



**125 QUICK AND EASY
SMOOTHIE RECIPES TO LOSE
WEIGHT AND BOOST YOUR
ENERGY**



THE SMOOTHIE DIET

The Smoothie Cleanse Recipes For Weight Loss

125 Quick And Easy Smoothie Recipes to Lose your Weight and Boost Your Energy.

Delicious, Easy-To-Make Smoothies For Rapid Weight Loss, Increased Energy, & Incredible Health!

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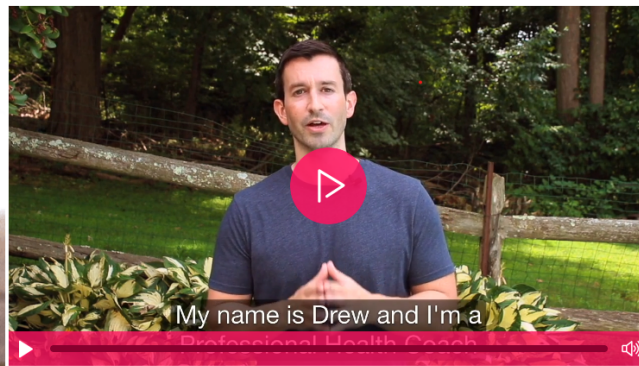


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In Conclusion

Summary

Thank you for buying **Lose Weight with Rejuvenating Smoothies, and 25 best Smoothie Recipes Ever!** In here, you'll find secrets to losing weight naturally and becoming more youthful and fit as you age. It's all about smoothies! Smoothies are great to help you lose weight. They are THE way to create low-calorie, nutrient-rich meals. You get all the ingredients you want because YOU decide which ones you want.

Meals-in-a-glass! They keep you full for a long time, so there's less chance of you needing to snack. And hey, if you want to snack, you can have another smoothie because they're so low in calories! Included in this book are great combinations of flavors, protein, healthy carbs and fats, and vitamins and minerals to make the smoothies you want! There are 25 great smoothie recipes in this book to aid you in your quest for weight-loss!

If you're ready to learn the magic of gaining health and losing weight as soon as possible, let's get on with it! Here we go!

Introduction

Smoothies for Weight Loss and Great Health

Let's face it, no drink or food guarantees instant weight loss – not even a rich, nutrient-dense smoothie. In order to lose weight and experience great health transformation, one of things you need to do is to eat fewer calories with better food. Since most smoothies are made from several “super foods” and are low in calories, drinking smoothies as a substitute for unhealthy food options is one of the best strategies you can choose for successful weight loss. This is the fact that makes smoothies a natural and smart way to lose weight. You also have to burn more calories than you consume, but if you're drinking smoothies like these instead of eating chips and cream puffs, you'll have to do much less at the gym!

Smoothies and Your Weight Loss Goal

The term “smoothie” can be used for a variety of beverages. Of course, some use better ingredients and are thus healthier than others. Really healthy smoothies contain one or more super foods that not only help you lose weight, but also provide you with nourishment that keeps you healthy, active, and rejuvenated.

Most of these smoothies contain fresh leafy greens, which makes them super healthy and gives them their “interesting” hue. The ingredients in these smoothies come from a large variety of foods, flavors, and colors. Most of them contain a mixture of green vegetables, healthy fruits, and possibly oils, dairy, and other ingredients. All the veggies and fruits are high in fiber, and we all know that the consumption of dietary fiber is inversely linked with body weight and body fat content. Thus, adding them to your diet in the form of smoothies is an easy, key method to aid weight loss.

According to surveys, drinking smoothies not only adds a variety of flavors in your diet, but also is one of the best ways to lose weight without starving yourself or having to prepare low-calorie meals three times a day. In short, smoothies provide nutrition, minerals, vitamins, fiber, healthy carbohydrates, and low-fat whole foods/super foods that you require in order to lose weight safely, quickly and effectively, without following strict diets that force you to starve yourself.

So How Do Smoothies Help Lose Weight?

If prepared following the right directions, smoothies can satisfy your hunger and help keep you from feeling hungry for a quite a while. Since they are loaded with healthy foods, you can easily replace your meals with a glass of a healthy smoothie.

In dieting, skipping meals to reduce weight is considered unhealthy and short-sighted. In this diet, you will replace your meals with low-calorie, high-nutrition, super food liquid, which can work wonders for you. It will become your most effective strategy to minimize the consumption of calories while still getting all the important sustenance for your body, AND all coming from vegetables and fruits.

A diet that includes smoothies is a preferable choice for many folks because it is easy to follow, far less complicated than other diets, and the end results are worth appreciating. As always, before starting any diet, check with your doctor to see if it's a good one for you.

Healthy Smoothies – Make Your Own

The smoothie recipes shared in this book are not like the expensive smoothies available in the market. In fact, those smoothies are often loaded with all kinds of sweeteners and sugar that can defeat your main goal of losing weight.

The solution for getting better smoothies is to make yourself at home. There are 25 weight-loss smoothies recipes shared in this book for you to try. Once you get the basic idea of making a healthy smoothie, you can always come up with your personalized variations of smoothies that not only serve your taste buds, but also help you with your weight loss goals.

Smoothies – Is That My Weight Loss Solution?

The answer to that question is very probably yes, with a couple of conditions.

First, you must know what you have in your smoothie. Is it a perfect blend of super foods, healthy veggies, fruits, and whole foods, or is it loaded with sugar and unhealthy sweeteners for flavor? There is a reason why nutritionists and health experts suggest people prepare their own smoothies with 100% natural or organic ingredients instead of buying smoothies from supermarkets. The fact that many of the smoothies in your local grocery

have either sugar or artificial sweeteners in them bears repeating! They're no good!

Homemade smoothies are full of ingredients that YOU choose. The ones in this book have natural sources of protein, healthy and filling carbohydrates, and healthy fats, made from nutritious fruits, energizing greens, and other delicious and natural ingredients.

My Daily Smoothie Consumption

So how many smoothies should I consume in a day? While following the smoothie diet, the key is to make sure you don't allow yourself to become hungry often. If you do get hungry, don't fulfill your cravings with unhealthy food. Instead drink another smoothie, and stop when you start feeling full! Don't worry if you're drinking smoothies more than three times in a day. You'll still lose weight.

Explaining Detox Symptoms

Some people may experience a few detox symptoms such as tiredness, headaches, and weakness. This is for a couple reasons. One, because you'll be taking a break from consuming your regular (maybe unhealthy) food, your body will try to yell for you to feed it what it wants. Sugar and simple carbs are not happy when they stop getting fed. Don't worry, you'll get through it. It only lasts for a few days, and if you keep your eye on the prize of losing weight and switching to great foods, it will be a snap! To effectively achieve your weight loss goal and improve your smoothie diet, cut yourself off sweeteners such as brown sugar, white sugar, maple syrup, and honey from the ingredients. In addition to giving the sweet flavor, these ingredients provide you with unneeded calories and have very poor nutritional value. To add natural sweetness to your smoothies, try adding sweet fruits. They are a good, healthy source of sugar that can be used in smoothies.

Second, if you try to drink all smoothies for a few days, you'll be drinking liquids almost entirely, so frankly, you'll be expelling mostly liquids. While this is nothing to fear, if you do feel sick following this diet, you should stop and consult your health specialist. Better yet, follow our advice above, and talk to your doctor before you start it. Of course, you can also just try incorporating one or two smoothies into your regular diet.

Smoothie Recipe Tips

It is, of course, best to prepare your smoothies from natural and organically grown vegetables and fruits. You will certainly want to expand your smoothie possibilities and explore a wide variety of veggies and fruits to use. Include as many great foods as you can in a blend for maximum weight loss and health benefits.

Whenever possible, try to add the following in your diet: spinach, avocados, cucumber, mangos, pineapple, bananas, peaches, nectarines, and apples. These are some of the best assortments for preparing smoothies for weight loss.

Tip 1 – Add More Proteins to Your Smoothies

Load your smoothie cup with protein by adding more natural yogurt, dairy products, protein powder, or whey protein. These proteins are not only great for achieving your weight loss goal, but are crucial for repairing muscles. Moreover, adding protein to your smoothies helps to fill you up more so that you feel satisfied and don't feel the need of consuming more food.

Tip 2 –Add Fiber to Your Smoothies

Food items loaded with fiber like vegetables, nuts, oatmeal, whole wheat, and fruits can boost digestive tract health, cure bloated stomach, and stop irregular bowel problems. Vegetables, green beans, and fresh apples are a fantastic way to add dietary fiber to your daily consumption.

Tip 3 – Your Smoothies Should be Calcium-Rich

According to research, foods that are rich in calcium – including milk products or low-fat dairy products – are effective in reducing the chances for a person to develop heart problems and obesity.

With all of that information now tucked nicely in your head, let's get on to the fun part – the recipes! Get the blender out, tie your apron on, and let's get busy!

The Recipes

1 .Citrusy-Creamy Fat-Burning Smoothie



This smoothie recipe for weight loss is the perfect blend that can be used as a meal replacement to help you achieve your goal of a slimmer body. The ingredients for this recipe will fill you up, control your cravings, boost your metabolism, and help you burn fat – all at the same time! The main ingredients, including coconut, avocado, grapefruit, and lemons, are loaded with nourishment that not only helps in weight loss but also keeps you healthy and revitalized.

Nutritional Values per Serving:

- Calories: 483
- Total Fat: 28g
- Carbohydrates: 56g
- Protein: 12g

Ingredients:

- 2 cups green tea (cooled)
- ½ can coconut milk,
- ¼ cup pitted dates (about 4 dates)
- ½ avocado (cored and peeled)
- ½ grapefruit (red preferred) juice of 1 lemon
- 1 cup spinach (tightly packed)
- 3 bananas (medium-sized)
- 2 - 4 drops grapefruit therapeutic grade essential oils,

Preparation Method:

1. Preparation Method Blend the liquid and the dry ingredients in a high speed blender for a minute (keep greens aside). Next, add the greens to the blender, and pulse again to combine all ingredients.
2. Add the fruits and the remaining ingredients, and blend until smooth. Add the essential oils in the end. Give it one last spin before serving it in a glass.

Tips: This is the ideal blending method, as it allows the dry ingredients to blend multiple times. Make sure you blend the dry with the liquids first, and then add the remaining ingredients. Also, you can use a little water if the smoothie appears to be too thick. You can use any other ingredients instead of bananas at the end to use it as fillers. Add ice, and chill the smoothie before serving.

2 .Passion Fruit and Mango Smoothie



This amazing tropical blend of fruits is the perfect beverage to start your day the nutritious way – loaded with essential vitamins and low in fat. The best thing about this fruity smoothie is that it is absolutely sweetener free and nut free. It is literally only fruits. You have the flexibility of turning this fruit smoothie into a green one by using optional ingredients including oats and spinach. So check out the recipe and give yourself a much-needed nutrient boost!

Nutritional Values per Serving:

- Calories: 121
- Total Fat: 1g
- Carbohydrates: 23g
- Protein: 6g

Ingredients:

- 1 cup apple juice
- 1 cup orange juice
- 1 medium-sized mango (peeled and chopped)
- 1 banana
- 1 passion fruit juice of 1 lime
- 1 cup spinach, (optional)
- 1 cup oats, (optional)

Preparation Method:

1. Add all the ingredients in the juicer along with the liquid. And pulse for a short time (leaving out the oats and greens). Add the greens next along with the oats (if using), and blend again to combine. Blend until all ingredients are combined well and smooth.
2. Pour in your favorite smoothie mug and enjoy. If you like a chilled smoothie, don't hesitate adding a few ice cubes before you drink it down!

Tips: Add water to your smoothie to adjust the consistency if you like. You can add more and varied fruits to give this recipe a personalized touch.

3 .Rippled Red-Berry Smoothie



The Rippled Red-Berry Smoothie is a very flavorful and exotically colored smoothie that you can enjoy at any time of the day. Not only is the recipe

nutritionally rich, the flavors of fresh or frozen raspberries give this smoothie a fantastic taste. The natural flavor of this amazing, weight-loss smoothie is creamy and sweet and will fill you up instantly.

Nutritional Values per Serving:

- Calories: 279
- Total Fat: 13g
- Carbohydrates: 43g
- Protein: 4g

Ingredients:

- 1½ cups water
- ½ cup coconut milk
- ¼ cup pitted dates (about 4 dates)
- 2 cups raspberries
- 1 cup mango
- 1 cup oats, (optional)

Preparation Method:

1. Add all the fruits along with the water and coconut milk in the blender or juicer and pulse on high for a short time to combine all the ingredients together. Add oats (if using and pulse again. Keep blending until it forms a thick, creamy smoothie.
2. Don't forget to add the final raspberry ripple swirl to your smoothie. Pour your smoothie in a glass, and swirl a teaspoon of additional coconut milk in the middle of the smoothie. Chill your smoothie with ice cubes and enjoy.

4 .Dreamy-Creamy Green Orange Smoothie



This blend of whole foods does not require milk or any other dairy alternative to make. The smoothie is not only rich in essential nutrients, it is creamy, flavorful, and bright green with a hint of fresh orange flavor. Prepare and try it yourself.

Nutritional Values per Serving:

- Calories: 156
- Total fat: 2g
- Carbohydrates: 32g
- Protein: 3g

Ingredients:

- 1 orange (peeled)
- 1 medium-sized zucchini
- ½ cucumber (peeled)
- ½ cup oats, (optional)
- ¼ cup cashews
- 1 scoop protein powder, (optional)

Note: In case you are not using vanilla protein powder, use ¼ teaspoon of

vanilla.

