with healthy nutrients. The addition of the spices and almond butter adds a wonderful texture to this smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 784**

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*2 cups/480ml Almond Milk  
4 cups/172g Fresh Kale, trimmed and chopped  
1 large Banana, peeled, sliced and frozen*

**2 tablespoons Almond Butter**

*¼ teaspoon Ground Ginger*

*¼ teaspoon Ground Cinnamon*

*¼ teaspoon Ground Nutmeg*

## 4 Ice Cubes

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### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Pecho Cabana***

*This smoothie, a combination of peach and banana with fresh apple juice and yogurt, delivers a really flavorful smoothie in minutes.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 228

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*1 cup/240ml Fresh Apple juice*  
*¼ cup/60ml Plain Yogurt*  
*2 Peaches, peeled, pitted and chopped*  
*1 large Banana, peeled and sliced*



**2 teaspoons Flaxseed Oil**

*1-2 drops Liquid Stevia (optional)*

*1 teaspoon Vanilla Extract*

## 4 Ice Cubes

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### **Directions**

Add the apple juice and yogurt to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Blueberry Kale Goodness***

*This deliciously sweet smoothie is packed with nutritional ingredients of kale, blueberries, banana and almonds. This is a fantastic brain drink!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 771

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*2 cups/480ml Almond Milk  
2 cups/290g Blueberries, frozen  
1 small Banana, peeled, sliced and frozen  
2 cups/86g Fresh Baby Kale  
¼ cup/24g Almonds, chopped  
2-3 drops Liquid Stevia or preferred sweetener (optional)*

## 4 Ice Cubes

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### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Strawberry Kiwi Jiggle***

*This recipe makes a delicious and healthy fruit drink for smoothie lovers. The use of chia seeds gives this smoothie extra energy and texture.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 570

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*1½ cups/360ml Almond Milk  
1 large Kiwi, peeled and chopped  
2 cups/290g Strawberries, frozen  
1 medium Banana, peeled and sliced  
2 tablespoons Chia Seeds*

## 4 Ice Cubes

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### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## EVERYDAY EASY SMOOTHIES

### *Mixed Chia Berry*

*This vanilla flavored smoothie, being made with fresh berries, is wonderfully fruity. You will enjoy this chia enhanced smoothie for breakfast time and again!*

**MAKES:** 2 servings

**PREPARATION TIME:** 5 minutes

**Calories per serving:** 160

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*1 cup/240ml Milk  
1 cup/145g Fresh Blueberries  
1 cup/145g Fresh Strawberries, hulled and sliced  
2 tablespoons Chia Seeds  
1 teaspoon Vanilla*

## 4 Ice Cubes

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Raspberry Red Fusion***

*This is a vibrantly colored smoothie with a luxurious texture. This red smoothie is chock full with the antioxidant benefits of red beets and raspberries.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 157

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*1 cup/240ml Fresh Cranberry juice, chilled*

*½ cup/120ml Plain Yogurt*

*1 large Beet, trimmed, peeled and chopped*

*½ cup/73g Raspberries, frozen*

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

If you wish to avoid the excess fiber in this smoothie, you may use a fine sieve to strain the smoothie.

Pour the smoothie into 2 glasses and serve immediately.

## ***Pomegranate Merry Berry***

*This delicious breakfast smoothie is packed with fresh berries and pomegranate juice. This tasty and fulfilling smoothie may satisfy all who drink it!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 153

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*1 cup/240ml unsweetened Fresh Pomegranate Juice*

*½ cup/120ml Filtered Water*

*1 cup/145g Fresh Raspberries*

*1 cup/145g Fresh Blackberries*

## **1 tablespoon Chia Seeds**

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### **Directions**

In a smoothie maker or blender, add the pomegranate juice and water. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Spiced Mango Vanilla***

*This recipe makes a tasty and healthy smoothie which is ideal for breakfast. This mango smoothie will be a morning wonderful treat for mango lovers.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 231

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*1¼ cups/300ml Milk*

*2 Mangoes, peeled, pitted and chopped*

*1 teaspoon Cinnamon Extract*

*1 teaspoon Vanilla Extract*

## 4 Ice Cubes

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Raspy Strawberry Tang***

*This recipe makes a wonderfully delicious breakfast drink. The strawberries and raspberries used in this recipe are blended with the fresh orange juice to create a wonderfully delicious treat.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 182**

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*1 cup/240ml Fresh Orange juice*

*1 cup/240ml Plain Yogurt*

*1 cup/145g Fresh Strawberries, hulled and sliced*

*½ cup/73g Fresh Raspberries*

## 4 Ice Cubes

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Tropical Papanilla***

*This delicious fruit smoothie is packed with the tropical flavors of papaya. It may also be served with a serving of your favorite chopped fruits.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 116**

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*1¼ cups/300ml Milk*

*½ medium Papaya, peeled, seeded and chopped*

*1 tablespoon Agave Nectar, or preferred sweetener (optional)*

*¼ teaspoon Vanilla Extract*



## 4 Ice Cubes

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Fruity Almond Sip***

*Start your day with a sweet and creamy smoothie. The use of almond butter adds a creamy touch to this fruity smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 439

