



42 Gut Healing Smoothies

PEAK BIOME



Iced Coffee Breakfast Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Organic Coffee (brewed, chilled)
1/4 cup Unsweetened Almond Milk
3 tbsps Quick Oats
1 tbsp Almond Butter
1/4 tsp Vanilla Extract
6 Ice Cubes
1 Banana (frozen)

NUTRITION

AMOUNT PER SERVING

Calories	269	Fiber	6g
Fat	11g	Sugar	15g
Carbs	41g	Protein	7g

DIRECTIONS

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

NOTES

MORE FLAVOR

For a sweeter smoothie, add maple syrup or sweetener of choice to taste. For a mocha smoothie, add cocoa powder to taste.

MAKE IT GREEN

Add spinach or kale.

MORE PROTEIN

Add protein powder or collagen powder.

NO ALMOND MILK

Use oat milk instead.

CONSISTENCY

Adjust consistency to your liking by adding more or fewer ice cubes to the blender.



Chocolate Tahini Layered Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

3/4 cup Oat Milk
1/2 Banana (frozen)
4 leaves Romaine (roughly chopped)
1 tbsp Chia Seeds
1 1/2 tbsps Tahini
1/4 cup Vanilla Protein Powder
1 tbsp Pitted Dates
1 tbsp Cacao Powder

NUTRITION

AMOUNT PER SERVING

Calories	502	Fiber	14g
Fat	23g	Sugar	20g
Carbs	50g	Protein	30g

DIRECTIONS

- 01 In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
- 02 In the same blender, add the dates and cacao powder and blend until smooth and creamy.
- 03 Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

NOTES

NO OAT MILK

Use another milk or milk alternative instead.

MORE VEGGIES

Add frozen cauliflower to the vanilla layer.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



Peanut Butter & Banana Shake

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Almond Milk
1 cup Frozen Cauliflower
1 Banana
4 Ice Cubes
1/4 cup Chickpeas (cooked, rinsed)
2 tbsps All Natural Peanut Butter
1 tbsp Ground Flax Seed
1 tsp Maple Syrup (optional)

NUTRITION

AMOUNT PER SERVING

Calories	495	Fiber	16g
Fat	24g	Sugar	26g
Carbs	60g	Protein	18g

DIRECTIONS

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

NOTES

MORE FLAVOR

Add a pinch of cinnamon or sea salt.

MAKE IT GREEN

Add spinach or kale.

NO ALMOND MILK

Use oat milk instead.

CONSISTENCY

Adjust consistency to your liking by adding more or less liquid to the blender.



Cinnamon Sweet Potato Smoothie Bowl

1 SERVING 3 HOURS 25 MINUTES



INGREDIENTS

1 Sweet Potato (small, cut into cubes)
1 cup Water (cold)
1/4 cup Organic Coconut Milk (from the can)
1/2 Banana (frozen, plus additional fresh banana for optional topping)
1/2 cup Frozen Cauliflower
1 tsp Maple Syrup
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	311	Fiber	9g
Fat	11g	Sugar	18g
Carbs	51g	Protein	5g

DIRECTIONS

- 01 Steam the sweet potato for 10 to 12 minutes until very tender. Transfer to a plate or small baking sheet lined with parchment and freeze for at least 3 hours or overnight until solid.
- 02 Add the frozen sweet potato and the remaining ingredients to a blender. Blend until very smooth.
- 03 Transfer the smoothie to a bowl. Top with the additional banana, if using. Enjoy!

NOTES

SWEET POTATO

The sweet potato can be steamed ahead of time and frozen for up to one month.

MORE FAT

Add almond butter.

MORE PROTEIN

Add collagen powder or protein powder of choice.

MORE FLAVOR

Add vanilla, nutmeg or clove.

ADDITIONAL TOPPINGS

Sliced banana, shredded coconut, chopped almonds, chia seeds or ground flax seeds.

NO BOWL

Serve as a smoothie in a glass instead of a bowl.



Strawberry Kiwi Tropical Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/4 cups Unsweetened Almond Milk
1 cup Frozen Strawberries
1 Kiwi (peeled, chopped)
1/4 cup Pineapple (fresh or frozen)
1/2 Zucchini (chopped)
1 tbsp Chia Seeds
2 tbsps Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	295	Fiber	13g
Fat	8g	Sugar	23g
Carbs	46g	Protein	16g

DIRECTIONS

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

NOTES

NUT-FREE

Use hemp milk, rice milk, oat milk or water instead of almond milk.