Preparation Method:

1. Add the fruits and vegetables in a blender, and blend to combine the juices. Add cashews, oats (if using), and protein powder (or vanilla), and blend again until the texture of your fruity smoothie is rich and creamy.
2. Pour into your favorite glass and enjoy the refreshing flavors of fresh fruits and veggies.

5 .Banana Pie and Sweet Potato Smoothie



Banana Pie and Sweet Potato Smoothie is a perfect blend of whole foods and flavorful ingredients that are sugar free, gluten free, free from oats, and vegan. For those of you who want to gain maximum nutrients from a smoothie and are intolerant to oats, you can definitely try this one for weight loss and other health benefits. Prepare this one with confidence because it tastes exactly like sweet pie!

Nutritional Values per Serving:

- Calories: 358
- Total Fat: 11g
- Carbohydrates: 68g
- Protein: 5g

Ingredients:

- 1½ cups water
- 1 cup sweet potato (cooked or raw)
- 4 cups bananas
- ½ cup raisins
- ¼ cup pecans
- 1 teaspoon cinnamon
- ¼ cup coconut (dried)
- 1 cup spinach

Preparation Method:

1. Add spinach and water in the blender, and blend to juice. Add all the remaining ingredients to your blender, and pulse again to combine all with the green juice and make a thick smoothie.
2. You can add more water to adjust the consistency of your smoothie. Add some ice cubes to your blender, and blend for a few seconds to crush the ice and enjoy chilled.

6 .Zucchini Bread Smoothie



Zucchini is an amazing veggie that blends perfectly with smoothies, puddings, and sweet breads. Low in calories, zucchini can make your smoothie creamy and give it a very unique, interesting flavor. Since zucchini is low in calories, it makes the perfect ingredient for your weight loss

smoothie. Serve yourself a glass of zucchini bread smoothie and feel energized and refreshed.

Nutritional Values per Serving:

- Calories: 289
- Total Fat: 11.1g
- Carbohydrates: 37.7g
- Protein: 11.9g

Ingredients:

- 2 cups milk (dairy free)
- 2 cups zucchini (chopped)
- 2 cups bananas
- ¼ cup pecans
- ¼ cup pitted dates (about 4 dates)
- 1 teaspoon ground vanilla/vanilla extract
- 1 teaspoon cinnamon
- A pinch of sea salt
- 1 cup spinach, (optional)

Preparation Method:

1. In case you are using spinach in this smoothie, blend it first with dairy-free milk in a blender. Add all the remaining ingredients, and pulse to combine, making a smooth mixture. Add more milk to adjust the consistency if you like.
2. Add ice and blend for a few seconds to enjoy smoothie with crushed ice. Drink immediately, and enjoy the fresh flavors.

7 .Pear and Almond Smoothie



The recipe uses whole almonds and pears to make the perfect, delicious blend. While the texture of this smoothie isn't as smooth as you may like, the unique taste will balance out everything! Prepare this nutritionally rich

smoothie that will greatly help you with your weight loss goal. No one can stop you from enjoying this smoothie!

Nutritional Values per Serving:

- Calories: 369
- Total Fat: 12g
- Carbohydrates: 67g
- Protein: 6g

Ingredients:

- 2 cups almond milk
- 4 cups pears
- ¼ cup almonds
- 1 cup spinach, (optional)

Preparation Method:

1. If you are using the spinach, blend it with the almond milk first before adding any other ingredient. This will help you have more space in your blender before continuing on. Add the remaining two ingredients in the blender next, and pulse until it forms a thick, gritty mixture.
2. Add more milk to adjust the consistency if you like. Pour in a glass, add some ice cubes
3. And serve immediately.

8 .Frozen Orange and Pineapple Smoothie



The hint of pineapple and orange will not only give this amazing smoothie the best of flavors, but are also the nutrient-rich fruits great for your weight loss and your overall well-being. The blend of raw fruits and vegetables is what makes this smoothie refreshing and mouth-watering. Try it out yourself!

Nutritional Values per Serving:

- Calories: 265
- Total Fat: 1g
- Carbohydrates: 67g
- Protein: 3g

Ingredients:

- 1½ cups orange juice
- 3 cups pineapple
- 1 banana
- 1 tablespoon lime juice
- 1 cup oats, (optional: if you want to make a thick fruit smoothie)
- 1 cup spinach, (optional: to make it a green smoothie)

Preparation Method:

1. Blend the spinach (if you are using it) first with orange juice or some water. Now add all the remaining ingredients (except the optional oats) in the green juice, and blend to combine well. Pulse until it forms a thick, creamy mixture. Add oats, and give it a final, long blend to combine well and form a thick smoothie.
2. Pour in a glass, and add crushed ice from the top. Serve immediately to taste the fresh flavors of all the ingredients. The hint of orange and pineapple flavors makes this smoothie a very delicious option for your weight loss. Must try!

9 .Spiced Butternut Raw Squash Smoothie



Butternut Squash Smoothie is prepared with two types of non-dairy milk, raisins, and bananas for sweetening and texture, and nutmeg and cinnamon for the spicy touch. All the ingredients in this smoothie will make a great blend that serves you with a high level of nutrition and great taste!

Nutritional Values per Serving:

- Calories: 324
- Total Fat: 7.5g
- Carbohydrates: 67g

- Protein: 4g

Ingredients:

- ½ cup coconut milk
- 1½ cups milk (non-dairy) (oat, soya, rice, hemp, almond, raw nut, coconut drink or seed milk)
- 1 cup spinach
- ½ cup
- 2 cups raisins, butternut squash
- 1 teaspoon vanilla
- 6 bananas
- ½ teaspoon cinnamon
- ¼ teaspoon ground nutmeg

Preparation Method:

1. Add the liquids to the blender along with the spinach. Pulse the blender at high to prepare the green juice first. Add all the remaining ingredients next, and blend again to form a rich and creamy smoothie.
2. You can add more milk to adjust the consistency of your smoothie. Add ice, and give it one final blend for a few seconds to crush the ice. Serve chilled immediately for maximum nutrients and best flavors.
3. Enjoy every sip of it!

10 .Turbo Nutrient-Booster Smoothie



Just as the name suggests, the list of high-vitamin vegetables used in this smoothie will definitely give you the much-needed nutrient boost. Not only is the smoothie amazing for weight loss, the vegetables provide ample amounts of vitamins and minerals for the body.

Nutritional Values per Serving:

- Calories: 324
- Total Fat: 12g
- Carbohydrates: 42g
- Protein: 5g

Ingredients:

- ½ cucumber
- 1 tomato
- ½ clove garlic
- 1/8 onion
- 1 stalk celery
- ½ avocado

- ¼ romaine lettuce head
- ¼ teaspoon turmeric
- 20 mint leaves juice of ½ lemon a handful of parsley
- 1 teaspoon ginger (fresh or dried)
- 1 pinch cayenne pepper/chili powder
- 1 cup ice

Preparation Method:

1. Chop the tomato, cucumber, onion, garlic, celery, lettuce, avocado, parsley, and ginger. Add all the ingredients to the blender, and pulse to combine well, until it forms a creamy smoothie. While the tomato and cucumber will provide all the liquid to form the smoothie, you may add more if you like to adjust the consistency. Blend at high speed for 3-4 minutes to ensure the bits and pieces of the vegetables are not left out.
2. Add ice and blend again until it crushes down and mixes with the remaining ingredients. Serve immediately, and enjoy chilled for great flavors.

11 .Berries and Raw Buckwheat Smoothie

The raw buckwheat together with bananas and berries is filling and creamy. It's low in calories and rich in antioxidants and omegas. If you want a nutrient-booster smoothie, look nowhere else, because this is exactly what you are looking for!

Nutritional Values per Serving:

- Calories: 213
- Total Fat: 8g
- Carbohydrates: 15g
- Protein: 6g

Ingredients:

- 1/3 cup raw buckwheat (soaked in water for at least 30 minutes)
- ¼ cup almond milk
- ½ cup raspberries (frozen or fresh)
- ¼ cup strawberries (frozen or fresh)

- 1 tablespoon lemon juice
- 1 small-sized cucumber (peeled)
- ¼ cup pitted dates (about 4 dates)
- 1 teaspoon vanilla
- ½ avocado small piece of ginger

Preparation Method:

1. Place all the ingredients in a high-speed blender one by one, and pulse to combine until nice and smooth. Taste and adjust the ingredients to personalize flavors. The berries will give this delicious smoothie its rich color, while the ingredients will make it effective for your weight loss and overall well-being.

12 .Sweet Romaine Lettuce Smoothie

With the wide range of delicious and wholesome ingredients, sweet romaine lettuce smoothie is a must-have for your smoothie diet plan. The beverage is low in calories and loaded with nutrients that boost your metabolism and aid weight loss successfully.

Nutritional Values per Serving:

- Calories: 287
- Total Fat: 7g
- Carbohydrates: 5g
- Protein: 3g

Ingredients:

- 1 cup water
- 1 cup milk (dairy free)
- 1 cup strawberries
- 1 banana or mango
- 1 apple (chopped)
- 1 cup pineapple
- 1 cup romaine lettuce (chopped)
- 2 tablespoons pumpkin seeds
- ½ cup apricots (dried)
- 1 cup oats

Preparation Method:

2. Add the romaine lettuce and water to the blender, and pulse to combine. Add all the remaining ingredients to the blender (except oats) and blend at high until it forms a creamy mixture.
3. Add oats next, and give it another high-speed pulse to combine well. Adjust the consistency of your smoothie by adding more dairy-free milk if you like. Add ice cubes and give your smoothie a final pulse.
4. Serve immediately and enjoy!

13 .Nutritional Key Lime-Pie Smoothie

The mixture of lime, dates, and fruits makes this smoothie a super hit. Combine these nutrient-rich ingredients together to form a smoothie that aids in weight loss and helps you maintain optimum health.

Nutritional Values per Serving:

- Calories: 318
- Total Fat: 13g
- Carbohydrates: 13g
- Protein: 9g

Ingredients:

- 2 cups milk (dairy free)
- 2 bananas (frozen or fresh)
- 2 tablespoons sunflower seeds
- ¼ cup pitted dates (about 4 dates)
- Juice of 4 limes
- Zest of 4 limes
- ½ teaspoon pure vanilla extract
- 2 - 4 drops lime therapeutic grade essential oils, (optional)
- 1 cup mango

Preparation Method:

1. Blend the sunflower seeds, dates, and some milk first, and form a thick mixture. Add more milk along with the remaining

ingredients. Blend for a couple of minutes until the mixture forms a thick, creamy smoothie.

2. Serve with ice and enjoy fresh!

14 .Fruity Mango Blend

With no more than four ingredients, this fruity smoothie is a terrific blend to fill you up. Enjoy the delicious flavors of this creamy blend that has several health benefits to offer you, including successful weight loss.

Nutritional Values per Serving:

- Calories: 260
- Total Fat: 2g
- Carbohydrates: 31g
- Protein: 4g

Ingredients:

- 2 cups milk (dairy free)
- 1 cup spinach
- 1 cup oats
- 2 cups mango (chopped, fresh or frozen)

Preparation Method:

1. Blend spinach and milk together in a high-speed blender for a few minutes until it is in liquid form. Add the remaining ingredients and blend again for several minutes until the mixture is thick and creamy.
2. Add ice cubes in the end, and give it one final blend. Serve fresh and enjoy fresh!

15 .Minty Pineapple Smoothie

The combination of pineapple and mint makes this smoothie one of the most delicious blends!

Nutritional Values per Serving:

- Calories: 226
- Total Fat: 3g

- Carbohydrates: 48g
- Protein: 5g

Ingredients:

- 1 cup water
- 4 cups pineapple
- 2 cups bananas (fresh or frozen)
- 10 mint leaves
- 2 tablespoons flaxseeds/linseeds
- 1 drop mint therapeutic grade essential oil, (optional)

Preparation Method:

1. Blend mint leaves, flaxseeds/linseeds, and water together until it is in liquid form. Add the remaining ingredients, and blend again for several minutes until it forms a thick smoothie.
2. Adjust the consistency of your smoothie by adding more water if you like. Add ice, and pour in a glass to serve fresh immediately.

16 .Vitamin C Cocktail Smoothie

The blend of the all the ingredients in this recipe has shown great results for weight loss for a very long time. This could help you get weight loss you want by following a vitamin C-loaded smoothie recipe. Prepare yourself!

Nutritional Values per Serving:

- Calories: 145
- Total Fat: 4.7g
- Carbohydrates: 29g
- Protein: 2g

Ingredients:

- 2 oranges
- 1 cup strawberries
- ½ cantaloupe
- 1 tomato

Preparation Method:

1. Juice the oranges first, and then blend them with the remaining ingredients. Add ice if you want to enjoy this chilled. Serve immediately, and enjoy the refreshing flavors of this delicious smoothie!

17 .Green Tropical Thick Smoothie

This green thick smoothie is easy to prepare. The blend of fruits, vegetables, and seeds will provide your body with all the essential nutrients that you need in order to lose weight and boost your metabolism.

Nutritional Values per Serving:

- Calories: 251
- Total Fat: 10g
- Carbohydrates: 33g
- Protein: 6g

Ingredients:

- 1 cup water
- 1½ cups cantaloupe melon
- 2 cups pineapple
- 1 cup banana
- 1 cup spinach
- 2 tablespoons sunflower seeds
- ½ cup coconut milk
- 1 cup oats

Preparation Method:

2. Blend the spinach with water first. Add all the remaining ingredients next, and blend at high for several minutes until it forms a creamy mixture.
3. Pour into a glass, and add ice cubes. Serve chilled for best flavors.

