

# Formula for Perfect Smoothie



## Step 1: Choose your liquid.

Water  
Almond Milk (unsweetened)  
Cashew Milk (unsweetened)  
Hemp Milk (unsweetened)  
Iced tea

Coconut Milk (unsweetened)  
Cow's Milk  
Coconut Water  
Green Tea  
Coffee

# Formula for a Perfect Smoothie



## Step 2: Choose one fruit & veggie.

### FRUITS

- Strawberries
- Blueberries
- Mango
- Pineapple
- Peaches
- Cherries
- Banana

### VEGGIES

- Spinach
- Kale
- Chard
- Beet Greens
- Raw Carrots
- Carrot Tops
- Cucumber
- Cooked Sweet Potato
- Cooked Beets

## Step 3: Add one protein or fat.

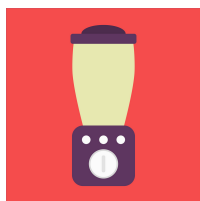
- Protein Powder (whey, egg white, soy, rice or any protein powder)
- Plain Yogurt
- Peanut Butter

- Almond Butter
- Almonds
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

## Step 4: (Optional) Add a booster ingredient.

- Cinnamon
- Green Powders (spirulina, wheatgrass, etc.)
- Vanilla Extract (can be used for flavor)
- Almond Extract (can be used for flavor)
- Cold/Chilled Coffee (can be used for flavor)
- Honey

- Avocado
- Flax Seeds
- Chia Seeds
- Raw Cacao
- Ginger
- Turmeric



## Cherry-Banana Inflammation Fighter

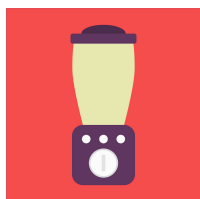
### Ingredients:

1 Cup Unsweetened Vanilla Almond Milk or milk of your choice  
1 Cup Spinach or greens of your choice  
1 Cup Frozen, Pitted Cherries (could swap out for strawberries)  
1 Banana, cut into pieces  
½ Cup Plain Yogurt (choose greek yogurt for additional protein)  
½ teaspoon vanilla extract

Optional: Add some spices for some additional inflammation fighting powers, try some cinnamon or ginger!

Optional: Ice as needed

Blend all ingredients in blender and enjoy!



## Beet Blast Recovery Smoothie

*Yes, you read that correctly- BEETS! Not only do they create an amazing color, they provide you with nutrients to help support sports recovery and cardiovascular health. I like to have some cooked beets in the freezer for this one! Carbohydrates and protein are both essential following a workout, so make sure to include a protein choice in this smoothie.*

### **Ingredients:**

1 Cup Unsweetened Vanilla Almond Milk or milk of your choice

½ Cup Cucumber, peeled and diced

½ Cup Frozen Beets

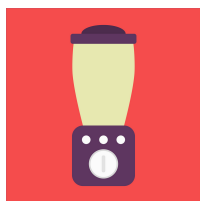
¾ Cup Frozen Berries (any will work)

½ Cup Almonds

1 scoop Vanilla Protein Powder or protein of choice

Optional: Ice as needed

Blend all ingredients in blender and enjoy!



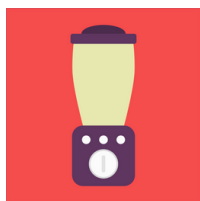
## Refreshing Ginger Pear

*Ginger contains compounds that help support gut health, while the fiber rich ingredients help satisfy hunger. This one is great to support overall digestion, in addition to being delicious! If it's a hot day I would suggest trying the coconut water to help aid in hydration!*

### **Ingredients:**

- 1 Cup Coconut Water or unsweetened milk of choice
- 1 Cup Spinach
- 1 Ripe Pear, peeled and cut into pieces
- ½ teaspoon Ginger Powder
- ½ Cup Yogurt (greek for additional protein)
- ½ Cup Ice Cubes
- Optional: 1 Tablespoon Flaxseeds

Blend all ingredients in blender and enjoy!



## Morning Kick Smoothie

*This one has a kick- coffee! Have leftover coffee in the pot? Store in the fridge and add it to your smoothie the next day!*

### **Ingredients:**

$\frac{3}{4}$  Cup Chilled/Cold Coffee

$\frac{1}{2}$  Cup Unsweetened Vanilla Almond Milk or milk of choice

1 Banana, cut into pieces

1 Tablespoon Peanut Butter or Almond Butter

$\frac{1}{2}$  Cup Ice Cubes

Optional: 1 Tablespoon Cacao Powder

Optional: 1 Tablespoon Chia Seeds

Optional: 1 Teaspoon vanilla extract or almond extract

Blend all ingredients in blender and enjoy!