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*1½ cups/360ml Milk*

*1½ cups/218g Raspberries, frozen*

*1 medium Banana, peeled and sliced*

## **2 tablespoons Almond Butter**

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Banana Spiced Oatmeal***

*This is a delicious smoothie with a hint of cinnamon. This cereal-like banana smoothie is made with milk and vanilla extract and spiked with cinnamon.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 186

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*1½ cups/360ml Milk*

*1 large Banana, peeled, sliced and frozen*

**1 teaspoon Vanilla Extract**

*¼ teaspoon Ground Nutmeg*  
*3 tablespoons Oatmeal*

## 4 Ice Cubes

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Vanilla Berry Surprise***

*This is a mouthwatering smoothie that is packed with added omega-3 nutrients from the flax seeds. This fruity smoothie will give you a little extra boost for the whole day.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 242

---

*1 cup/240ml Fresh Juice (use your favorite)*

*½ cup/120ml Vanilla Yogurt*

*2 cups/290g Strawberries, hulled, sliced and frozen*

*1 medium Banana, peeled and sliced*

## **3 tablespoons Flax Seeds**

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Slimming Citrus Swirl***

*This is a great and refreshing smoothie for orange lovers. This drink is a fun way to start off your morning in a delicious way!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 123

---

*1 cup/240ml Low-Fat Milk*

*1 medium Orange, peeled, seeded and sectioned*

*1 medium Grapefruit, peeled, seeded and sectioned*

*2 tablespoons Stevia, or preferred sweetener (optional)*

## 4 Ice Cubes

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Rich Tropicana Pine***

*This recipe makes a tropical fruit smoothie with just a few ingredients. This easy breakfast smoothie may be a great hit for the whole family.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 242

---

*1 cup/240ml Milk*

*1 cup/240ml Plain Yogurt*

*1 cup/165g Fresh Pineapple Chunks*

*1 medium Banana, peeled and sliced*

## 4 Ice Cubes

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Watermelon Fruit Fiddle***

*This is a light and refreshing smoothie with the taste of summer! You may also add a cup of your favorite juice in this blend to make it even more interesting.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 98**

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*1 cup/152g Watermelon, peeled, seeded and cubed*

*1 cup/145g Mixed Berries, frozen*

*1 Gala Apple, seeded and chopped*

## 4 Ice Cubes

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### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## WEIGHT LOSS SMOOTHIES

### *Citrus Carrot Flakes*

*This is a healthy smoothie that is packed with vitamins and beta carotene. The blend of fresh orange juice with carrots provides a great tasting smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 129

---

*1½ cups/360ml Fresh Orange juice*

*½ cup/120ml Filtered Water*

*2 cups/220g Carrots, peeled and chopped*

*½ teaspoon Orange Peel, freshly grated*

## 4 Ice Cubes

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### **Directions**

Add the orange juice and water to a smoothie maker or blender.

Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Beet Breeze Trim***

*This is a weight loss friendly smoothie with tomato and beets. This drink is rich in fiber and very nutritious.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 125

---

*1½ cups/360ml Organic Coconut Water*

*1 Beet, peeled and chopped*

*1 large Tomato, chopped*

*1 Banana, peeled, sliced and frozen*

*Sweetener, to taste (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the coconut water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Cherry Tomato Surprise***

*This smoothie is full of deliciously healthy and beautifully red colored ingredients. You will be surprised at how nice this smoothie tastes and it will quickly become a favorite drink.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 245

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*2 cups/480ml Coconut Water  
1 large Tomato, chopped  
1 cup/180g Fresh Cherries, pitted  
1½ cups/138g Seedless Red Grapes*

## 4 Ice Cubes

---

### **Directions**

Add the coconut water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Spinach Apple Burner***

*This smoothie is a quick and easy recipe for the whole family. It is a great way to get your daily boost of energy from super foods.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 129

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*1½ cups/360ml Filtered Water  
1 large Apple, peeled, cored and chopped  
2 cups/290g Raspberries  
2 cups/60g Fresh Spinach, chopped*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Fruity Kale Splash***

*This smoothie, combining the flavor and nutrition of fresh fruits and vegetables in one drink, is a great combination of fruits and vegetables.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 185

---

*1½ cups/360ml Filtered Water  
1 Pear, peeled, cored and chopped  
1 large Apple, peeled, cored and chopped  
1 Banana, peeled, sliced and frozen  
1 Celery Stalk, chopped  
2 cups/86g Fresh Kale, trimmed*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Creamy Apple & Blueberry***

*This is a creamy, textured smoothie without any dairy products. The apples, blueberries and avocado blend greatly together and deliver a superb taste in this smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 251

---

*1½ cups/360ml Filtered Water  
2 cups/290g Blueberries, frozen  
1 large Apple, peeled, cored and chopped  
½ Avocado, peeled, pitted and chopped  
2 cups/60g Fresh Baby Spinach*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Mixed Apple Energy***

*This recipe makes a refreshingly healthy smoothie. This drink will quickly become a firm favorite for all weight watchers!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 181**

---

*1½ cups/360ml Filtered Water  
3 large Apples, peeled, cored and chopped  
3 cups/90g Mixed Fresh Greens  
1 Celery Stalk, chopped*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Strawberry Pear Sherbet***