18 .Chocolate and Marzipan Smoothie

Enjoy the chocolaty-flavored smoothie with the nutrients of fruits, nuts, and vegetables. The unique blend is surely a great addition to your weight loss

diet.

Nutritional Values per Serving:

- Calories: 320
- Total Fat: 12g
- Carbohydrates: 8g
- Protein: 2g

Ingredients:

- 2 cups almond milk (or any other dairy free milk)
- 1 cup mango (chopped)
- ¼ cup ground almonds
- 6 tablespoons cocoa or carob powder
- ¼ cup pitted dates (about 4 dates)
- 1 teaspoon almond extract
- 2 tablespoons almond butter
- 1 cup oats
- 1 cup spinach

Preparation Method:

1. Blend spinach and almond milk first. Add all the remaining ingredients in the blender, and pulse at high until everything is smooth.
2. Pour into a glass, and set into your freezer for 10 minutes before serving.

19 .Super Blue Magic

Loaded with nutrients of blueberries, this three-ingredient smoothie will serve your taste buds like no other.

Nutritional Values per Serving:

- Calories: 273
- Total Fat: 14.5g
- Carbohydrates: 29g
- Protein: 9g

Ingredients:

- 1 cup milk (dairy free)
- 1 cup blueberries (unsweetened, frozen)
- 1 tablespoon cold-pressed organic flaxseed oil

Preparation Method:

1. Combine blueberries with milk in a high-speed blender. And pulse for 1 minute. When done, pour into a glass, and stir in flaxseed oil.
2. Set to chill for some time before drinking for enhanced flavors.

20 .Choco-Raspberry Smoothie

If you are a fan of chocolate and berries, this is the perfect blend for. Try it out yourself!

Nutritional Values per Serving:

- Calories: 432
- Total Fat: 13.5g
- Carbohydrates: 77g
- Protein: 16g

Ingredients:

- ½ cup soy milk (or any other dairy free milk)
- 6 oz. vanilla fat-free yogurt
- 1 cup raspberries (fresh)
- ¼ cup chocolate chips (unsweetened, dairy free)
- A handful frozen raspberries

Preparation Method:

1. Place all the ingredients in a blender, and pulse at high until smooth, for around 1 minute. Transfer the smoothie to a glass, and enjoy the refreshing flavors of this special weight-loss smoothie.

21 .Blueberry and Vanilla Yogurt Smoothie

Delicious blueberries are once again combined with the flavors of vanilla to give you a refreshing smoothie rich in essential nutrients for health and weight loss.

Nutritional Values per Serving:

- Calories: 443
- Total Fat: 14.5g
- Carbohydrates: 63g
- Protein: 18g

Ingredients:

- 1 cup soy milk (or any other dairy free milk)
- 6 oz. vanilla fat-free yogurt
- 1 cup blueberries (fresh)
- 1 tablespoon flaxseed oil a handful frozen blueberries

Preparation Method:

1. Place milk, fresh blueberries, yogurt, and frozen blueberries in a blender and pulse at high for a minute until it forms a smooth mixture.
2. Pour it into a glass, and stir in flaxseed oil before serving it. Drink immediately for best flavors.

22 .Peachy Pour Smoothie

The simple peach-flavored smoothie will take as little as three ingredients to make the nutrient-loaded recipe!

Nutritional Values per Serving:

- Calories: 213
- Total Fat: 9g
- Carbohydrates: 26g
- Protein: 9g

Ingredients:

- 1 cup milk (dairy free)

- 1 cup peaches (unsweetened, frozen)
- 2 tsp. cold-pressed organic flaxseed oil

Preparation Method:

1. Combine peaches and milk together in a blender, pulsing it at high for a minute until smooth. Transfer to a glass, and stir in the flaxseed oil. Add ice cubes, and enjoy this fruity smoothie.

23 .Citrusy Smoothie

If you like citrusy flavors, you definitely want to add this recipe to your diet plan. This Citrusy Smoothie holds all the essential nutrients for you along with its superb taste.

Nutritional Values per Serving:

- Calories: 420
- Total Fat: 14g
- Carbohydrates: 57g
- Protein: 18g

Ingredients

- 1 cup soy milk (or any other dairy free milk)
- 6 oz. lemon fat-free yogurt
- 1 medium-sized orange (cleaned, peeled, sliced into sections)
- 1 cup ice
- 1 tablespoon flaxseed oil

Preparation Method:

2. Combine yogurt, milk, ice, and orange in a blender and pulse at high for around 1 minute. When done, transfer to a glass, and stir in flaxseed oil. Enjoy immediately.

24 .Green Apple Refresher

The delicious blend of flavors and nutrients makes this smoothie a true health refresher!

Nutritional Values per Serving:

- Calories: 482
- Total Fat: 16.5g
- Carbohydrates: 71g
- Protein: 19g

Ingredients:

- ½ cup soy milk (or any other dairy free milk)
- 6 oz. vanilla fat-free yogurt
- 1 teaspoon apple pie spice
- 1 medium-sized apple (chopped, peeled)
- 2 tablespoons cashew butter
- 1 cup ice

Preparation Method:

Combine all the ingredients in a high speed blender for around 1 minute until creamy. Pour into a glass, and stir before drinking fresh.

25 .Berrylicious Smoothie

Love those brightly colored strawberries? If yes, then this is the perfect smoothie for you. Rich in antioxidants and nutrients that boost metabolism, Berrylicious Smoothie is your ultimate choice for a weight-loss plan!

Nutritional Values per Serving:

- Calories: 216
- Total Fat: 9.5g
- Carbohydrates: 26g
- Protein: 9g

Ingredients:

- 1 cup milk (dairy free)
- 1 cup strawberries (unsweetened, frozen)
- 2 tablespoons cold-press organic flaxseed oil

Preparation Method:

3. Combine milk with strawberries in a high speed blender for around 1 minute. Pour into a glass and stir in oil. Add some

crushed ice on the top, and serve immediately.

26 .Mocha Smoothie

Add a shot of espresso, and enjoy the nutrient-dense smoothie.

Nutritional Values per Serving:

- Calories: 251
- Total Fat: 8.4g
- Carbohydrates: 36g
- Protein: 7g

Ingredients:

- ½ cup vanilla frozen fat-free yogurt
- 2 teaspoons cocoa powder
- 1 shot espresso
- 1 cup ice cubes

Preparation Method:

4. Place all the ingredients in a blender, and pulse at high speed for around a minute until smooth. Pour in a glass and serve chilled.

27 .Bright Watermelon Blend

This refreshing blend of watermelon and lemon sherbet is a weight-loss smoothie formula super hit!

Nutritional Values per Serving:

- Calories: 215
- Total Fat: 8.5g
- Carbohydrates: 38g
- Protein: 9g

Ingredients:

- 6 cups watermelon (seedless, chopped)
- 1 cup vanilla fat-free yogurt, or non-fat milk,
- 1 cup ice cubes

Preparation Method:

1. Place watermelon, low-fat vanilla yogurt or non-fat milk, and ice cubes in a blender and pulse at high for a minute until smooth. Serve immediately, and enjoy the fresh flavors.

28 .Honeydew and Kiwi Green Smoothie

You don't want to miss on the delicious flavors of this green smoothie. Provide yourself with much more than just taste with this amazing blend.

Nutritional Values per Serving:

- Calories: 198
- Total Fat: 7g
- Carbohydrates: 20g
- Protein: 6g

Ingredients:

- 2 cups honeydew (cubed)
- 1 Granny Smith apple (chopped)
- ¼ cup pitted dates (about 4 dates)
- 1 kiwi fruit (chopped)
- 1 tablespoon lemon juice
- 1 cup ice cubes

Preparation Method:

1. Place all the ingredients (except ice) in a high speed blender, and pulse to combine well. Add ice next, and give it one short pulse. Pour in a glass, and enjoy fresh.

29 .All Day Energy Smoothie

This naturally sweet, creamy smoothie is excellent for beginners. It offers perfect balance between greens and fruits. It's one of my favorite breakfast smoothie recipes.

You can also serve it as a smoothie bowl. Just place it in a bowl instead of a glass and add in your favorite nuts and seeds. So yummy, nutritious, and healthy!

Servings: 2

Ingredients:

Liquid:

- 1 cup coconut milk, unsweetened
- Half cup water, filtered, preferably alkaline
- 1 tablespoon coconut oil

Dry:

- A handful of spinach
- 1 small banana, peeled
- A few lemon slices, peeled

Other:

- 1 tablespoon of spirulina
- Half teaspoon cinnamon powder

Instructions:

2. Place all the ingredients in a blender.
3. Blend well.
4. Serve and enjoy!

30 .Bullet Proof Chai Tea Anti-Inflammatory Green Smoothie

This smoothie will help you boost your energy almost instantly. Aside from chai tea, full of spices and antioxidant ingredients, it uses ginger and turmeric- one of the best anti-inflammatory super foods there are! It tastes oriental, mysterious, and delicious!

Servings: 1-2

Ingredients:

Liquid:

- 1 cup chai tea, cooled down (use 1 tea bag per cup)
- Half cup coconut or almond milk (unsweetened)
- 1 tablespoon coconut oil

- A few drops of liquid chlorophyll

Dry:

- Half banana, peeled
- Half avocado, peeled
- A few dried apricots
- 1-inch ginger, peeled

Other:

- 1 teaspoon spirulina powder
- Half teaspoon turmeric powder
- Half teaspoon cinnamon powder to add on top

Instructions:

1. Blend all the ingredients (except cinnamon) using a blender.
2. Pour your smoothie into a smoothie glass and serve with ice cubes if needed.
3. Sprinkle some cinnamon powder on top. Enjoy!

31 .Easy and Tasty Green Smoothie Maravilla

Most people don't like green smoothies, because they haven't tried enough of them. And let's face it- a dull, annoying, spinach, or kale smoothie is not very appealing.

Luckily this one, doesn't taste gross!

Servings: 2

Ingredients:

Liquid:

- 1 cup coconut, cashew or almond milk (unsweetened)
- Half cup water, filtered, preferably alkaline
- 1 tablespoon avocado oil or olive oil

Dry:

- Half cup fresh parsley leaves, washed

- Half cup fresh cilantro leaves, washed
- Pinch of Himalayan salt
- Pinch of black pepper
- 1 teaspoon chia seeds
- A handful of cashews

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Serve and enjoy!
4. If needed, add more salt and black pepper.
5. Suggestion- you can serve this smoothie as a quick, raw, nourishing soup. You can also add some fresh veggies or meal leftovers.

32 .Green Vegan Keto Smoothie for Weight Loss

This smoothie is rich in good fats, good protein, and healthy greens to help you lose weight and feel amazing. It's one of those smoothies that will help you reduce sugar cravings and stay full for hours!

Servings: 2

Ingredients:

Liquid:

- 2 cup thick coconut milk (full fat)
- 2 tablespoons coconut oil

Dry:

- Half avocado, peeled and sliced
- Half lemon, peeled and sliced
- 2 tablespoons fresh cilantro leaves

Other:

- Black pepper (optional)
- Himalayan salt

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Serve and enjoy!
4. If needed, season with more black pepper and Himalayan salt.

33 .Quick Unwind Smoothie

This smoothie uses healing herbal infusions-rooibos.

Rooibos is full of minerals such as Iron and Magnesium.

Gluten-free oat milk is very healthy, and it has sleep-inducing properties. Avocado and coconut oil will help you prevent sugar cravings and sleep like a baby.

Servings: 2**Ingredients:****Liquid:**

- 1 cup rooibos tea (cooled down, use 1 teabag per cup)
- 1 cup gluten-free oat milk
- 1 teaspoon coconut oil

Dry:

- 1 small avocado, peeled and pitted
- 1 little lime, peeled and sliced
- A handful of cashews

Other:

- 1 teaspoon cinnamon powder
- Stevia to sweeten if needed

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Enjoy now or place in a fridge for later.

34 .Spicy Mediterranean Protein Smoothie

This delicious veggie smoothie can also be served as a quick, raw soup. Perfect as a quick meal replacement or a quick, nourishing meal.

Servings: 2

Ingredients:

Liquid:

- 1 cup almond milk, unsweetened
- 1 tablespoon extra-virgin olive oil
- 1 cup organic tomato juice

Dry:

- 1 green bell pepper, chopped
- Half avocado, peeled
- Half cucumber, peeled
- A handful of cashews

Other:

- Himalayan salt to taste
- A pinch of black pepper
- A pinch of chili powder
- A few drops of liquid chlorophyll

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth, serve, and enjoy!

35 .Vitamin C Energy and Mood Boosting Smoothie

Having a bad day? Do you need to boost your mood? Try this smoothie. It offers a healthy mix of vitamin C, energy stimulating greens, and mood-boosting cocoa.

Servings: 1-2

Ingredients:

Liquid:

- 1 cup coconut milk or gluten-free rice milk (unsweetened)
- Half cup water, filtered, preferably alkaline water
- 1 teaspoon coconut oil

Dry:

- 1-inch ginger, peeled
- 1-inch turmeric, peeled
- Half cup arugula leaves
- 1 orange, peeled

Other:

- Stevia to sweeten (optional)
- Half teaspoon cinnamon
- 1 tablespoon cocoa powder
- 1 tablespoon chia seeds
- A few drops of liquid chlorophyll

Instructions:

1. Blend and enjoy.
2. Add some stevia to sweeten if needed.
3. This drink is great first thing in the morning. But you can also sip on it during the day to enjoy more energy or whenever you are having a bad day!

