

Bonus

SMOOTHIE

Recipe Book



RESTORING VITALITY NATUROPATH

Nice Pear Smoothie

1 serving

INGREDIENTS

- 1 Pear
- 1 cup Blueberries
- 2 tbsps LSA meal
- 1/2 tsp Cinnamon
- 1 cup Baby Spinach
- 1 cup almond milk
- 6 Ice Cubes

DIRECTIONS

1. Add all ingredients to your blender and blend until smooth.
Pour into a glass and enjoy!



Chocagen Smoothie

1 serving

INGREDIENTS

- 1 1/2 cups Unsweetened Almond Milk
- Handful baby spinach leaves
- 1 frozen banana, chopped
- 1/2 cup Strawberries
- 1 tbsps Linseed Meal
- 2 tbsps Cacao Powder
- 1 tbsps Almond Butter
- pinch cinnamon
- 15 grams Collagen Powder (or other protein powder)

DIRECTIONS

1. Combine all ingredients into your blender. Blend until smooth, pour into a glass and enjoy!



Mango Magic Smoothie

1 serving

INGREDIENTS

- 1/4 cup Frozen Cauliflower
- 1/4 cup Frozen Broccoli
- 1/2 cup Frozen Mango cheeks
- 1 1/4 cup Organic Coconut Milk (full fat)
- 1/4 cup Vanilla Protein Powder
- 2 tspns Cashew Butter (or handful of cashews if your blender is strong!)

DIRECTIONS

1. Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!



Raspberry Ripper Smoothie

1 serving

INGREDIENTS

- 1 Frozen Banana, chopped
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Linseed Meal
- 1 1/2 cups Unsweetened Almond Milk

DIRECTIONS

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Anti-Inflammatory Smoothie

1 servings

INGREDIENTS

- 2 cups Unsweetened Almond Milk
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Ginger (peeled and grated)
- 1 serve Vanilla Protein Powder
- 1 tsp Organic Turmeric (powder)
- 4 ice cubes

DIRECTIONS

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!



Choc Cherry Ripe Smoothie

1 servings

INGREDIENTS

- 2 cups Unsweetened Almond Milk
- 2 cups Baby Spinach
- 1 cup Cherries (fresh or frozen)
- 1 Banana (frozen)
- 1 tbsps Linseed Meal
- 2 tbsps Hemp Seeds
- 1 tbsps Cacao powder

DIRECTIONS

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!



Choc Full Smoothie

2 servings

INGREDIENTS

- 2 cups Frozen Cauliflower
- 2 Bananas (frozen)
- 2 tbsps Cashew Butter
- 1/4 cup Cacao Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 tbsp Maca Powder
- 1 cup blueberries

DIRECTIONS

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses, and enjoy!



Bananarama Smoothie

2 servings

INGREDIENTS

- 1 serve Vanilla Protein Powder
- 2 tbsp LSA meal
- 1 tbsp Linseed meal
- 2 Banana (frozen)
- 4 Ice Cubes
- 2 cups almond milk
- 1/2 tsp Cinnamon
- 2 tspn organic honey

DIRECTIONS

1. Add all ingredients to blender and blend until smooth. Serve immediately.



Green with Envy Smoothie

1 serving

INGREDIENTS

- 1 1/2 cups Pineapple (diced)
- 1 Cucumber (diced)
- 1 cup Parsley
- 1 cup baby spinach leaves
- 4 cups Baby Spinach
- 1 tbsp Ginger (peeled)
- 1 Lemon (juiced)
- 10 Ice Cubes

DIRECTIONS

1. Combine all ingredients together in a blender. Blend very well until smooth.
2. Pour into a glass and drink immediately.



Soothing Green Smoothie

2 servings

INGREDIENTS

- 2 1/2 cups Water
- 4 ice cubes
- 1 cucumber
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 2 tbsp LSA meal (Linseed, Sunflower, Almond Meal)
- 1/4 cup Hemp Seeds
- 1 tbsps Manuka Honey

DIRECTIONS

1. Add all ingredients into a blender and blitz until very smooth and creamy. Divide into glasses and enjoy!



Berry Magical Smoothie

1 serving

INGREDIENTS

- 1 cup Frozen Blueberries
- 1 cup frozen raspberries
- 1 Banana
- 1 tbsp Linseed Meal
- 1 serve vanilla protein powder
- 2 cups Unsweetened Almond Milk

DIRECTIONS

1. Throw all ingredients into a blender. Blend well until smooth.
Divide into glasses and enjoy!



Apple Pie Smoothie

1 serving

INGREDIENTS

- 1 Apple (peeled, cored and chopped)
- 2 Kiwi (peeled and sliced)
- 1 tbsp LSA meal
- 1/2 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 banana
- 1 tspn organic honey (optional if you like it sweeter)

DIRECTIONS

1. Place all ingredients into a blender and blitz. Pour and enjoy!



INGREDIENTS

- 2/3 cup Organic Coconut Milk
- 2 ice cubes
- 1 1/2 cups Unsweetened Almond Milk
- 2 Bananas
- 2 cups Baby Spinach
- 2 tbsps Hemp Seeds
- 2 tps Green Tea Powder (matcha)
- 1 pinch cinnamon

DIRECTIONS

1. Add all ingredients together in a blender. Blend until smooth.
2. Divide between glasses. Top with a sprinkle of matcha and enjoy!



INGREDIENTS

- 1/2 Seedless Watermelon (large)
- 2 cups frozen raspberries
- 1 cup Water
- 1/4 cup Mint Leaves
- 1/2 Lime (sliced into wedges)

DIRECTIONS

1. Chop the watermelon (careful to remove any stray seeds) and add to blender with the water.
2. Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
3. Pour in the watermelon mix
4. Add ice to serve. Yum!