*This is a delicious smoothie with a lovely creamy touch. The strawberries in this drink provide a delicious complementary flavor to the pear and avocado.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 334

---

*½ cup/120ml Filtered Water*

*1 cup/240ml Fat-Free Plain Yogurt*

*1½ cups/218g Strawberries*

*2 Pears, peeled, cored and chopped*

*½ small Avocado, peeled, pitted and chopped*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Blueberry Pineapple Custard***

*This recipe makes a nicely flavored and refreshing smoothie. The use of fresh baby spinach in this drink provides an extra healthy punch with the pineapple and blueberries.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 188**

---

*1½ cups/360ml Filtered Water  
½ cup/120ml Fat-Free Plain Yogurt  
2 cups/330g Pineapple Chunks, frozen  
1½ cups/218g Blueberries, frozen  
2 cups/60g Fresh Baby Spinach*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Papaya & Kale Sunset***

*This is a great tropical treat! The fresh Kale provides extra antioxidant nutrients in this delicious tropical smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 215

---

*2 cups/480ml Chilled Coconut Water*

*½ cup/120ml Fat-Free Yogurt*

*2 cups/330g Pineapple Chunks, frozen*

*1 cup/140g Papaya, peeled and chopped*

*2 cups/86g Fresh Kale, trimmed and chopped*

## 4 Ice Cubes

---

### **Directions**

Add the coconut water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Cool Green Garden***

*This is a delicious and refreshing combination of garden fresh ingredients. The addition of fresh mint leaves adds a unique freshness to this smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 92**

---

*1½ cups/360ml Filtered Water*

*½ cup/120ml Fat-Free Yogurt*

*1 Green Apple, peeled, cored and chopped*

*1 cup/104g Cucumber, peeled and chopped*

*2 tablespoons Fresh Mint Leaves*

## 4 Ice Cubes

---

### **Directions**

Add the water and to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Mixed Fruit Spinach***

*This is a delicious and perfect treat for a hot summer day. This nutritious smoothie will be enjoyed by all who taste it.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 174

---

*1½ cups/360ml Chilled Coconut Water  
2 cups/304g Watermelon, seeded and chopped  
1 cup/165g Pineapple chunks, frozen  
1 large Green Apple, peeled, cored and chopped  
1 cup/30g Fresh Spinach*

---

### **Directions**

Add the coconut water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## GREEN SMOOTHIES

### ***Zesty Avocado Mango***

*This recipe makes a refreshing creamy treat for summer. The use of avocado gives this smoothie a creamy texture without using any additional dairy products.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 240

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*1½ cups/360ml Filtered Water  
1 medium Avocado, peeled, pitted and chopped  
1 cup Ripe Mango, cubed  
1 teaspoon Lime Zest, freshly grated*

## 4 Ice Cubes

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### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Spinach Berry Refresh***

*This is a refreshingly delicious smoothie that is wonderfully nutritious. This recipe nicely combines tasty berries with healthy spinach.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 69**

---

*1½ cups/360ml Filtered Water  
2 cups/60g Fresh Baby Spinach  
1 cup/145g Fresh Berries*



**1 tablespoon Hemp Seeds**

*½ teaspoon Ground Cinnamon*

## 4 Ice Cubes

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### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients, except for the cinnamon, and pulse until smooth.

Pour the smoothie into 2 glasses. Sprinkle with the cinnamon and serve immediately.

## ***Mixed Greens Pineapple***

*This very low calorie smoothie has a pleasing combination of green vegetables and pineapple. This drink will not only satisfy any hunger, it will also make you feel energized and happy!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 77

---

*1½ cups/360ml Filtered Water*

## **1 tablespoon Fresh Lemon juice**

*½ medium Cucumber, peeled and chopped*

*3 Fresh Kale Leaves, trimmed and chopped*

*½ cup/83g Pineapple Chunks*

*1 tablespoon Maple Syrup or preferred sweetener (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the water and lemon juice into a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Kale Banana Mist***

*This smoothie, being a blend of green leafy vegetables, is a tasty way to squeeze an extra serving of vegetables into your daily diet.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 136

---

*1½ cups/360ml Coconut Water  
1 cup/30g Fresh Spinach, chopped  
1 cup/67g Fresh Kale, trimmed and chopped  
2 small Bananas, peeled and sliced*

## 4 Ice Cubes

---

### **Directions**

Add the coconut water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Kiwi Pear Crush***

*This smoothie blends the delicious flavors of pear and kiwi fruit with greens to make a sweet and delightfully fruity smoothie for the whole family.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 200

---

*1½ cups/360ml Filtered Water*  
*1 medium Pear, peeled, cored and chopped*  
*4 Kiwis, peeled and chopped*  
*1 large Banana, peeled and sliced*  
*1 cup/45g Collard Greens*



## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Mint Mango Summer***

*This recipe makes a fulfilling and delicious smoothie loaded with healthy vitamins. In this smoothie the wonderful flavors of kiwi, mango, kale, celery and mint are beautifully combined.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 172