36 .Green Almond Protein Hormone Balancer

This delicious smoothie uses maca powder, which is a hormone re-balancer for women.

Servings: 1-2

Ingredients:**Liquid:**

- 1 cup coconut or almond milk (unsweetened)
- 1 tablespoon coconut oil

- Half cup coconut water

Dry:

- Half cup kale leaves
- 1 banana, peeled
- Half green apple

Other:

- A bit of stevia to sweeten
- Half teaspoon fresh maca powder
- 1 tablespoon hemp seed protein powder (personally, I like chocolate-flavored protein powder)+ a few lime slices and ice cubes to serve if needed

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Serve and enjoy!
4. This smoothie also tastes delicious when chilled or half-frozen.

37 .Simple Detox Spicy Smoothie

If you are looking for a quick detox recipe-this smoothie recipe will help you sweat out all the toxins and supercharge your nutrition!

Servings: 2-3

Ingredients:

Liquid:

- 1 cup organic tomato juice
- Half cup unsweetened almond milk

Dry:

- 2 big cucumbers, peeled and roughly sliced
- 6 radishes, sliced
- 2 tablespoons chive, chopped
- 1 garlic clove, peeled

- Half cup arugula leaves, washed
- 1 teaspoon hemp protein powder

Other:

- Pinch of Himalayan salt
- Pinch of black pepper
- Pinch of chili powder

Instructions:

1. Place all the ingredients through a blender.
2. Blend, serve, and enjoy!
3. You can also serve this smoothie as a quick, raw detox soup.

38 .Ultimate Balance Alkaline Green Smoothie

This smoothie tastes delicious, and I highly recommend it for days where your goal is detoxification to have more energy.

Servings: 2-3

Ingredients:

Liquid:

- 1 cup coconut or almond milk
- Half cup water, filtered, preferably alkaline
- 1 tablespoon coconut oil

Dry:

- 2 big cucumbers, peeled and roughly sliced
- 1 big avocado
- Half lemon, peeled and sliced
- 4 tablespoons almonds, chopped or powdered
- A handful of cilantro
- 1 tablespoon chia seeds

Other:

- Pinch of Himalaya salt to taste
- Pinch of black pepper to taste

- 2 tablespoons chive, chopped
- 1 teaspoon spirulina powder

Instructions:

1. Place all the ingredients in a blender.
2. Blend well and pour into a smoothie glass or a small soup bowl.
3. Serve and enjoy!

39 .Liver Cleanse Green Smoothie

If you want to improve your energy levels, consider doing a mini liver cleanse. One of the ways I like to go about it is to start my day with 2 glasses of warm water (preferably alkaline) with 2 tablespoons of lemon juice.

Then, I have this smoothie for breakfast. The rest of my diet remains very clean (lots of veggies, organic foods, no gluten, no dairy, no alcohol), and I stick with it for 2 weeks (usually during springtime).

Servings: 1-2

Ingredients:

Liquid:

- 1 cup full-fat coconut milk (no added sugar)
- Half cup of water, filtered, preferably alkaline

Dry:

- Half cup radish washed
- 1 small avocado, peeled and pitted
- A handful of fresh arugula leaves

Other:

- Pinch of Himalaya salt to taste
- 1 teaspoon chlorella
- 1 teaspoon spirulina
- 1 teaspoon chia seeds

Instructions:

1. Blend all the ingredients.
2. Serve in a smoothie glass or in a soup bowl- this smoothie can also be turned into a delicious soup.

40 .Super Antioxidant Green Smoothie

Cilantro is a miraculous alkaline herb with potent antioxidant properties. It tastes great in smoothies!

Especially when backed up with creamy nut milk and some spices and superfoods to help you thrive!

Sometimes, I like to have this smoothie for breakfast, especially when I am tired and need to restore my energy quickly.

My ritual is- have this smoothie as a quick, early dinner, relax, meditate, and have an early night.

The next day, I feel like a new person, all because of the balancing and antioxidant properties of this smoothie.

I also highly recommend you look into Ashwagandha, it truly is a miraculous herb.

I have written an entire book on Ashwagandha if you are interested in diving

Servings: 2-3

Ingredients:

Liquid:

- 2 cups gluten-free oat milk (or any other plant-based milk)
- 1 tablespoon coconut oil

Dry:

- A handful of fresh cilantro leaves
- 2 small carrots, peeled

Other:

- 1 teaspoon chlorella
- Half teaspoon Ashwagandha
- 1 teaspoon moringa

- Half teaspoon cinnamon powder
- Pinch of Himalaya salt to taste

Instructions:

1. Combine all the ingredients in a blender.
2. Process until smooth.
3. Taste to check if you need to add some Himalayan salt or spices.
4. Pour into a smoothie glass or a small soup bowl and enjoy it!

41 .Super Keto Fill Me up Smoothie for Weight Loss

This smoothie is rich in good fats and very low in carbs. At the same time, it incorporates a myriad of different nutrient-packed superfoods. The perfect recipe to fill you up and help you stay energized for hours.

Servings: 2

Ingredients:

Liquid:

- 1 cup of coconut milk
- Half cup cashew milk
- 2 teaspoons olive oil

Dry:

- 1 big avocado, peeled, pitted and sliced
- Half lemon, peeled and sliced
- A handful of cashews
- A handful of almonds

Other:

- 1 teaspoon spirulina
- 1 teaspoon chlorella
- Himalayan salt to taste

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.

3. Serve in a smoothie glass and garnish with a few lime slices.
4. Drink to your health, and enjoy it!

42 .Hormone Rebalancer Sweet Veggie Smoothie

This smoothie is naturally sweet even though it doesn't use any fruit. It's because red bell peppers are naturally delicious veggies. Then, coconut water adds in a more natural sweet taste, while stevia and cinnamon take it to the next level.

Moringa and spirulina not only add some natural protein but also turn this smoothie into a green, chlorophyll-rich, nourishing smoothie.

Servings: 1-2

Ingredients:

Liquid:

- 2 cups of coconut water
- 1 tablespoon coconut oil

Dry:

- 1 big red bell pepper
- 2 medium-size carrots, peeled
- Half avocado, peeled and sliced

Other:

- Half teaspoon moringa powder
- Half teaspoon spirulina powder
- Half teaspoon cinnamon powder
- Stevia to sweeten, if needed

Instructions:

1. Blend all the ingredients in a blender.
2. Serve and enjoy!

43 .Simple Green Smoothie Protein Bowl

This green smoothie bowl is rich in fiber, good protein, healthy fats, and energizing greens. A perfect way to start your day the right way!

Servings: 1-2

Ingredients:

Liquid:

- 1 cup gluten-free oat milk
- 1 teaspoon coconut oil or avocado oil

Dry:

- A handful of dates pitted
- Half cup spinach leaves, washed
- 1 tablespoon sunflower seeds
- 1 tablespoon raisins
- 1 tablespoon crushed almonds

Other:

- Half teaspoon cinnamon powder
- Optional: 1 teaspoon Organifi powder (you can learn more at

Instructions:

1. Blend all the ingredients (except sunflower seeds, raisins, and almonds) in a blender.
2. Pour your smoothie into a smoothie bowl.
3. Place the sunflower seeds, raisins, and crushed almonds in a smoothie bowl.
4. Serve and enjoy!

44 .Anti-Flu Green Smoothie

I recommend you drink this smoothie regularly, especially during the winter, to help you prevent the flu.

This recipe uses healing alkaline veggies like cauliflower, and, at the same time, adds in some garlic to help you strengthen your immune system.

Servings: 1-2

Ingredients

Liquid:

- 2 cups almond milk
- 1 tablespoon olive oil

Dry:

- Half cup cauliflower, slightly cooked or steamed, cut into smaller pieces
- 2 garlic cloves, peeled and minced
- 1 cup arugula leaves
- One small chili flake (optional)

Other:

- Himalaya salt
- Half teaspoon curry powder
- Half teaspoon turmeric powder with a pinch of black pepper
- 1 teaspoon chlorella

Instructions:

1. Place all the ingredients in a blender.
2. Blend until smooth, serve and enjoy!

45 .Healthy Sexy Glow Beautiful Skin Smoothie

If you want to have healthy-looking glowing skin, be sure to make friends with this cutie!

Servings: 2

Ingredients:

Liquid:

- 1 cup organic tomato juice
- 1 cup water, filtered, preferably alkaline

Dry:

- 1 cup arugula leaves
- 2 small carrots, peeled
- 1 big cucumber, peeled
- A handful of parsley leaves, washed

- A handful of almonds
- 1-inch ginger

Other:

- A pinch of Himalayan salt
- Half teaspoon maca powder

Instructions:

1. Combine all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

46 .Antioxidant Party Green Smoothie

Pineapple is loaded with nutrients, especially Vitamin C, Manganese, Copper, and Vitamin B6.

It's excellent for digestion, and it boosts immunity.

It blends really well with blueberries and energy-boosting, chlorophyll-rich greens.

Now, back to the recipe...

Servings: 2

Ingredients:

Liquid:

- 2 cups of rice milk
- 1 tablespoon coconut oil

Dry:

- 1 cup pineapple chunks
- Half cup kale or spinach
- A handful of blueberries
- 1-inch ginger
- 1 tablespoon chia seeds

Other:

- Half teaspoon nutmeg powder
- Half teaspoon cinnamon powder
- Half teaspoon vanilla powder

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

47 .Herbal Blend Green Smoothie

This recipe is one of my favorite meal replacement smoothies. It's full of minerals, natural protein, and good fats. It's just perfect if you want to make a delicious veggie smoothie that you can also turn into a delightful raw soup.

Servings: 2

Ingredients:

Liquid:

- 2 cups almond milk
- 1 tablespoon olive oil

Dry:

- 4 big organic tomatoes
- Pinch of Himalaya salt
- 1 garlic clove, peeled
- 2 tablespoons almonds
- Half cup green olives pitted
- Half cup arugula leaves

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Pour into a smoothie glass and enjoy it!

48 .Easy Green Fat Burner Smoothie

This smoothie uses green tea. Green tea contains small, healthy, amounts of

caffeine, and it's also very rich in a flavonoid called catechin. Research suggests that catechin can help to break down excess fat, while both catechin and caffeine can increase the amount of energy the body uses.

Servings: 2

Ingredients

Liquid:

- 1 cup of green tea
- Half cup coconut milk

Dry:

- 1 kiwi, peeled
- Half avocado, peeled and pitted
- A handful of spinach leaves
- 1 teaspoon chia seeds

Other:

- 1 teaspoon cinnamon powder
- Stevia to sweeten

Instructions:

1. Combine all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

49 .Crazy Keto No Sugar Smoothie

This vegetable, keto-friendly green smoothie is rich in good fats and nutrients. It also uses a few exciting spices and ingredients, which make it taste really amazing!

Servings: 1-2

Ingredients:

Liquid:

- 1 cup coconut milk, thick, full fat

- Half cup almond milk, unsweetened
- 1 tablespoon olive oil
- 1 tablespoon avocado oil

Dry:

- 2 cucumbers, peeled
- 1 big garlic clove, peeled
- 2 small celery sticks
- A handful of green olives, pitted

Other:

- A pinch of Himalaya salt to taste
- Half teaspoon oregano
- A pinch of black pepper to taste

Instructions:

1. Combine all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

50 .Massive Green Power Plants Smoothie

If you don't like spinach or kale, I highly recommend you try arugula leaves. They taste delicious, both in salads and smoothies. Hazelnut milk will make this smoothie creamy, delicious, and fun!

Servings: 3

Ingredients:

Liquid:

- 2 tablespoons coconut oil
- 2 cups hazelnut milk (unsweetened)
- Juice of 1 lime

Dry:

- 1 cup arugula leaves, washed
- 1 small avocado, peeled, pitted and sliced

Other:

- Half teaspoon maca powder
- Half teaspoon cinnamon powder

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

51 .Make This Kale Taste Great Again!

This smoothie is perfect if you are pressed for time and are looking for a quick and healthy way to put a sweet, nourishing meal-replacing smoothie together.

Servings: 2**Ingredients:****Liquid:**

- 1 cup coconut milk, unsweetened
- 1 cup rice milk, unsweetened
- 2 tablespoons lemon juice

Dry:

- 1 cup of kale leaves
- A few onion rings
- A few slices of avocado
- Half cup of green olives

Other:

- Pinch of Himalayan salt
- Pinch of black pepper
- Pinch of curry powder

Instructions:

1. Place all the ingredients in a blender.

2. Process well until smooth.
3. Serve and enjoy!

52 .Green Cashew Smoothie

Cashews are definitely one of my favorite ingredients for delicious, creamy green smoothies! They bring in lots of good fats and protein that will help you stay full for hours!

Servings: 1-2

Ingredients:

Liquid:

- 1 cup cashew milk
- Half cup water, filtered, preferably alkaline
- 2 tablespoons of coconut oil
- 2 tablespoons lime juice

Dry:

- 1 cup green bell pepper
- Half cup iceberg lettuce

Other:

- Himalayan salt and black pepper to taste

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

53 .Pomegranate Alkaline Green Smoothie

Almonds make this smoothie taste amazing, and they also add in good fats and protein. Pomegranates are low in sugar and super high in alkaline minerals such as magnesium. They add an exciting twist to this green smoothie! Maca and Ashwagandha help you balance your hormones and feel less stressed.

