

Smoothies

Any blender will work to create a delicious smoothie. (Ice can be added in your smoothie to make it cold, or icy by blending for a few seconds.)

When choosing water for my concoctions I prefer spring water, but coconut or filtered works just as well. Typically I put a half a cup in the blender first so superfood powders and other ingredients don't stick to the side. (Spring water can be found at findaspring.com.)

Mason jars work as excellent storage containers to take smoothies on the go, or just to put in the fridge to save for later. (Great to bring one or two to work with an ice pack.)

Fruit Heaven

- 2 cups coconut water
- 1 large mango
- 2 bananas
- 1 kiwi
- 2 tablespoons coconut oil
- 1 teaspoon lucuma powder
- 1 teaspoon camu camu berry powder

Blend and enjoy! Serves: 1 or 2.

Green Mint Jackfruit Smoothie

- 2 cups coconut water
- 4 chunks frozen jackfruit
- 1 leaf swiss chard
- ½ inch slice fresh cut pineapple
- 4 to 7 fresh mint leaves
- 2 teaspoons noni powder
- 1 teaspoon maple syrup

Blend and enjoy! Serves: 2.

Beautiful Morning

- 2 cups spring water
- A handful of spinach
- ½ large or 1 whole avocado
- ½ cup strawberries
- ½ cup red raspberries
- ½ cup blueberries

Blend and enjoy! Serves: 2.

Purple Delight

- 1 ½ cups spring water
- 1 cup blackberries
- 2 bananas

Blend and enjoy! Serves: 1.

Tropical Concoction

- 1 ½ cups coconut water
- 1 inch slice of fresh pineapple
- 1 mangoe
- 1 peeled kiwi

Blend and enjoy! Serves: 1 or 2.

Juiced Smoothie

- 2 oranges
- 2 grapefruits
- 2 bananas
- 1 teaspoon camu camu berry powder
- ⅓ cup goji berries

First, juice the oranges and grapefruits, then blend together with the rest of the ingredients and enjoy!

Serves: 1 or 2.

Berry Ferry

- 1 ½ cups spring water
- 2 ounces blueberries
- 2 ounces blackberries
- 3 ounces red raspberries
- 3 ounces strawberries

Blend and enjoy! Serves: 1 or 2.

Red Wonder

- 2 cups coconut water
- ½ cup goji berries
- 4 cups strawberries
- 1 banana
- 2 teaspoons maple syrup

Blend and enjoy! Serves: 2.

A Good Date!

- 2 handfuls of your favorite variety of dried, pitted dates
- 3 cups of spring water
- 6 drops of vanilla extract
- Blend, serves 1 or 2.
- ENJOY!

The Right Side of the Bed!

- Juice 7 Navel Oranges
- Blend juice with 1 large banana or 2 small bananas
- Serves 1.
- ENJOY!
- Optional add ins:
 - Vitamin D capsules
 - Your favorite berries
 - A handful of greens
 - A quarter chunk of your favorite beetroot

Classic!

- Your choice of 2 or 3 bananas
- 2 hefty handfuls of your favorite greens
- 3 cups Spring water
- Blend, serves 1.
- ENJOY!
- Optional Add ins:
 - Dried Mulberries
 - Raw organic Acai Berry Powder
 - Dried Papaya
 - Dried Jackfruit

Tropical Delight!

- 1 Cup of fresh Pineapple
- 1 Cup of fresh Mango
- 2 Whole Mangosteens (white flesh)
(substitute with coconut meat)
- 3 cups of coconut water
- Blend, serves 1.
- ENJOY!

Scrumptious Easy Meal!

- Juice 1 Lb. of Carrots
- Juice ½ Lb. of your favorite greens
- Juice 3 Valencia Oranges
- Blend Juice with with the following ingredient:
- 2 Bananas
- 10 Whole shelled Pecans
- 1 or 2 tbsp. of Coconut Oil
- ⅓ tsp. of Camu Camu Berry Powder
- ½ tsp. wild harvested cold extracted Mucuna Pruriens powder
- 1 tsp. of wild harvested cold extracted Ginseng Powder
- Blend, serves one or two.
- ENJOY!

The Three Musketeers!

- 1 Lemon
- ½ cup of soaked Chia Seeds
- 2 tbsp. of raw organic expeller-pressed coconut oil.
- 3 cups of spring water or your favorite warm herbal tea.
- Blend, serves 1 or 2.
- ENJOY!
- Optional add ins:
- 1 tsp. Maca Root powder
- 1 tsp. raw Cacao powder
- 1 tsp. Mesquite Powder

Warning!

- 2 tbsp. of raw Cacao Powder
- 10 Cacao Beans
- 2 Bananas
- 2 tbsp. of your favorite nut butter
- 2 tsp. of Maple Syrup
- 3 Cups of spring water
- Blend, serves 1 to 2.
- ENJOY!
- Optional add ins:
- Fulvic Minerals
- Chaga mushroom extract or powder
- Reishi mushroom extract or powder
- Pine Pollen powder
- Shilajit powder

Superfood Smoothie!

- 10 Goji Berries
- 10 Golden Berries
- 1 tsp. of Camu Camu Berry Powder
- 1 Avocado
- 2 Cups of Pineapple
- Gel of a fresh Aloe Vera Leaf
- 3 Cups of Spring Water
- Blend, serves 2.
- ENJOY!