---

*1½ cups/360ml Filtered Water  
1 Mango, peeled, pitted and chopped  
2 Kiwis, peeled and chopped  
3 cups/201g Fresh Baby Kale, trimmed  
1 small Celery Stalk, chopped  
2 tablespoons Fresh Mint Leaves*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Celery Wonder Punch***

*This is a simple and great tasting way to introduce healthy nutrients into your diet. This smoothie is a wonderful combination of fruits and vegetables.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 146

---

*1½ cups/360ml Filtered Water  
1 Pear, peeled, cored and chopped  
1 Green Apple, peeled, cored and chopped  
1 medium Banana, peeled and sliced  
1 cup/30g Fresh Spinach, chopped  
2 Celery Stalks, chopped  
4 Ice Cubes (optional)*

---

### **Directions**

Add the water into a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Pineapple Spinach Splash***

*This is a very low calorie recipe which makes a wonderfully delicious, refreshing and healthy smoothie. The combination of kiwi and pineapple adds a natural sweetness to this smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 78

---

*1½ cups/360ml Filtered Water  
2 cups/60g Fresh Spinach, chopped  
1 Kiwi, peeled and chopped  
1 cup/165g Pineapple Chunks, frozen*

## **1 teaspoon Hemp Seeds**

---

### **Directions**

Add the water into a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Mixed Apple Jubilee***

*This recipe makes a sweet smoothie that is packed with the flavors of apple, banana and baby greens. This smoothie is guaranteed to become one of your favorites.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 117**

---

*1½ cups/360ml Filtered Water  
1 Green Apple, peeled, cored and chopped  
1 large Banana, peeled, sliced and frozen  
1 cup/45g Mixed Fresh Baby Greens  
1 Medjool Date, pitted and chopped (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Green Ginger Candy***

*This is a wonderfully delicious way to enjoy a healthy drink! The fresh ginger has anti-inflammatory benefits and adds an extra healthy kick to the combination of fruit and vegetables.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 187**

---

*1½ cups/360ml Coconut Water  
1 Green Apple, peeled, cored and chopped  
1½ cups/51g Fresh Kale, chopped  
1 medium Cucumber, peeled and chopped  
¼ teaspoon Fresh Ginger, chopped*

**2 tablespoons Fresh Parsley Leaves**

*2 tablespoons Honey or preferred sweetener (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the coconut water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## HIGH ENERGY & PROTEIN RICH SMOOTHIES

### ***Apple Vanilla Crunch***

*This rich and creamy smoothie is packed with apples, walnuts and protein powder. This recipe makes a delicious and fiber-rich smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 375

---

*2 cups/480ml Milk  
2 medium Apples, peeled, cored and chopped*

**2 tablespoons Ground Flaxseed**

*2 tablespoons Walnuts, chopped*

**1 scoop Unsweetened Protein Powder**

*1 teaspoon Honey or preferred sweetener (optional)*

**1 teaspoon Vanilla Extract**

*½ teaspoon Ground Cinnamon*

## 4 Ice Cubes

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Nutty Spiced Banana***

*This recipe wonderfully blends banana with other delicious and healthy food ingredients to make a power-packed drink. The use of cinnamon and nutmeg adds a nice warm touch to this smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 250

---

*¾ cup/180ml Milk*

*½ cup/120ml Plain Yogurt*

*1 large Banana, peeled and sliced*

*2 tablespoons Almonds, chopped*

## **1 scoop Unsweetened Protein Powder**

*1 teaspoon Maple Syrup or preferred sweetener (optional)*

*¼ teaspoon Ground Nutmeg*

## 4 Ice Cubes

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Cherry Blueberry Jiggle***

*This smoothie is a joyful combination of grapes and blueberries. The addition of a scoop of protein powder will help you meet your daily protein requirement and increase your metabolism.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 316

---

*1½ cups/360ml Unsweetened Cherry juice  
2 cups/290g Blueberries, frozen  
1 cup/92g Seedless Red Grapes  
1 scoop unsweetened Vanilla flavored Protein Powder  
2 teaspoons Chia Seeds*

## 4 Ice Cubes

---

### **Directions**

In a smoothie maker or blender, add all of the ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Citrus Banana Zest***

*This smoothie is a delightful blend of banana and fresh orange juice. You will find this refreshing smoothie to be great tasting and fulfilling.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 249**

---

*1½ cups/360ml Milk*

*½ cup/120 ml Fresh Orange Juice*

*1 frozen Banana, peeled and sliced*

## **1 scoop Unsweetened Protein Powder**

*1 teaspoon Orange Zest, freshly grated*

*2 teaspoons Honey or preferred sweetener (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the milk and orange juice to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Gingery Papaya Power***

*This smoothie is a wonderful combination of yogurt, papaya, ginger and maple syrup. This drink is not only surprisingly delicious; it is also packed with healthy protein ingredients to help you stay full for longer.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 243

---

*½ cup/120ml Filtered Water*

*1 cup/240ml Plain Yogurt*

*2½ cups/350g Chilled Papaya, peeled and chopped*

*2 teaspoons Fresh Ginger, grated*

**1 scoop Unsweetened Protein Powder**

*2 teaspoons Maple Syrup or preferred sweetener (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Mango Nilla Fudge***