Servings: 2-3

Ingredients:**Liquid:**

- 1 cup almond milk, unsweetened
- Half cup water, filtered, preferably alkaline
- 1 tablespoon flaxseed oil

Dry:

- Half cup pomegranates
- A handful of almonds
- Half cup spinach

Other:

- Stevia to sweeten, if desired
- Half teaspoon cinnamon powder
- Half teaspoon nutmeg powder

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

54 .Electrolytes Aid Weight Loss Smoothie

Grapefruit is a fantastic fruit that is full of minerals like magnesium and potassium, while at the same time, it's a low sugar fruit. Exactly what we want to live a healthy lifestyle!

It blends really well with coconut water. This smoothie is low in calories, high in fats, and miraculous nutrients. It's perfect after a strenuous workout.

Vitamin C from grapefruit helps you absorb iron from the spinach.

Servings: 1-2**Ingredients:****Liquid:**

- 2 grapefruits, juiced

- 1 cup coconut water

Dry:

- A handful of fresh mint leaves
- A Handful of spinach
- 1 green apple, chopped
- 1 kiwi, peeled

Other:

- Half teaspoon cinnamon powder
- Half teaspoon maca powder
- 1 tablespoon chia seeds

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

55 .Delicious Guacamole Green Smoothie

This smoothie can also be used as a dip to be served with some veggies. It also makes a great meal replacement if you are pressed for time and are looking for an easy and nutritious meal.

Servings: 1-2

Ingredients:

Liquid:

- 1 cup water, filtered, preferable alkaline
- 1 tablespoon avocado oil
- 2 tablespoons lemon juice

Dry:

- 2 medium-sized tomatoes, sliced
- Half avocado, peeled and sliced
- A handful of arugula leaves
- 1 small garlic clove, peeled and minced

Other:

- Pinch of Himalayan salt
- Pinch of chili powder
- Pinch of black pepper powder

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

56 .Optimal Digestion Fennel Smoothie

Fennel is an intensely aromatic, naturally sweet ingredient that tastes really delicious in smoothies, especially this green smoothie that fuses the best natural, holistic ingredients for digestion.

Servings: 1-2**Ingredients:****Liquid:**

- 1 cup fennel tea, cooled down (use 1 tea bag per cup)
- Half cup coconut milk
- 1 teaspoon coconut oil

Dry:

- A few slices of fennel bulb
- 1 tablespoon grated ginger
- 1 kiwi, peeled

Other:

- Half teaspoon cilantro powder (optional)
- Half teaspoon cinnamon powder (optional)

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.

3. Serve and enjoy!

57 .Sexy Spicy Turmeric Green Smoothie

This green smoothie is great if you need something to warm up or fight the cold or flu. It's spicy and will quickly warm you up!

Servings: 1-2

Ingredients:

Liquid:

- 2 lemons, juiced
- 1 cup coconut milk

Dry:

- 1-inch turmeric
- 1-inch ginger, peeled
- 1 cup arugula leaves
- 2 tablespoons chive, chopped
- 1 garlic clove, peeled

Other:

- A pinch of chili powder
- A pinch of curry powder
- A pinch of Himalayan salt
- A pinch of black pepper

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve as raw smoothie-soup or lightly cooked and enjoy!

58 .Ginger Avocado Healthy Fats Smoothie

What I love about avocados is that they taste great both in spicy and sweet smoothies. They are always a must-have for balanced, green smoothies! Oh, and this one is incredibly delicious (naturally) and tasty!

Serves: 2

Ingredients:**Liquid:**

- 1 cup coconut water
- 1 cup of any nut milk of your choice (I like almond or hazelnut)

Dry:

- 1 avocado, peeled and pitted
- 6 big pineapple slices
- Half banana
- 2-inch ginger, peeled

Other:

- 1 teaspoon moringa powder
- Half teaspoon cinnamon powder
- A few drops of liquid chlorophyll

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Serve and enjoy!

59 .Sweet and Easy Rooibos Tea Smoothie for Skeptics

I remember getting an email from a hater...

"I can't make any of your recipes, Elena! You always use nut milk or coconut milk, and I am allergic to all of them, or I can't find them in my local grocery store. Your recipes are useless, and your books are worthless!"

Yes, some people can be very mean.

Luckily, nut milk can always be replaced by clean, filtered water. You can also add in some nuts to your smoothie; unless, of course, you are allergic to them. Or, you can use a delicious herbal infusion such as rooibos or, the previously mentioned- fennel.

All of them can be easily found and purchased online and are very cheap. No excuses and haters, please don't bash me, I am a sensible human being, and I

just want to write awesome recipes to inspire people who enjoy living a healthy lifestyle!

Serves: 2

Ingredients:

Liquid:

- 1 cup rooibos tea (use 2 teabags per 1 cup of water), warm but not hot
- 2 tablespoons coconut oil
- Half cup water, filtered, alkaline

Dry:

- A handful of raisins
- Half cup baby spinach leaves
- Half green banana, peeled and sliced

Other:

- Half teaspoon cinnamon
- 1 tablespoon chia seeds

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

60 .No More Cramps Green Smoothie

This smoothie is an excellent recipe for women looking to obtain relief from period cramps. Adding in some good fats enhances the therapeutic properties of this green smoothie.

Serves: 1-2

Ingredients:

Liquid:

- 1 cup thick coconut milk

- 1 tablespoon avocado oil
- 1 tablespoon coconut oil

Dry:

- 1-inch ginger, peeled
- 1 big avocado, peeled and pitted
- Half cup watercress

Other:

- Half teaspoon cumin seed powder
- Pinch of Himalaya salt to taste

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

61 .Ashwagandha Veggie Green Smoothie

This is yet another green, vegetable smoothie that tastes creamy and nice. It can also be a great meal replacement!

Serves: 1-2

Ingredients:

Liquid:

- 1 cup coconut or almond milk
- Half cup water, filtered, preferably alkaline

Dry:

- Half avocado pitted and peeled
- Half sweet potato, peeled and cooked
- Half cup watercress

Other:

- Himalayan salt and curry powder to taste

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

62 .Sleep Well Ultimate Relaxation Smoothie

This recipe will help you unwind after a busy day to sleep like a baby and wake up feeling energized. The cinnamon powder makes this smoothie naturally sweet and super tasty.

Serves: 2**Ingredients:****Liquid:**

- 1 cup chamomile tea (use 1 tea bag per 1 cup of water), chilled
- Half cup oat milk, gluten-free

Dry:

- Half avocado, peeled and pitted
- A few slices of fresh fennel bulb (optional)
- A small handful of arugula leaves

Other:

- 1 teaspoon cinnamon powder
- Stevia to sweeten if needed
- Half teaspoon Ashwagandha

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

63 .Rosemary Green Smoothie

Aside from its relaxing properties, rosemary will help you boost your immune system and fight off colds and flu. It's amazing how many health

benefits one simple smoothie can have. Oh, and it makes your smoothie taste really unique!

Serves: 2

Ingredients

Liquid:

- 1 cup rosemary tea, cooled down
- Half cup coconut milk or almond milk

Dry:

- Half avocado
- Half cup arugula leaves
- 2 slices of lime
- 2 slices of lemon

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

64 .Strawberry Green Smoothie Shake

This smoothie combines the best of sweet and creamy milkshake (in a healthy, dairy-free, and no sugar version) with the healing power of greens. Oh, and it doesn't taste green. Nutritional yeast adds to a creamy texture of this smoothie.

Servings: 2

Ingredients

Liquid:

- 1 cup coconut milk
- Half cup cashew milk
- 1 tablespoon coconut oil

Dry:

- 1 cup of organic strawberries
- Half cup watercress
- A few banana slices

Other:

- Half teaspoon cinnamon powder
- A few drops of liquid stevia
- 2 tablespoons nutritional yeast

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

65 .Cucumber Kale Alkaline Keto Smoothies

Celery stalks are full of vitamins and minerals, including vitamin K, vitamin A, potassium, and folate. They blend very well with cucumber and creamy nut kinds of milk. All you need to make a super green and tasty smoothie!

Servings: 2

Ingredients:

Liquid:

- 1 cup cashew milk
- 1 cup water, filtered, preferably alkaline
- 2 tablespoons lemon juice
- 2 tablespoons of avocado oil

Dry:

- 3 celery stalks, chopped
- 2 big cucumbers, peeled and chopped
- 2 tablespoons of cashews

Other:

- Himalayan salt and black pepper to taste
- A pinch of chili or curry powder (optional)

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

66 .Sexy Flavored Spinach Smoothie

While pure spinach smoothie can be a bit boring, this recipe is a bit different. Add in some fresh ginger and mix it with coconut milk and oil, and you will fall in love with spinach smoothie!

Serves: 2

Ingredients:

Liquid:

- 2 tablespoons coconut oil
- 1 cup of coconut milk

Dry:

- Half cup of baby spinach
- 2-inch ginger, peeled
- Half banana

Other:

- Stevia to sweeten
- 1 teaspoon chocolate flavored, natural, plant-based protein powder (for example hemp)

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

67 .Simple Lemon Green Smoothie

This smoothie helps maintain a healthy digestive system. It's also great for detox.

Servings: 2

Ingredients:

Liquid:

- 1 cup of any nut or plant-based milk of your choice
- 1 teaspoon coconut oil

Dry:

- A handful of fresh mint leaves
- A handful of fresh cilantro leaves
- 1 lemon, peeled and sliced

Other:

- Stevia to sweeten if needed
- Half teaspoon cinnamon powder
- 1 teaspoon chia seeds or chia seed powder

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

68 .Easy Hydration Mineral Green Smoothie

This is a super hydrating smoothie. It's jam-packed with energy restoring alkaline minerals and healthy fats. It's also rich in protein and will help you stay full for hours!

Servings: 2

Ingredients:

Liquid:

- 1 cup water, filtered, preferably alkaline
- Half cup coconut milk
- 1 tablespoon avocado or flaxseed oil

Dry:

- 1 big cucumber, peeled and chopped
- 1 zucchini, peeled and chopped (steamed or lightly cooked is preferred)
- 1 cup romaine lettuce, washed

Other:

- Himalaya salt to taste
- 1 tablespoon hemp seed or green pea protein powder

Instructions:

1. Place all the ingredients in a blender.
2. Process well until smooth.
3. Serve and enjoy!

69 .Guilt-Free Treat Smoothie

This smoothie is an amazing and refreshing super healthy smoothie you can turn to whenever you are craving something sweet. All guilt-free!

Serves 1-2

Ingredients:

Liquid:

- 1 cup almond milk
- 1 tablespoon coconut oil

Dry:

- A handful of mint leaves
- Half avocado, peeled and pitted

Other:

- 1 teaspoon of cocoa powder
- 1 teaspoon chia seed powder
- 1 teaspoon cinnamon powder
- Stevia to sweeten, if needed

Instructions

1. Blend all the ingredients in a blender.
2. Serve in a smoothie glass or a dessert bowl, with a spoon.
3. Enjoy!

70 .Healing Ashwagandha Anti-Stress Smoothie

Ashwagandha is known as an apoptogenic herb.

Adaptogens help the body cope with and fight against external stressors such as toxins and the environment, as well as internal stressors such as anxiety, insomnia, and depression.

In this recipe, Ashwagandha blends with other healing ingredients to offer a fantastic and super relaxing evening smoothie.

Serves: 1-2

Ingredients:

Liquid:

- 1 cup oat milk, gluten-free
- 1 cup rooibos tea, cooled down

Dry:

- Half avocado
- ¼ cup shredded coconut

Other:

- A few drops of liquid chlorophyll
- 1 teaspoon chia seeds
- Half teaspoon Ashwagandha

Instructions

1. Blend everything together until smooth.
2. Serve in a smoothie glass and enjoy it!

71 .Gazpacho Madness Smoothie

This recipe is easy, nutritious, and delicious. It can also be served as a refreshing soup.

Serves: 2

Ingredients:

Liquid:

- 2 tablespoons extra-virgin, cold-pressed olive oil
- 1 ½ cups of filtered water

Dry:

- 4 big cucumbers, peeled
- 2 garlic cloves
- A few onion rings

Other:

- Pinch of Himalayan salt
- Pinch of black pepper
- 1 teaspoon chia seeds or hemp seed powder
- A few drops of liquid chlorophyll

Instructions

1. Place all the ingredients in a blender and process until smooth.
2. Serve in a smoothie glass and enjoy it!
3. If you prefer to enjoy this recipe as a soup, you can garnish it with some chopped chives and other raw veggies (like red and green bell peppers).
4. Enjoy!

72 .Healing Green Party

Celery is rich in vitamin C, fiber, alkaline minerals such as potassium and is also very hydrating and replenishing. Perfect for a simple, sexy veggie smoothie like this one!

Serves 1-2

Ingredients:

Liquid:

- 1 tablespoon virgin, cold-pressed olive oil
- Half teaspoon apple cider vinegar
- 1 cup vegan yogurt, unsweetened

Dry:

- Half cup celery leaves
- A handful of cilantro
- 1 garlic clove

Other:

- Pinch of black pepper to taste
- Pinch of Himalayan salt to taste

Instructions

1. Place all the ingredients in a blender and process until smooth.
2. If needed, season with Himalayan salt and black pepper.
3. Serve in a smoothie bowl or glass and garnish with some fresh cilantro leaves.

73 .Lime Energy Refreshment

This smoothie is perfect for a hot, summer day. Watermelon blends very well with kiwis and limes!

