



Smoothies should be used to uplevel your nutrition or get some extra nutrition into your diet when you know you may have been lacking over the last while. You should look at this meal as purely for health and NOT pleasure.

Seriously - if it tastes bad, its most likely very good for you!

The 'base' for your smoothie should be as follows;

- * 2-3 cups organic green veg (frozen or fresh)
- * 1/2 cup organic berries or citrus (frozen or fresh)
- * a few squirts of organic lemon or lime juice
- * 2-3 superfood add ins
- * 1/4 cup of yogurt OR kefir OR 1/4 cup of unsweetened nut milk OR 1/2 avocado OR I like to add in 1/4 cup of fermented coconut or almond 'yogurt'.
- * Add hydrolyzed collagen powder or protein powder for extra protein.
- * Then blend together with water and ice to desired consistency.

I have also provided some nice recipes for you to try below xo



Smoothie recipes

RASPBERRY SUNRISE

1/2 cup of frozen organic raspberries

3-4 cups of romaine lettuce

1 medium lemon peeled (you can blend the seeds)

1/2 tsp cinnamon

2 tsp chlorophyll or spirulina

2 tbsp of plain Greek yogurt or fermented coconut

1 tsp matcha green tea powder

1/2 tsp of natural sweetener (optional)

2 scoops of hydrolyzed collagen powder

Blend with water and ice for desired consistency.

Leave out the matcha if having this in the evening.



Smoothie recipes

BLUEBERRY RASPBERRY BLISS

1/4 cup of organic blueberries

1/4 cup of organic raspberries

1 cup of organic arugula

2 cups of organic romaine

2 squirts of lemon or lime juice

1/4 teaspoon cinnamon powder

2 tablespoons of fermented plain coconut

yogurt

2 scoops of hydrolyzed collagen powder

Blend with water and ice to desired consistency.



Smoothie recipes

BLACKBERRY BLAST

1/2 cup of organic blackberries

3 cups of organic spinach

1/2 medium lemon peeled

1/4 teaspoon cinnamon powder

1 teaspoon of Spirulina or Chlorella powder

2 tablespoons of full fat plain yogurt

2 scoops of hydrolyzed collagen powder

1/2 teaspoon healthy sweetener (optional)

Blend with water and ice for desired consistency.



Smoothie recipes

CHERRY CRANBERRY LOVE - this is yum!

1/4 cup of (Acerola) cherries

1/2 cup of organic cranberries

3 cups of organic spinach

1/2 lemon peeled

1/4 teaspoon cinnamon powder

1/2 teaspoon spirulina powder

1/4 teaspoon maca

1/2 an avocado

1/2 teaspoon healthy sweetener

2 scoops of hydrolyzed collagen powder

Blend with water and ice to desired consistency.

*Can use strawberries if you can't find cherries.



Smoothie recipes

CHERRY SUNRISE

1/4 cup of (Acerola) cherries

1/2 of an organic orange

2 squirts of lemon juice

3 cups of organic romaine lettuce

1/4 teaspoon of ginger powder

1/2 teaspoon organic hemp seeds

1/2 cup of unsweetened almond milk

2 scoops of hydrolyzed collagen powder

Blend with water and ice to desired consistency. *Can use strawberries or raspberries if you can't get cherries.



Smoothie recipes

CRANBERRY STRAWBERRY DELIGHT

- 1/4 cup of organic cranberries
- 1/2 cup of organic strawberries
- 1 cup of organic kale
- 2 cups of organic spinach
- 2 squirts of lemon or lime juice
- 1/2 teaspoon of spirulina or chlorella
- 2 tablespoons of full fat plain yogurt
- 2 scoops of hydrolyzed collagen powder

Blend with water and ice to desired consistency.



Smoothie recipes

MIXED BERRY WHIRL

- 1/2 cup of organic mixed berries
- 1 cup of organic romaine lettuce
- 2 cups of organic spinach
- 2 squirts of lemon or lime juice
- 1/2 teaspoon cinnamon powder
- 2 tablespoons of full fat plain yogurt
- 1/2 teaspoon of matcha green tea powder
- 1/4 teaspoon healthy/natural sweetener
- 2 scoops of hydrolyzed collagen powder

Blend with water and ice to desired consistency.
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Smoothie recipes

STRAWBERRY DREAM

3/4 cup of organic strawberries

3 cups of organic mixed greens

1/4 lemon peeled

1/2 teaspoon cinnamon powder

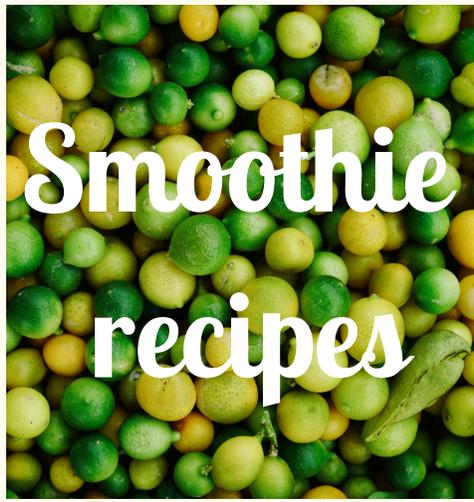
1/2 teaspoon of ashwagandha or maca powder

2 tablespoons of full fat plain yogurt

2-3 drops of (strawberry) liquid stevia

2 scoops of hydrolyzed collagen powder

Blend with water and ice to desired consistency.



Smoothie recipes

RASPBERRY KIWI MAGIC

1/2 cup of organic raspberries

1 organic kiwi peeled

3 cups of organic mixed greens

2 squirts lemon juice

1/4 teaspoon cinnamon powder

1/2 teaspoon matcha green tea powder

2 tablespoons of full fat plain yogurt

2 scoops of hydrolyzed collagen powder

Blend with water and ice to desired consistency.

Leave out matcha if having this in the evening.