*This is a wonderfully cool and refreshing smoothie that of full of antioxidant-rich fruits and protein powder. This drink is guaranteed to satisfy your taste buds!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 237

---

*1 cup/240ml Milk*

*½ cup/120ml Plain Yogurt*

*½ cup/94g Mango Chunks, frozen*

*1 cup/145g Blueberries, frozen*

**1 scoop Unsweetened Protein Powder**

*½ teaspoon Vanilla Extract*

## 4 Ice Cubes

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Chocolaty Almond Banza***

*Get energized with this amazingly easy and yet delicious smoothie. This smoothie will be a great treat for chocolate lovers.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 356

---

*2 cups/480ml Milk*

*2 large Bananas, peeled and sliced*

*2 tablespoons Cacao Powder*

*1 scoop Unsweetened Protein Powder*

**2 tablespoons Almond Meal**

*1 teaspoon Honey or preferred sweetener (optional)*



## 4 Ice Cubes

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Strawberry Chocolate Medal***

*This is one of the tastier and healthy smoothie recipes with white chocolate. This delicious smoothie will keep you full for a long time.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 353

---

*2 cups/480ml Milk*

*2 cups/288g Strawberries, frozen and hulled*

*1 small Banana, peeled and sliced*

*1 scoop Unsweetened Protein Powder*

*2 tablespoons White Chocolate Chips*

*2 tablespoons Chia Seeds*

## 4 Ice Cubes

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Pistachio Mango Cream***

*This recipe makes a great tasting smoothie which has a healthy blend of ingredients. The pistachios used in this recipe add a great texture to this smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 325

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*1 cup/240g Organic Coconut Water, unsweetened*

**1 teaspoon Fresh Lemon juice**

*$\frac{3}{4}$  cup/180ml Plain Yogurt*

*2 cups/373g Mango Chunks, frozen*

## **1 scoop Unsweetened Protein Powder**

*1 tablespoon unsalted Pistachios, chopped*  
*1 teaspoon Honey or preferred sweetener (optional)*  
*¼ teaspoon Vanilla Extract*

## 4 Ice Cubes

---

### **Directions**

Add the coconut water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Blueberry Chia Delight***

*This recipe is a perfect combination for a great tasting smoothie. Everyone who tastes this smoothie may love it and want more!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 319**

---

*2 cups/480ml Milk*

*1 cup/187g Mango Chunks, frozen*

*1 cup/145g Blueberries, frozen*

*1 scoop Unsweetened Protein Powder*



**2 tablespoons Chia Seeds**

*½ teaspoon Honey or preferred sweetener (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## LOW SUGAR & DIABETIC SMOOTHIES

### ***Kiwi Peach Sorbet***

*This refreshing smoothie has a delicious and mellow taste of kiwi and peach. The combination with yogurt and milk makes this a lovely, creamy smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 185

---

*½ cup/120ml Fat-Free Milk  
1 cup/240ml Fat-Free Plain Yogurt  
1¼ cups/213g Peach, peeled, pitted and chopped  
2 Kiwis, peeled and chopped*

## 4 Ice Cubes

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Dandelion Greens Shimmer***

*This healthy and tasty smoothie, bursting with the taste of mixed berries, combines fresh dandelion greens very nicely.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 165

---

*1½ cups/360ml Unsweetened Almond Milk*

*2 cups/280g Mixed Berries, frozen*

*2 cups/110g Fresh Dandelion Greens*

*2 tablespoons Flaxseeds*

## 4 Ice Cubes

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### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Strawberry Pixie***

*This recipe stands as one of best combinations for strawberry and rhubarb. This smoothie prepares a tangy and sweet treat for warm summer days.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 111**

---

*1½ cups/360ml Unsweetened Almond Milk*

*½ cup/120ml Fat-Free Plain Yogurt*

*1 cup/122g Rhubarb, chopped*

*1½ cups/216g Strawberries, frozen*

*½ teaspoon Vanilla Extract*

## 4 Ice Cubes

---

### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Apple Almond Pearl***

*This delightful apple smoothie has a wonderful texture from the addition of chopped almonds.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 374

---

*1½ cups/360ml Unsweetened Almond Milk*

*½ cup/120ml Fat-Free Plain Yogurt*

*3 large Apples, peeled, cored and chopped*

*½ cup/48g Almonds, chopped*

*½ teaspoon Vanilla Extract*

*Pinch of Ground Cinnamon*

## 4 Ice Cubes

---

### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Cranapple Green Pie***

*This smoothie is a wonderful combination of natural sweetness and tartness. The apple and cranberries wonderfully compliment the fresh greens in this recipe.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 173

---

*1½ cups/360ml Filtered Water  
2 large Apples, peeled, cored and chopped  
1 cup/110g Cranberries, frozen  
1 cup/144g Strawberries, peeled and sliced  
2 cups/60g Fresh Mixed Greens*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Papaya Green Sauce***

*This is a healthy and delicious way to enjoy a combination of papaya and vegetables. This smoothie is flavorful and nutritious, and it may be a hit with all who taste it.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 171