Serves 1-2

Ingredients:

Liquid:

- 1 cup of coconut or almond milk
- Half cup water, filtered, preferably alkaline

Dry:

- 1 kiwi, peeled
- 1 lime, peeled
- Half cup watermelon chunks

Other:

- A few drops of liquid chlorophyll
- 1 lime wedge to garnish (1 per serving)
- Stevia to sweeten (optional)
- Ice cubes (optional)

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Serve in a smoothie glass and garnish with a wedge of lime.
4. Enjoy!

74 .Natural Aphrodisiac Smoothie

This smoothie uses a lot of natural aphrodisiacs such as arugula, cinnamon, maca, pistachio nuts, strawberries, and cocoa!

Serves 1-2

Ingredients

Liquid:

- 1 cup coconut milk
- 1 cup rooibos tea, cooled down

Dry:

- Half cup of arugula leaves, washed
- A handful of pistachio nuts, peeled
- Half cup strawberries
- A few mint leaves to garnish

Other:

- Half teaspoon maca powder
- Half teaspoon chlorella powder
- 1 teaspoon of cocoa powder
- A few drops of liquid chlorophyll

Instructions:

1. Place all the ingredients in a blender.

2. Process until smooth.
3. Serve in a smoothie glass, garnish with mint leaves and enjoy!

75 .Vanilla Sweet Dream Smoothie

This green smoothie definitely doesn't taste gross!

Serves: 1-2

Ingredients:

Liquid:

- 1 cup almond milk
- 1 teaspoon coconut oil

Dry:

- Half avocado, peeled and pitted
- Half cup of shredded coconut

Other:

- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 teaspoon chia seed powder

Instructions

1. Place in a blender.
2. Process until smooth.
3. Serve in a smoothie glass and enjoy it!

76 .Optimal Refreshment Green Smoothie

This smoothie recipe combines antioxidants from blueberries with the optimal hydration from watercress as well as a myriad of vital nutrients from other ingredients.

Serves: 2-3

Ingredients

Liquid:

- 1 cup of almond milk
- 1 cup coconut water

Dry:

- Half cup blueberries
- 1 cup watercress

Other:

- Half cup ice
- 1 teaspoon chlorella powder
- 1 teaspoon cinnamon powder

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Serve in a smoothie glass and garnish with mint leaves.
4. Enjoy!

77 .Creamy Protein Smoothie

This smoothie is perfect as a quick refreshing snack that sneaks in a ton of good superfoods! It can also be served as a soup.

Serves 1-2

Ingredients

Liquid:

- 1 cup water
- 1 cup almond milk
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar

Dry:

- Half cup canned green peas, organic, washed
- 2 cucumbers, peeled and chopped
- Half an avocado, peeled and pitted
- 1 garlic clove, peeled

Other:

- A pinch of Himalayan salt to taste
- A pinch of black pepper to taste
- 2 tablespoons chia seeds

Instructions

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Taste to see if you need to add some salt.

Serve in a bowl and sprinkle over some black pepper. Enjoy!

78 .Good Ol' Oil Green Smoothie

The delicious blend of sweet potatoes and spices makes it a perfect comfort smoothie. It also uses good fats and healthy protein to help you stay full for hours!

Serves 1-2

Ingredients

Liquid:

- 1 cup rice milk
- Half cup water, filtered, preferably alkaline
- 2 tablespoons flaxseed oil

Dry:

- 1 big sweet potato, peeled and cooked
- Half an avocado pitted and peeled
- A handful of cilantro leaves washed
- A handful of parsley leaves, washed

Other:

- Pinch of Himalayan salt
- Pinch of curry powder
- Optional (if you like it spicy) a pinch of chili powder
- 1 teaspoon spirulina powder

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Taste to check if you like to taste or if you need to add a bit more of Himalayan salt or curry powder
4. Serve in a smoothie glass, or a bowl and enjoy!

79 .Herbal Minty Smoothie

This smoothie is excellent for digestion and relaxation. It's very comforting and sweet.

Serves 1-2

Ingredients:**Liquid:**

- 1 cup fennel tea, cooled down
- 1 cup coconut milk

Dry:

- A handful of mint leaves
- 1 cucumber, peeled
- Half avocado, peeled and pitted
- A few banana slices

Other:

- 1 teaspoon of fresh vanilla powder
- 1 teaspoon cinnamon powder

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Pour into a smoothie glass.
4. Enjoy!

80 .Radiant Beauty Smoothie

Good fats from avocado and coconut oil will help you stay full longer and prevent sugar cravings. Moringa and chlorella will help you have healthy, glowing skin and strong, shiny hair.

Serves 1-2

Ingredients

Liquid:

- 1 tablespoon coconut oil
- 1 cup of cashew or other nut milk of your choice

Dry:

- A handful of fresh cilantro leaves washed
- A handful of fresh parsley leaves, washed
- A handful of fresh celery leaves

Other:

- 1 teaspoon moringa powder
- 1 teaspoon chlorella powder
- 1 teaspoon chia seeds

Instructions:

1. Place all the ingredients in a blender.
2. Process until smooth.
3. Pour into a smoothie glass, stir well, serve and enjoy!
4. For optimal results, drink this smoothie 4-5 times a week.

81 .Omega 3 Power Smoothie

The flaxseed meal is an excellent source of Omega-3 fatty acids, aka "good fats." Lemons, avocados, and spinach are very alkalizing to the body. They will help you detoxify your body and feel amazing. Enjoy this smoothie whenever you need to give your body optimal nutrition to help it heal.

Serves: 1-2

Ingredients:

Liquid:

- 2 cups of almond milk

Dry:

- A handful of fresh baby spinach washed
- Half lemon, peeled
- Half avocado,
- 2 tablespoons almond butter

Other:

- 1 teaspoon spirulina powder
- 1 teaspoon hemp seed powder
- Himalayan salt to taste
- 2 teaspoons of flaxseed meal

Instructions

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Serve into a chilled glass and enjoy!

82 .Chia Freedom

Ingredient List:

- 2 oz. of collard greens
- 2 oranges – peeled
- 1 banana - peeled
- 1/4 of a cup of walnuts
- 1 tablespoon of chia seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Adding Rain or Filtered Water

- To create a smoother consistency, you can add an inch or two of water. This will create a less dense mixture and will make your juice easier to ingest.

Amazing Facts: Awesome Bananas and Oranges

- Bananas and oranges are two of the most familiar smoothie elements, and this is for good reason. They blend beautifully into nearly any recipe and provide a sweetness and creaminess that compliments the savory flavor of the greens. Bananas are full of potassium, and oranges add fiber and vitamin C.

83 .Wheatgrass Wonder

Ingredient List:

- 1 1/2 oz. of Swiss chard
- 3 kiwis - peeled
- 1 banana - peeled
- 4 tablespoons of almonds
- 1 teaspoon of wheatgrass powder
- 1 cup of water 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Tips to Add in More

- Smoothies are awesome because they allow you to add in protein

powders and nuts or seeds as well. There is really no limit to what you can add. Go for it as long as it aids your health progression!

Amazing Facts: Wonderful Wheatgrass

- One of the first superfoods to gain a lot of popularity was wheatgrass. The beauty of wheatgrass is that it contains chlorophyll, a green pigment in plants that has been shown to support the liver and is well-known to provide a boost of energy, over time.

84 .Coconut Spinach with Pear

Ingredient List:

- 1 1/2 oz. of baby spinach
- 2 pears – chopped
- 2 tablespoons of coconut flakes
- 1 tablespoon of hemp seeds
- 1 cup of water 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Blitz the Night Before

- Smoothies are fantastic in terms of preparation and ease. You can prepare them in the evening and refrigerate the jug, drinking the blitzed recipe in the morning, and therefore, letting the flavors permeate overnight. If you do this, you won't need to add ice to your recipe, though. Yummy!

Amazing Facts: Coconut Flakes and Hemp Seeds Rock

- Coconut flakes and hemp seeds add inflammation-lowering omega-3 fatty acids. Omega-3 is used to help the body lower the risk of heart disease, depression, arthritis, and dementia. Your body can't make omega-3, it needs to be added to the diet.

85 .Sunflower Spinach

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 banana – peeled
- 1 tablespoon of sunflower seeds
- 1 teaspoon of cinnamon
- 1 cup of water 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Add a Snack Too

- For breakfast and lunch, you can make your favorite smoothie and just add a snack to make it a combo to aid in weight loss. Try grilling fish, or eating a lean pork, chicken or another healthy addition.

Amazing Facts: A Combined Goodness Here

- Cinnamon is great as an anti-inflammatory. Spinach is full of vitamins, and the apples add both antioxidants and fiber to the recipe. The banana is great to get potassium and magnesium from, and the sunflower seeds have omega-3s. Wow!

86 .Pineapple-Spinach Fantasy

Ingredient List:

- 1 1/2 oz. baby spinach
- 4 oz. pineapple - chopped
- 1 persimmon - chopped
- 3 tablespoon of coconut flakes
- 2 tablespoons of dried mulberries
- 1 cup of water 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Top the Persimmons

- Take the tops off of the persimmon and the pineapple first, to aid in ease when chopping.

Amazing Facts: Mulberries are Super-Cool

- Native to China, mulberries are mildly sweet and contain a very high amount of vitamin C, fiber, and much-needed potassium as well. Additionally, they contain iron, which is needed by the hemoglobin in red blood cells because of its ability to bind with oxygen, and consequently transport it throughout the body.

87 .Yummy Chai

Ingredient List:

- 1 1/2 oz. of baby spinach
- 5 oz. of butternut squash
- 1 banana - peeled

- 1/2 teaspoon of chai spice
- 4 tablespoons of almonds
- 1 cup of water 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Keep it cool or not

- Every smoothie recipe can be iced or left at room temperature if the weather isn't warm enough to drink it cool. The best thing about smoothies is you have so many choices. With flavors, combinations and add-ons! It's only limited by your imagination...

Amazing Facts: Almond Milk and Chai Spices Are Perfect

- Almond milk and chai spices create the perfect chai-latte effect. In essence, you have all the flavor of a delicious milkshake with a super-duper nutritional punch.

88 .Protein Green

Ingredient List:

- 1 1/2 oz. baby spinach
- 2 clementine
- 1 apple - chopped
- 1 tablespoon of flaxseeds
- 1 tablespoon of pea protein
- 1 cup of water 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Take a Sip and Add Organic Honey

- Take a sip of your smoothie after it's blitzed. Does it need more sweetness? You can add a tablespoon or two of organic honey to make it sing!

Amazing Facts: Pea Protein and Flaxseeds Accentuate You

- With almost 50 percent of your daily vitamin C needs per serving, both your skin and your immune system will thank you for adding pea protein and flaxseeds. A dash of pea protein and the addition of flaxseeds will keep you glowing.

89 .Minty Green

Ingredient List:

- 1 1/2 oz. of baby spinach
- 4 oz. of pineapple
- 1 apple - chopped
- 1 handful of mint - stemmed
- 1 tablespoon of hemp seeds
- 2 tablespoons of coconut water a pinch of sea salt
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Take it to Work

- Chill your premade smoothie overnight in the refrigerator. Have one for breakfast and grab another in a drink bottle to have with lunch. You can still be healthy even during the daily grind.

Amazing Facts: Organic Coconut Water is Bliss

- Organic coconut water and natural sea salt. When blended with copious amounts of vitamins, your body will stay energized for longer. This low GI recipe is made as an energy booster.

90 .Punching-Berry Swiss

Ingredient List:

- 1 1/2 oz. of Swiss chard
- 1 persimmon – topped
- 5 oz. of cantaloupe
- 1 tablespoon of hemp seeds
- 1 cup of berries (Alma or seasonal)
- 1 cup water 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Chopping Berries is Good

- I like to chop my berries into quarters. The blender can handle whole ones, but it helps the machine to not have to work as hard. We want to do this for a long time so helping the process is

always great!

Amazing Facts: Amla Berries Are Crazy-Good

- Native to China, amla berries have a long history in Ayurvedic medicine. Full of vitamin C and packed with antioxidants, amla berries have been well-connected to hair health and their ability to lower cholesterol.

91 .Coconut Spinach

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 banana – peeled
- 1 squash - chopped
- 1 teaspoon of cinnamon
- 4 tablespoons of walnuts
- 1 cup of coconut water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Plan a Week Ahead

- Plan your week of smoothies a week in advance; that way you can be organized when you go to the grocery store. It's super-important to have everything you need to aid your success for the long-term.

Amazing Facts: Jam-Packed with Goodness

- This tropical smoothie utilizes great ingredients that taste great

and are great for you. With the alkaline ingredient (spinach), the anti-inflammatory ingredient (cinnamon), and the amazing banana; loaded with magnesium and potassium. You can't go wrong with this one!

92 .Butternut-Spinach Squash

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 banana - peeled
- 4 oz. butternut squash
- 1 teaspoon of matcha powder
- 1 tablespoon of hemp seeds
- 1 cup of water
- 1 cup ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Your Blender is Important

- Blitzing is awesome when you use a good brand of blender/food processor. Make sure you wash it and dry it thoroughly to keep it clean from bacteria and turn it off at the power point when not in use. Remember, kids can put fingers where they don't belong, and other family members too!

Amazing Facts: Matcha Powder is Powerful

- Matcha powder is full of l-theanine, a naturally occurring amino acid that helps induce calmness. Great for feeling relaxed, naturally.

93 .Luxury Lucuma

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 orange – peeled
- 1 pear - chopped
- 1 teaspoon of lucuma
- 1 tablespoon of chia seeds
- 1 cup of water 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Buy Organic When Possible

- A great tip is to buy produce that's organic. That way you are giving your body the best chance at health, by ingesting chemical and pesticide free, (real foods). It might cost a bit more, but the health benefits are worth it in the long run!