NO CHIA SEEDS

Use ground flax seeds instead.

NO ZUCCHINI

Use frozen cauliflower, spinach or kale instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



High Fat Chocolate Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water
3 leaves Romaine (roughly chopped)
1/2 Zucchini (chopped, frozen)
1/2 Avocado (frozen)
1/2 Banana (frozen)
1/4 cup Chocolate Protein Powder
1 tbsp Cacao Powder
1 tbsp All Natural Peanut Butter
1 tsp Cacao Nibs (optional, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	476	Fiber	15g
Fat	27g	Sugar	13g
Carbs	36g	Protein	29g

DIRECTIONS

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

NOTES

NO ROMAINE

Use another green such as spinach.

NUT-FREE

Use sunflower seed butter instead of peanut butter, or omit completely.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



Strawberry Coconut Collagen Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Organic Coconut Milk (full-fat, from the can)
1/2 cup Water
1 Banana (frozen)
1 cup Frozen Strawberries
1/3 oz Collagen Powder
1 tbsp Unsweetened Shredded Coconut
1/4 tsp Vanilla Extract

NUTRITION

AMOUNT PER SERVING

Calories	464	Fiber	8g
Fat	25g	Sugar	26g
Carbs	52g	Protein	13g

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day or freeze into popsicles to enjoy later.

MORE FLAVOR

Add honey or maple syrup to taste. Garnish with more shredded coconut.

MAKE IT VEGAN

Omit the collagen powder.

MORE VEGGIES

Add spinach, kale, frozen cauliflower or zucchini.

NO COLLAGEN

Use protein powder instead.



Gingerbread Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
1/2 Banana (frozen)
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 1/2 tps Blackstrap Molasses
1/2 tsp Ginger (fresh, minced)
1/4 tsp Cinnamon (ground)
1/8 tsp Ground Cloves

NUTRITION

AMOUNT PER SERVING

Calories	356	Fiber	8g
Fat	16g	Sugar	13g
Carbs	32g	Protein	26g

DIRECTIONS

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

NOTES

NO CHIA SEEDS

Use flax seeds instead.

NO BLACKSTRAP MOLASSES

Use maple syrup instead.

NUT-FREE

Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

MORE VEGGIES

Add frozen cauliflower.



High Fat Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water (cold)
2 tbsps Lemon Juice
1 cup Baby Spinach
1/2 Avocado (frozen)
1/4 cup Mint Leaves (fresh, roughly chopped)
1 tsp Ginger (fresh, roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	180	Fiber	8g
Fat	15g	Sugar	2g
Carbs	13g	Protein	3g

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

LIKES IT SWEETER

Add frozen banana, pineapple or apple.

MORE PROTEIN

Add protein powder or collagen powder.

NO MINT

Use cilantro or basil instead.



Chocolate Almond Butter Smoothie Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/4 cup Chocolate Protein Powder
1/4 cup Frozen Cauliflower
1/2 Zucchini (chopped, frozen)
1 Banana (divided)
1 tbsp Almond Butter
2 tbsps Cacao Powder
1 tbsp Chia Seeds
1/4 cup Raspberries
2 tbsps Granola (for topping, optional)

NUTRITION

AMOUNT PER SERVING

Calories	561	Fiber	19g
Fat	24g	Sugar	22g
Carbs	59g	Protein	33g

DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

MORE FLAVOR

Add cinnamon to your smoothie base.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.



Berry Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Coconut Milk (unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	370	Fiber	12g
Fat	17g	Sugar	18g
Carbs	33g	Protein	25g

DIRECTIONS

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

NOTES

NO CHIA SEEDS

Use flax seeds instead.

NO AVOCADO

Use almond butter or sunflower seed butter instead.

ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



Chocolate Zucchini Bread Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/2 Zucchini (chopped, frozen)
1/4 cup Chocolate Protein Powder
1/2 Banana (frozen)
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 tbsp Cacao Powder
1 tsp Cacao Nibs (optional)

NUTRITION

AMOUNT PER SERVING

Calories	389	Fiber	12g
Fat	19g	Sugar	10g
Carbs	30g	Protein	28g

DIRECTIONS

- 01 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 02 Pour into a glass and top with cacao nibs (optional). Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



Strawberry Almond Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Strawberries (frozen)
1 Banana (small, frozen)
1/4 cup Vanilla Protein Powder
1 1/2 tbsps Almond Butter
1 tbsp Ground Flax Seed
1 1/4 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	474	Fiber	13g
Fat	20g	Sugar	26g
Carbs	53g	Protein	29g

DIRECTIONS

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

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

NO ALMOND MILK

Use coconut milk or cashew milk instead.