---

*1½ cups/360ml Filtered Water  
2 cups/280g Papaya, peeled and chopped  
1 large Apple, peeled, cored and chopped  
1 medium Cucumber, peeled and chopped  
2 cups/110g Fresh Dandelion Greens, chopped  
1 teaspoon Fresh Ginger, peeled and chopped*

## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Spinach Cherry Blossom***

*This is a very easy and healthy smoothie recipe that makes a naturally sweetened drink even with the addition of spinach.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 137

---

*1½ cups/360ml Unsweetened Almond Milk*

*1 cup/180g Cherries, pitted and frozen*

*2 cups/60g Fresh Baby Spinach*

*½ teaspoon Vanilla Extract*

## 4 Ice Cubes

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### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Cantaloupe Swizzle***

*This is a cantaloupe smoothie that is absolutely delicious. The addition of fresh carrot juice adds a really refreshing flavor to this smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 171

---

*½ cup/120ml Fresh Carrot juice*

*1 cup/240ml Fat-Free Plain Yogurt*

*2 cups/312g Ripe Cantaloupe, seeded, peeled and chopped*

*1 cup/123g Raspberries*

## 4 Ice Cubes

---

### **Directions**

Add the carrot juice to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Gingery Peach Boogie***

*This smoothie is a refreshing blast of peach with ginger. The addition of flaxseeds and vanilla extract provides a unique flavor to this drink.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 118**

---

*1 cup/240ml Fat-Free Milk*

*1 cup/240ml Filtered Water*

*1 large Peach, peeled, pitted and chopped*

*½ teaspoon Fresh Ginger, chopped*

**2 tablespoons Flaxseeds**

*½ teaspoon Vanilla Extract*

---

**Directions**

Add the milk and water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Blackberry Almond Cobbler***

*This is a fulfilling and tasty smoothie. This deliciously flavored drink has an excellent source of super food nutrients which are all combined with a mild vanilla flavor.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 278

---

*2 cups/480ml Unsweetened Almond Milk*

*3 cups/432g Blackberries, frozen*

*½ cup/48g Almonds, chopped*

**1 tablespoon Chia Seeds**

*½ teaspoon Vanilla Extract*

---

**Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Peachy Plum Ripple***

*This drink is a nutritional powerhouse with a combination of peach and plum. It is a slightly sweet and super satisfying smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 117**

---

*1 cup/240ml Unsweetened Almond Milk  
½ cup/120ml Fresh Strawberry juice  
2 large Peaches, peeled, pitted and chopped  
1 Plum, seeded, peeled and sliced  
Pinch of Ground Cinnamon*

## 4 Ice Cubes

---

### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour into 2 glasses and serve immediately.





## DAIRY-FREE SMOOTHIES

### ***Banana Spinach Blast***

*This is a delicious smoothie made with banana, spinach and almond milk. This drink will be a perfect choice for a nutritional boost.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 152

---

*1¼ cups/300ml Unsweetened Almond Milk  
2 Bananas, peeled, sliced and frozen  
2 cups/60g Fresh Spinach, chopped  
1 tablespoon Chia Seeds  
1 teaspoon Vanilla Extract*

## 4 Ice Cubes

---

### **Directions**

Add the almond milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Nutty Pumpkin Latte***

*This recipe makes a rich and creamy smoothie that tastes just like a tasty pumpkin pie! The cashew nuts in this drink provide a creamy base to this smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 344

---

*1½ cups/360ml Soy Milk*

*¾ cup/180g Pumpkin Puree*

*1 large Banana, peeled, sliced and frozen*

*¼ cup/34g Cashew nuts, chopped*

*2 tablespoons Maple Syrup or preferred sweetener (optional)*

*1 teaspoon Pumpkin Pie Spice*

## 4 Ice Cubes

---

### **Directions**

Add the soy milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Cranberry Coco Swoosh***

*This is a smoothie with a wonderfully delicious tart flavor of cranberries. The sweetness of the banana and dates in this recipe perfectly match the tartness of the cranberries.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 491**

---

*1 cup/240 ml Unsweetened Coconut Milk  
1 cup/240 ml Fresh Orange juice  
1½ cups/165 g Fresh Cranberries  
1 Large Banana, peeled, sliced and frozen  
4 Dates, pitted and chopped (or preferred sweetener to taste)*

**1 teaspoon Vanilla Extract**

---

**Directions**

Add the coconut milk and orange juice to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Creamy Mango Butter***

*This is a healthy and delicious recipe to that makes good use of a sweet mango.  
The fresh lime juice in this smoothie gives a nice refreshing touch to the  
sweetness of the mango.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 340

---

*1¼ cups/300ml Filtered Water*

## **2 tablespoons Fresh Lime juice**

*2 cups/373g Mango, peeled, pitted, chopped and frozen*

*¼ cup/66g Coconut Butter*

*1 tablespoon Maple Syrup or preferred sweetener (optional)*



## 4 Ice Cubes

---

### **Directions**

Add the water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Raspberry Beet Cluster***

*This is a vibrant and beautifully colored smoothie with a blend of raspberries and beets. This smoothie is as healthy and delicious as it is beautiful!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 105**