Amazing Facts: Lucuma is Like Gold

- The Incas of Peru used lucuma so often it became known as “The Gold of the Incas.” As well as having beta carotene, lucuma also has the minerals iron and zinc, too.

94 .Apple Pecan Paradise

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 banana – peeled
- 1 container of cinnamon applesauce - (1/2 cup)

- 1 tablespoon of oats
- 3 tablespoons of pecans
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: A Smoothie Lifestyle

- Once you start having smoothies, you'll notice a change in everything. Your skin, your hair, your weight and even your energy levels. There is no better time to start your weight loss and health journey.

Amazing Facts: Whole Grains, Vitamins and Minerals Needed

- A diet high in whole grains like oats helps protect against heart disease and high cholesterol. Banana and spinach provide loads of potassium, magnesium, iron, and vitamin C.

95 .Goji Go-Go

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 apple – chopped
- 1 banana - peeled
- 1 tablespoon of goji berries
- 1 tablespoon of flaxseeds
- 1 cup of water 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Eat the Peel It's Good for You

- Did you know that eating the peel is great for you? Loads of vitamins and minerals are in the peel. Just wash them well. Do it with carrots, apples, mangoes, pears, and more!

Amazing Facts: Smoothies Are More Than Awesome

- Smoothies are great! This recipe utilizes the iron and vitamin K from the spinach, the magnesium from the banana, the antioxidants from the berries, and the omega-3s from the flaxseeds.

96 .Persimmon-Mint Magic

Ingredient List:

- 1 1/2 oz. of collard greens
- 1 apple – chopped
- 1 persimmon - topped
- 3 sprigs of mint
- 1 teaspoon of matcha tea
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Add More in Experimentation

- When you get time, experiment with the recipes and add whatever you like. Maybe a tablespoon of honey for sweetness, another fruit or vegetable type, or something seedy!

Amazing Facts: Persimmons Are Lovely

- A great source of both vitamins A and C, persimmons are exceptionally low in fat, but are high in fiber. Giving a really nice boost to your smoothie. Leave the skins on if you want! Wash well and choose organic where possible.

97 .Pears N' Spinach

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 apple – chopped
- 1 pear - chopped
- 1 teaspoon of cinnamon
- 1 tablespoon of flaxseeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Use Rainwater, Filtered Water, or Spring Water

- It's always important to drink healthy water. We want to limit the

chemicals and additives as much as possible... even in our smoothies. Choose rain water, filtered water or spring water.

Amazing Facts: Tasteless Greens Still Give Goodness

- A mild green that is routinely tasteless in smoothies is great. Spinach is full of iron, vitamin K, and even more fiber than many other vegetables.

98 .The Limey Grape

Ingredient List:

- 1 1/2 oz. of collard greens
- 4 oz. of grapes
- 2 mini cucumbers - chopped
- 1 lime - juiced
- 1 tablespoon of chia seeds
- 1 cup of ice
- 1 cup of water

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Coconut Water to Substitute

- If you want to add a healthy fat to your smoothie, coconut water is a great way to give your recipe a boost it needs. Swap out the normal water for the coconut water. It's as easy as ABC!

Amazing Facts: Grapes Are Always Amazing

- Grapes add a refreshing kick to this smoothie with antioxidants and a touch of sweetness, while curbing sugar cravings and

boosting your immunity as well.

99 .Almond Scrumptious

Ingredient List:

- 1 1/2 oz. of Swiss chard
- 4 oz. of pineapple
- 1 banana - peeled
- 1/2 teaspoon of protein powder
- 1 tablespoon of hemp seed
- 1 cup of almond milk a squeeze of lemon
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Alkalize with Tangy Lemon

- Although lemons have an acidic taste to them, they actually create an alkalinity within the body. They are great to add in (as a squeeze) or as a garnish you can suck on.

Amazing Facts: Pineapples Rock a Real-Lot

- In addition to being rich in vitamin C, pineapples are also bursting with manganese. Manganese is a vital trace mineral that is essential for collagen production, healthy bones and antioxidant defense. It's packed full of fiber too!

100 .Apple-Cucumber Smoothie

Ingredient List:

- 1 1/2 oz. of collard greens
- 1 apple – chopped
- 1 mini cucumber - chopped
- 1 lemon - peeled
- 1/2 an inch of ginger
- 1 tablespoon of sunflower seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Do Smoothies with a Friend

- If you love doing stuff in the kitchen, make a day of it with a friend. You can chop and blitz together, experimenting as you go! Then health and friendship can reign.

Amazing Facts: Ginger Is Incredible

- Amazingly, ginger is an incredibly warming spice. And in addition to being an anti-inflammatory powerhouse, studies have now shown that regular consumption of ginger may help to burn fat and balance glucose levels within the body.

101 .Beautiful Bok Choy

Ingredient List:

- 1 1/2 oz. of baby bok choy
- 1 pear – chopped
- 1 banana – sliced
- 1 orange - juiced

- 1 container of cinnamon applesauce - (1/2 cup)
- 1 tablespoon of hemp protein
- 1 tablespoon of sunflower seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Plan on Holiday

- Before you go away, write down a list of recipes you will use and try to source the ingredients locally if you can. If you aren't trekking too far from home, then you can take your ingredients with you!

Amazing Facts: Spectacular Sunflower Seeds

- Sunflower seeds are beneficial to health because they can help to lower the risk of cardiovascular disease and type 2 diabetes. Rich in vitamin E, vitamin B-1, and copper. I really love sunflower seeds!

102 .Cactus Creation

Ingredient List:

- 1 1/2 oz. of Swiss chard
- 4 oz. pineapple
- 1 banana - peeled
- 1/2 teaspoon of camu powder
- 1 tablespoon of hemp seeds
- 11.5 fl. oz. cactus water

- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Separate Bananas

- If you separate bananas, you can make them last longer. When they are left joined in a bunch, they tend to brown quicker, which is great if they aren't ripe enough yet.

Amazing Facts: Cactus Water is OMG

- Cactus water is highly beneficial to the body. The powerful antioxidants contained inside are known for their rejuvenating and revitalizing benefits to the skin. In addition, there are electrolytes, vitamins, minerals, and it is the only prickly pear cactus fruit containing all 24 betalains (antioxidants).

103 .Grapes N' More

Ingredient List:

- 1 1/2 oz. of collard greens
- 4 oz. of grapes
- 1 apple - chopped
- 1 tablespoon of sunflower seeds
- 1 tablespoon of chia seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your

favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Add Seeds for More

- Any smoothie recipe can be added to. Add seeds like sunflower, hemp, chia, or sesame seeds to the mix. The more goodness the better, that's for sure!

Amazing Facts: Collard Greens Are Stunning

- Collard greens are cruciferous vegetables that contain antioxidants and aid in weight loss. They are vital to help alkalize the body, which in turn, helps to maintain the PH needed by cells for homeostasis.

104 .Ginger Ninja

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 apple – chopped
- 2 mini cucumbers - chopped
- oz. of lemon ginger
- 2 tablespoons of flaxseeds
- 1 tablespoon of hempseeds
- 1 cup of water (or) coconut water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Juice for Breakfast, Lunch and Dinner

- The great thing about green smoothies is that they can be utilized for each main meal of the day. Add them to a light meal for breakfast, lunch and dinner. You really can't go wrong!

Amazing Facts: Fight Disease with Greens

- Greens aid the body because they are high in antioxidants, which help to fight free radical damage within the body. The other awesome thing is that they alkalize the body, helping the individual to create an alkaline PH which is necessary for cellular functioning and healing as a necessity.

105 .Apple-Walnut Wonderland

Ingredient List:

- 1 1/2 oz. of collard greens
- A handful of baby spinach
- 1 orange - peeled
- 1 apple - chopped
- 1 banana
- 3 tablespoons of walnuts
- 1 tablespoon of flaxseeds
- 1 tablespoon of sunflower seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of

tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Add Protein to Aid Nutrition

- Protein is found in fish, meat and eggs. Make sure your light meals have some protein in them, that way they'll compliment the smoothies you choose for the day. Awesome stuff!

Amazing Facts: Water Goodness is Beneficial

- Adding water to your smoothie is great. The body needs water to help promote weight loss, flush out unwanted toxins, increase energy, relieve fatigue, and to prevent cramps and sprains.

106 .Kickstarter Kiwi

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 pear – chopped
- 2 kiwis - peeled
- 1 persimmon - chopped
- 1/2 a cup of mulberries
- 1 teaspoon of protein powder
- 3 tablespoons of rolled oats
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Prepare for the Next Day

- Before bed, try and write a list of what you want to achieve the

next day. This can help with weight loss implementation, exercise goals, smoothie incorporation, organizing meals, and anything else you need done that day!

Amazing Facts: Kiwi Fruit is Pure Magic

- Kiwi fruit contains vitamin C and it's also a great source of dietary fiber, folate and other vital minerals. Known as a sleep inducer, it's also great to aid in sleep promotion too!

107 .Grapey Groper

Ingredient List:

- 1 1/2 oz. of spinach
- 1 banana
- 5 oz. grapes - stemmed
- 1 tablespoon of hemp seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Add Parsley or Herbs to Accentuate

- For more benefits, add parsley and other herbs to your smoothies. It creates an impact with the essential boost to vitamin and mineral addition and will give extra goodness aiding good nutrition and weight loss promotion, too.

Amazing Facts: Parsley Is Vital for Great Health

- Parsley is beneficial for its wide variety of nutrients. An excellent

source of vitamin K, vitamin C, vitamin A, folate, and iron. It also contains flavonoids and other essential oil components.

108 .Cashew-Chia Cooler

Ingredient List:

- 1 1/2 oz. mesclun mix
- 2 kiwis – peeled
- 1 pear - chopped
- 1 persimmon
- 3 tablespoons of cashews
- 1 tablespoons of chia seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Chop Nuts to Help Out

- To help blend faster, you can chop your nuts in halves or quarters, or you can buy the nuts chopped for ease of use at the grocery store.

Amazing Facts: Cashews Are Totally Worth It

- Cashews contain vitamins E, K and B6. They are also made up of minerals including: copper, phosphorus, iron, zinc, magnesium, and selenium. Cashews also have antioxidant qualities. Wow! Jam-packed full of goodness!

109 .Creamy Coconut Pineapple

Ingredient List:

- 1 1/2 oz. of Swiss chard
- 1 banana - peeled
- 4 oz. pineapple
- 1 bunch of mint
- 1 cup of flaxseeds
- 1 tablespoon of pea protein
- 1 teaspoon of acai berry powder
- 1 tablespoon of pumpkin seeds
- 1 container of non-dairy coconut yogurt
- 1/2 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Buy Fresh and Organic

- Aiming to buy fresh, organic produce for yourself and your family is highly advisable. That way, you can avoid chemicals and additives that are not helpful for health promotion or weight loss. And that's great for the end goal, right?

Amazing Facts: Flaxseeds Are Fantastic

- Flaxseeds are awesome. They contain micronutrients, dietary fiber, manganese, vitamin B1, an essential fatty acid (omega-3), and help with weight loss promotion too!

110 .Protein Hibiscus

Ingredient List:

- 1 1/2 oz. of Swiss chard
- 1 banana – peeled
- 2 tablespoon of dried hibiscus flowers
- 1 tablespoon of pea protein
- 1 cup of berries (Alma or seasonal)
- 1 cup of almond milk
- 1 cup of water

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Sip Slowly to Feel Fuller

- If you sip your smoothie, you will feel fuller for longer. And this will also help to stave off any cravings in terms of weight loss promotion as well as aiding in great digestion too.

Amazing Facts: Dried Hibiscus Flowers are Amazing

- Dried hibiscus flowers are beneficial to aid in health promotion. They contain antioxidants which help to fight free radicals within the body. Additionally, dried hibiscus is known to lower cholesterol, lower blood pressure, help with digestion, aid inflammation issues, and speed up metabolism which is great for aiding weight loss.

111 .Lime Delicious

Ingredient List:

- 1 1/2 oz. of baby spinach
- 2 1/2 oz. of grape tomatoes
- 4 oz. pineapple

- 1 banana
- 1 mini cucumber - chopped
- 1 lime - juiced
- 1 tablespoon of flaxseeds a pinch of cinnamon
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: A Great Blender Will Last a Long Time

- Making the choice to blend smoothies is super! The importance of a great blender/food processor is vitally important. You don't need to purchase the most expensive brand, but it's good to go for quality, so it will last a long time, and work proficiently as well.

Amazing Facts: Cucumber is Cooler-Than-Cool

- Cucumber has a huge variety of benefits including: hydration, flushing toxins, nourishing the body with vitamins, giving a skin-friendly supply of minerals, and aiding in weight loss. Yep!

112 .Delicious Apple Plus

Ingredient List:

- 1 1/2 oz. of collard greens
- 1 banana – peeled
- 1 apple - chopped
- 2 tablespoons of almond butter
- 4 tablespoons of rolled oats
- 1 teaspoon of matcha powder

- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Let the Kids Learn Too

- Teaching your kids how to make green smoothies is awesome! It will keep them entertained and you can play with the recipes to make them your own. Healthy kids are super important!

Amazing Facts: Rolled Oats Are Rockin' It

- Rolled oats are a great source of carbohydrates, protein, and fiber. They are known as one of the healthiest foods because of their qualities.