---

*1½ cups/360ml Organic Coconut Water*

## **2 tablespoons Fresh Lemon juice**

*1 medium Beet, trimmed, peeled and chopped*

*1½ cups/185g Raspberries, frozen*

*Honey or preferred sweetener, to taste (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the coconut water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Fruity Kale Cabana***

*This healthy smoothie is a wonderful combination of fresh fruits with kale. You may enjoy it with or without ice cubes according to your preference.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 317

---

*1½ cups/360ml Coconut Water  
1 Pear, peeled, cored and chopped  
1 cup/140g Papaya, peeled and chopped  
1 Banana, peeled, sliced and frozen  
2 cups/134g Fresh Kale, trimmed and chopped*

**2 tablespoons Almond Butter**

*1 tablespoon Honey or preferred sweetener to taste (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the coconut water to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Mixed Fruit Critters***

*This recipe is a delicious combination of three fruits with water kefir and chia seeds. This delicious fruity smoothie is dairy-free and also healthy!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 166

---

*½ cup/120ml Coconut Milk Kefir*

*½ cup/120ml Filtered Water*

*1 cup/140g Cherries, pitted and frozen*

*2 cups/373g Mango, peeled, pitted, chopped and frozen*

*½ cup/70g Mixed Berries, Frozen*



## **1 tablespoon Chia Seeds**

---

### **Directions**

Add the kefir to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Creamy Orange Nirvana***

*This is a great recipe for a creamy smoothie which is a natural energy booster!  
The combination of ingredients in this drink makes for a delicious and healthy smoothie.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 294**

---

*1½ cups/360ml Orange juice  
1 cup/30g Fresh Spinach  
1 small Avocado, peeled, pitted and chopped  
½ teaspoon Fresh Ginger, finely chopped  
Pinch of Ground Cinnamon*

## 4 Ice Cubes

---

### **Directions**

Add the orange juice to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Minty Kiwi Gelato***

*This smoothie is not only a refreshing and cool drink; it is also a rich source of healthy nutrients. Sit back and enjoy this interesting blend of kiwi and honeydew melon anytime of the day.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 124**

---

*1½ cups/360ml Filtered Water*

## **1 tablespoon Fresh Lime juice**

*1 cup/177g Kiwi, peeled and sliced*

*1 cup/156g Fresh Honeydew Melon, chopped*

## **6 Fresh Mint Leaves**

*1 tablespoon Honey or preferred sweetener (optional)*

## 4 Ice Cubes

---

### **Directions**

Add the water and lime juice to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Zesty Peach Paradise***

*This is a smoothie packed with the true flavors of peaches! Fresh lemon juice in this drink wonderfully enhances the peach flavors for maximum effect.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 110**

---

*1¼ cups/300ml Unsweetened Almond Milk*



## **1 tablespoon Fresh Lemon juice**

*2 large Peaches, peeled, pitted and chopped*  
*1 tablespoon Maple Syrup or preferred sweetener (optional)*  
*¼ teaspoon Vanilla Extract*

## 4 Ice Cubes

---

### **Directions**

Add the almond milk and lemon juice to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## HEALTHY KIDS SMOOTHIES

### ***Peachy Pistachio Treat***

*This smoothie is a delicious blend of banana, peach yogurt and milk with a hint of pistachio. It makes a wonderful drink which tastes like pistachio ice cream.*

**MAKES:** 2 servings

**PREPARATION TIME:** 5 minutes

**Calories per serving:** 320

---

*1 cup/240ml Milk  
1 cup/240ml Peach Yogurt  
2 medium Bananas, peeled and sliced  
3 tablespoons Pistachio Nuts, chopped*

## 4 Ice Cubes

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Chocolaty Banana Swirl***

*This yummy chocolaty banana smoothie is a great way for your kids to start the day. This smoothie is guaranteed to become your kid's favorite drink.*

**MAKES:** 2 servings

**PREPARATION TIME:** 5 minutes

**Calories per serving:** 342

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*1¼ cups/300ml Milk*

*2 large Frozen Bananas, peeled and sliced*

*1 teaspoon Vanilla Extract*

*2 tablespoons Dark Chocolate Chips*

## **2 tablespoons Pecan Nuts**

---

### **Directions**

Add the milk to a smoothie maker or blender. Except for the chocolate chips, add the remaining ingredients and pulse until smooth.

Add the chocolate chips and pulse until they are roughly chopped. Pour the smoothie into 2 glasses and serve immediately.

## ***Strawberry Banana Twist***

*This recipe makes a wonderfully delicious and fruity smoothie with a touch of chocolate flavor. Your toddlers will love to enjoy this smoothie!*

**MAKES:** 2 servings

**PREPARATION TIME:** 5 minutes

**Calories per serving: 218**

---

*1½ cups/360ml Milk*  
*2 cups/288g Fresh Strawberries, hulled and sliced*  
*1 large Frozen Banana, peeled and sliced*  
*2 tablespoons Cacao Powder*  
*1 teaspoon Vanilla Extract*

## 4 Ice Cubes

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## ***Spinach Banana Milano***

*This is a healthy and energy boosting smoothie, perfect for children. The almond butter gives this delicious smoothie a sweet creamy taste.*