113 .Hemp and Cucumber Coolio

Ingredient List:

- 1 1/2 oz. of collard greens
- 1 apple - chopped
- 2 mini cucumbers - chopped
- 1 lime - juiced
- 1 tablespoon of hemp seeds
- 1 teaspoon of lucuma
- 1 bunch of dill
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Try to Create Your Own Recipes

- This is super fun! I love spending the afternoon in the kitchen, especially when I know how healthy my end products will be. Try your hand at creating your very own green smoothies, it's easy and fun!

Amazing Facts: Dill is Delightful

- A great source of calcium, manganese and iron. Dill is an antioxidant food that is full of flavonoids which make it a great anti-inflammatory and anti-viral, too.

114 .Nectarine Booster

Ingredient List:

- 1 1/2 oz. of bok choy
- 1 nectarine – pitted
- 6 oz. grapes
- 3 tablespoons of rolled oats
- 1 tablespoon of pea protein
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Aiming for Chlorophyll

- The green in vegetables and fruits comes from the pigmentation called chlorophyll. The reason we want it is because of its ability to do these amazing things: fight cancer, improve liver detoxification, speed up wound healing, improve digestion, help with weight control, and protect the skin by keeping it healthy.

Amazing Facts: Bok Choy is Awesome

- Bok choy is beneficial in keeping bones healthy and can be used as an aid for blood pressure stabilization. It's also great for the continued promotion of heart health, inflammation prevention, immunity, and aiding the skin to remain healthy, long-term. So good!

115 .Cucumber Connection

Ingredient List:

- 1 1/2 oz. of Swiss chard
- 2 mini cucumbers – chopped
- 2 tomatillos - husked
- ½ an inch of ginger - chopped
- 1 container applesauce - (1/2 cup)
- 1 lime - juiced
- 4 tablespoons of cashews
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Tell All Your Friends

- Tell your friends about the amazing benefits of smoothies. If they want to lose weight or create a healthy lifestyle, then smoothies are definitely the way to go!

Amazing Facts: Magical Swiss chard

- Swiss chard is fantastic for its use as a nutritional powerhouse. It's an excellent source of vitamins K, A and C. It's also packed full of magnesium, potassium, iron, and fiber.

116 .Jovial Jasmine

Ingredient List:

- 1 1/2 oz. of spinach
- 2 kiwis – peeled
- 1 banana
- 1 nectarine - pitted
- 1 tablespoon of hemp seeds
- 1 tablespoon of flaxseeds
- 2 dates
- 1 cup of berries
- 1 cup of Jasmine green tea
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Squeeze First to Test It

- Squeeze the fruit in the grocery store to check its ripeness and quality. It's easy to do and will help you get the best flavors into your smoothie. You want firm, and not overly squishy. Try and choose organic if you have the option. Obviously, you can't squeeze melon fruit with a hard casing, so look for color and pigment vibrancy on the surface, instead.

Amazing Facts: Marvelous Nectarines

- Nectarines are great for weight loss. A medium-sized nectarine only has 60 calories, and the vitamin C is great to aid the immune system. There's also benefits from the vitamin C that are not as well-known, and they include: producing skin, helping to heal scar tissue, and the production of tendons and ligaments.

117 .Ginger Lemon Essential

Ingredient List:

- 1 1/2 oz. of collard greens
- 3 oz. grape tomatoes
- 2 mini cucumbers - chopped
- 1 lemon - juiced
- 1/2 an inch of ginger - chopped
- 1 tablespoon of chia seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Add a Cooler Pack to Your Lunchbox

- If you need to pack your smoothie and snacks for when you're out, let's say to go to work or a picnic, you can add a cooler pack. That way your smoothie and snacks will stay cool for longer, especially in the summertime. If there's a fridge where you are headed, you might not need to do it. They are a super-awesome idea for kids, though.

Amazing Facts: A Wow to Lemons

- Lemons are great alkalizers. You can add lemon to your smoothies and to water to help with alkalizing the body. They are powerful health promoters. Aiding in colon health, they have amazing antibacterial properties to help the immune system as well. Other amazing things about lemons: aids weight loss, controls high blood pressure, cures indigestion and constipation, and helps skin to flourish.

118 .Coconut Crazy

Ingredient List:

- 1 1/2 oz. of spinach
- 1 nectarine – pitted
- 1 banana - peeled
- 1 tablespoon of pea protein
- 1 teaspoon of lucuma
- 1 tablespoon of flaxseeds
- 1 container of non-dairy coconut yogurt
- 1/2 a cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Refrigeration Is Important

- Make sure your refrigerator is cool enough to keep all your produce free from bacteria and that it's also clean enough for the storage of food. Sometimes we get busy, but your health is so important, so make the effort. Clean it regularly, just like you would yourself.

Amazing Facts: Yummy for Your Tummy - Yogurt

- Yogurt is great. Low fat yogurt is always best during detox and/or weight loss. Choose brands that have low sugar and real fruit pieces when you look in the store. Yogurt is great for your digestive tract. It has probiotics (or beneficial bugs) that live in your digestive tract and keep other "bad" microorganisms under control.

119 .Pecan Green

Ingredient List:

- 1 handful of spinach
- 2 oranges - peeled
- 1 banana - peeled
- 1 teaspoon of cinnamon
- 2 tablespoons of pecans
- 1 tablespoon of chia seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Stay Positive

- Having a healthy mindset is always needed during weight loss and detox. Sometimes, it can be hard to stay on track, but if you stay positive “no matter what,” then everything seems far easier to deal with. Talk to a friend, or have a walk, in nature. Sometimes, the simplest things can do the most good.

Amazing Facts: Perfect Pecans

- Pecans are super-good. They are packed-full of healthy, unsaturated fat. The good fat! And just a handful of them per day can lower bad cholesterol. How cool is that? They’re also full of vitamin A, vitamin B, vitamin E, folic acid, calcium, magnesium, phosphorous and potassium. Unsalted is always best.

120 .Coconut-Pear Twist

Ingredient List:

- 1 1/2 oz. of Swiss chard
- 1 pear – chopped
- 1 orange - peeled
- 1 teaspoon of matcha powder
- 1 teaspoon of lucuma powder
- 2 tablespoons of shredded coconut
- 2 tablespoon of coconut cream
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Meditation and Yoga Can Help

- Meditation and yoga are great to aid sleep, stress, weight loss, positivity, and all the other good stuff. When you meditate and/or do yoga, you allow the brain and the body to relax and detoxify too. We want to feel great, nutritionally speaking, and these things can help physically, mentally, and spiritually, as additional factors to boost your whole regime.

Amazing Facts: Coconut Is Definitely Worth It

- Coconut has great benefits. You can utilize its water content, or even flake it by grating it over smoothies. Coconut is known to aid blood cholesterol levels and protect against heart disease. What a cool fruit!

121 .Lemon-Minty Marvelous

Ingredient List:

- 1 bunch of spinach
- 1 apple – chopped
- 1 banana - sliced
- 2 tomatillos - husked
- 1 bunch mint - peeled
- 1 tablespoon of oats
- 1 tablespoon of hemp seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Just Do It

- Yep, just do it! What are you waiting for? I'm not just talking about smoothies, either. Is there something that you've been wanting to do for a while? Maybe this is the boost of motivation you need. So, go write that book, or start that business, or even sing that song in the karaoke bar... you can do it! Just do it. You know you can do anything you set your mind on, right?

Amazing Facts: Terrific Tomatillos

- Tomatillos are super-cute! The benefits include: a high fiber content, they're packed full of niacin, they're a great source of potassium, and they are loaded with vitamin C, vitamin K, iron, magnesium, phosphorous, and copper. OMG! So good!

122 .Minted Magician

Ingredient List:

- 1 1/2 oz. kale
- 1 banana – peeled
- 1 pear - chopped
- 3 sprigs of mint
- 1 cup of berries (amla or seasonal)
- 1 tablespoon of pea protein
- 4 tablespoons of cashews
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier.

Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Take Your Time

- Remember the saying, “Rome wasn’t built in a day.” I love that. Your body can be Rome - and everything you do to help it adds on and on to the final masterpiece. Yes, the one that it will eventually become. So, be patient. Great works take time!

Amazing Facts: Praise the Pears

- Pears are great! They contain antioxidants, flavonoids and are rich in fiber. They also help to promote weight loss, treat diverticulosis, and are great at aiding the prevention of cardiovascular disease, cholesterol buildup, and diabetes. Wow! I am impressed. Oh, they also help with digestion, detoxification, and they are great at fighting free radicals! Sooo good!

123 .Lychee Almond Smoothie

Ingredient List:

- 1 1/2 oz. of baby spinach
- 1 pear – chopped
- 1 nectarine - pitted
- 4 lychees - peeled, pitted
- 1/2 a lime - juiced
- 4 tablespoons of almonds a pinch of sea salt
- 1 cup of coconut water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of

tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Workout and Move

- Having a great exercise regime is important. To aid the body, you can do some light aerobic exercise by walking, for example. If you want to ramp it up a bit, dancing is great, or even aerobics. Remember to stretch, so no injuries occur. Safety is always the best way forward!

Amazing Facts: Go Nuts for Almonds

- Almonds are awesome. They actually aid the body in lowering blood sugar levels, and help in reducing blood pressure, lowering cholesterol, reducing hunger pangs, and help to promote weight loss! Yes!

124 .Kale N' Banana Spicy

Ingredient List:

- 1 1/2 oz. red kale
- 1 banana – peeled
- 1 nectarine - pitted
- 1 tablespoons of hemp seeds
- 1 tablespoon of pea protein
- 1 teaspoon of chai spice
- 1 cup of almond milk
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Write a Plan to Get Things Done

- I find writing out a plan works well: for jobs, smoothie recipes for the week, exercise regimes, or even my free-time “wanna do” list. Yes, this works super-well. I try to put everything into frames of time, and if I don’t get something done, I add it to the next day’s list.

Amazing Facts: Kale is Crazy-Good

- The benefits of kale (apart from its high, antioxidant qualities) include: It has zero fat, it aids digestion processes, it’s full of fiber, it’s loaded with nutrients and it has loads of vitamins and minerals, including iron and vitamin B6. Kale is also a great source of omega-3 fats.

125 .Tropicana Tasty

Ingredient List:

- 1 1/2 oz. of Swiss chard
- 1 banana – peeled
- 2 kiwis - peeled
- 1 tablespoon of pea protein
- 1 tablespoon of flaxseeds
- 1 tablespoon of chia seeds
- 1 cup of water
- 1 cup of ice

Directions:

- When ready, simply process all the ingredients together in your favorite blender. You can shake it up or stir it up, then serve and enjoy. Cube or chop vegetables to make them blitz easier before blending. I like to add any leafy vegetables in last, and then add a touch more water if I want the consistency smoother or silkier. Great garnishes include: lemon, celery, chia seeds, or a slice of tomato. Add ice on a hot day to make the drink cooler.

Helpful Tips: Stay Happy and Centered

- Staying happy is hard sometimes. But – you can literally fake it until you make it! Say positive affirmations to help. “I feel great, I look amazing, I am healthy, I am doing a great job,” are some examples. Remember, happiness really is a state of mind, and eating well will help this happen too! We’re on the right track!

Amazing Facts: The Power of Chia Seeds

- Chia seeds are fantastic sources of energy. They contain healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants and calcium, too. The word chia means “strength.”

In Conclusion

So, my friend Jeremy came over to watch a movie on a Sunday night. This was right after I'd discovered green smoothies (of course). He was drinking a soda when he arrived, and I grabbed the can from his hand and said, "Not on my watch!"

He looked at me and rolled his eyes (as he does so well). He said, "Oh, here we go... what deliciously nutritious thing I have to try tonight!" I laughed at his words that were full of sarcasm, and while he chose the movie, I made him a green smoothie. I just made it up as I went along. When I took it to him, his face turned up as if to say, "Ugh!" He took a big slurp through the straw and said, "Oh my God!" I laughed. He said, "Emma, it's actually really, really, really... good. I got to pick the movie that night... ha! So good. I think it was Twilight. He hates vampire movies! That was the best night! He makes me make them all the time, now. Except he picks the movies... I'm not allowed!"

Thanks so much for joining me here, I hope you enjoyed your time with me!

I hope you love all of the smoothie recipes as much as I have loved sharing them all with you! Just remember, you can change them or add to them, putting your very own twist on them as you wish.

I know how hard it is to lose weight, and I am speaking from experience when I tell you that it is definitely possible, especially when you know how to do it properly, and safely. Using smoothies as a filler to aid breakfasts, lunches and dinners is the best option to help with a long-term goal for effective weight loss achievability.

I want you to be proud of yourself for taking the journey of weight loss into your hands. Just remember the importance of alkalinity as a necessity to keep your PH alkalized at 7.4. You can purchase lickable litmus paper to test this. When you stay at a level of around 7.4, the cells can then enjoy a level that's perfect for homeostasis (the perfect balance for functioning and replication processes).

Just remember, I am always here cheering you on and I know you can do this! When you have a positive mindset... anything, yes; absolutely anything is possible!

I am sending you all of my love and light on your health and weight loss journey, and I thank you again for joining me here!

Love and light always, Emma xx

P.S. Remember, if you haven't already read my title, "How I Lost 100 Pounds! My Personal Weight Loss Strategies for Optimum Happiness," make sure you get your FREE copy today. Inside you'll learn exactly how I lost my weight, and the benefits of knowing the must-do nutrition, and other amazing secrets including myths, water weight, cellulite prevention and removal, the only exercise you really need, the ancient and easy technique to help slim you quickly, how to balance meals, and much, much more! I hope you love it. It's my very special gift to you! I think you'll absolutely love it!