**MAKES:** 2 servings

**PREPARATION TIME:** 5 minutes

**Calories per serving: 301**

---

*1½ cups/360ml Milk*

## **1 tablespoon Almond Butter**

*2 large Frozen Bananas, peeled and sliced*  
*1½ cups/45g Fresh Baby Spinach*  
*1 tablespoon Honey, or preferred sweetener (optional)*

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Peachy Butter Berry***

*This recipe combines peach and blueberries to make a deliciously fruity smoothie. The addition of peanut butter in this drink adds a lovely peanut flavor.*

**MAKES:** 2 servings

**PREPARATION TIME:** 5 minutes

**Calories per serving:** 254

---

*1½ cups/360ml Milk*

*1 cup/144g Blueberries, frozen*

*1 Fresh Peach, peeled, pitted and chopped*

**2 tablespoons Natural Peanut Butter**

*¼ teaspoon Vanilla Extract*

---

**Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Vanilla Almond Truffle***

*This recipe makes a healthy smoothie with a lovely nutty texture. The addition of dates to this drink brings a nice and natural sweetness.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 219**

---

*¼ cup/60ml Almond Milk  
1 cup/240ml Vanilla Yogurt  
2 Dates, pitted and chopped*

**1 teaspoon Vanilla Extract**

*2 tablespoons Almonds, chopped*

## 4 Ice Cubes

---

### **Directions**

Add the almond milk and yogurt to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Pineapple Cherry Craze***

*This recipe has a great combination of fruit that makes for a super tasty smoothie. This delicious and citrus flavored smoothie is packed full of healthy vitamins.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 300

---

*1 cup/240ml Fresh Orange juice  
½ cup/120ml Plain Yogurt  
1 cup/165g Pineapple Chunks, frozen  
1 cup/165g Cherries, pitted and frozen  
1 small Banana, peeled and sliced  
½ tablespoon Chocolate Chips, crushed*

---

### **Directions**

Add the orange juice and yogurt to a smoothie maker or blender. Except for the chocolate chips, add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses. Top with the crushed chocolate chips and serve immediately.



## ***Mixed Fruit Ripple***

*This is a colorful and delicious fruit smoothie. This smoothie will satisfy your kid's sweet tooth in a healthy way.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 185

---

*1 cup/240ml Fresh Orange juice*

*½ cup/120ml Fresh Cherry juice*

*1 Kiwi, peeled and chopped*

*1 cup/187g Mango Chunks*

## 4 Ice Cubes

*1 tablespoon Shredded Coconut (optional)*

---

### **Directions**

Add the orange juice and cherry juice to a smoothie maker or blender. Add the remaining ingredients, except for the coconut, and pulse until smooth.

Pour the smoothie into 2 glasses, top with the coconut and serve immediately.

## ***Vanilla Grape Jiggles***

*Enjoy this grape flavored smoothie which is enhanced with a nice vanilla flavor. It is antioxidant-rich and packed with healthy protein nutrition. You may also substitute grapes with your favorite berries to make this recipe even more interesting.*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving: 316**

---

*¾ cup/180ml Milk*

*1 cup/240ml Plain Yogurt*

*2 cups/184g Seedless Grapes, frozen*

*2 tablespoons Honey, or preferred sweetener*

*½ teaspoon Vanilla Extract*

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.

## ***Apple Pecan Pie***

*This recipe makes a thick and fruit smoothie packed with banana, apple and pecans. Your kids will love this healthy smoothie!*

**MAKES:** 2 servings

**PREPARATION TIME:** 10 minutes

**Calories per serving:** 428

---

*1½ cups/360ml Milk  
2 Apples, peeled, cored and chopped  
2 Bananas, peeled and sliced  
1 tablespoon Honey, or preferred sweetener  
2 tablespoons Pecan nuts, chopped*

---

### **Directions**

Add the milk to a smoothie maker or blender. Add the remaining ingredients and pulse until smooth.

Pour the smoothie into 2 glasses and serve immediately.



## LET'S FINISH STRONG!

I'm happy that you've joined me in making healthy and tasty smoothies. As you continue, you may find yourself getting more creative and making your own favorite combinations. In the end, you will reap the nutritious benefits of blending fresh fruits and vegetables. Each glass of these superfood smoothies will bring you one step (maybe even several steps) closer to your goal to stay healthy, lose weight and finish strong.

Now, you can enjoy a great collection of flavorful smoothie recipes for your smoothie maker or blender. From breakfast smoothies to high energy smoothies, this book offers lots of fresh ways to love smoothies any time of day. For a quick energy boost, try any of the smoothies that are mixed with fruits and green vegetables. For speedy weight loss, try the weight loss smoothies or any other water based smoothies. Remember that the goal is to have fun blending up your favorite smoothie elixir while also improving your health.

All in all, this book is an essential smoothie maker companion with creative and satisfying smoothie making ideas. Like me, you'll be beaming with energy as you experience restored health, stimulated cleansing and targeted weight loss. Enjoy the boost of wholefoods into every glass of smoothie.

Thanks again for choosing my *Smoothie Maker Recipe Book*. If you have found it to be beneficial, I would appreciate if you would share your experience with other readers. Let's finish strong—the healthy way!

From my glass to yours,

*Kathleen Boyd*

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