SMOOTHIE CONSISTENCY

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

MORE FIBER

Add in some chopped leafy greens like spinach or kale.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



Tahini Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Water
1 1/2 cups Baby Spinach
1/4 Avocado
1/4 Zucchini (diced, frozen)
1/2 Banana (frozen)
1 tbsp Tahini
1 tsp Ginger (fresh)
1 tbsp Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	302	Fiber	11g
Fat	20g	Sugar	9g
Carbs	29g	Protein	8g

DIRECTIONS

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

NOTES

MORE PROTEIN

Add a scoop of protein powder or collagen.

ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

NO FROZEN ZUCCHINI

Use fresh zucchini.

NO FRESH GINGER

Use a pinch of dried ginger instead.

NO CHIA SEEDS

Omit or use flax seeds instead.

EXTRA CREAMY

Replace the fresh avocado with cubed, frozen avocado.



Collagen Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water
2 cups Baby Spinach
1/2 Avocado
1/2 Banana (frozen)
1/2 oz Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	274	Fiber	10g
Fat	15g	Sugar	8g
Carbs	24g	Protein	16g

DIRECTIONS

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

NOTES

NO COLLAGEN POWDER

Omit or use protein powder instead.

NO SPINACH

Use kale or romaine lettuce instead.

MAKE IT VEGAN/VEGETARIAN

Omit the collagen and use a plant-based protein powder instead.

LEFTOVERS

Best enjoyed immediately.



Green Pineapple Ginger Smoothie with Aloe

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water
1 1/2 fl ozs Pure Aloe Juice
1/2 cup Kale Leaves (finely chopped)
2 tsps Ginger (peeled and grated)
1 cup Frozen Pineapple (chunks)
1/2 Avocado (fresh or frozen)
4 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	252	Fiber	10g
Fat	15g	Sugar	17g
Carbs	32g	Protein	3g

DIRECTIONS

- 01 Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
- 02 Add remaining ingredients and blend until smooth. Serve immediately.

NOTES

NO ALOE JUICE

Use fresh aloe leaf gel or coconut water instead.

LIKES IT SWEET

Add raw honey to taste.



Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (medium, peeled and chopped)
1/2 Banana (frozen)
4 Ice Cubes
2 tbsps Vanilla Protein Powder
2 tbsps Oats
1 tbsp Almond Butter
3/4 tsp Cinnamon (ground)
1 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	358	Fiber	11g
Fat	13g	Sugar	27g
Carbs	52g	Protein	16g

DIRECTIONS

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

NOTES

APPLE TYPE

For a distinct apple flavour, use a tart variety of apple like a Granny Smith or a McIntosh.

NO ALMOND MILK

Use any other type of milk instead.



Berry & Greek Yogurt Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1 tbsp Raw Honey
1 Banana (frozen)
1 cup Frozen Raspberries
1 tbsp Ground Flax Seed
1 cup Water

DIRECTIONS

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

NOTES

ULTRA CREAMY
Use milk instead of water.

NUTRITION

AMOUNT PER SERVING

Calories	369	Fiber	11g
Fat	6g	Sugar	43g
Carbs	70g	Protein	15g



Chocolate Collagen Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Almond Milk
5 leaves Romaine (washed and torn)
1/4 cup Frozen Cauliflower
1/2 cup Strawberries
1/2 Banana (frozen)
2 tbsps Chia Seeds
2 tbsps Cacao Powder
1 tbsp Almond Butter
1/2 oz Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	487	Fiber	20g
Fat	25g	Sugar	14g
Carbs	45g	Protein	27g

DIRECTIONS

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

NOTES

NO ALMOND MILK

Use any other kind of milk like cashew, hemp or rice instead.

NO COLLAGEN POWDER

Omit or use protein powder instead.

NO ROMAINE

Use spinach or kale instead.



Peach Cobbler Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Cashew Milk
2 Peach (pitted)
1/4 cup Oats (quick or rolled)
1 cup Cottage Cheese
2 tbsps Pitted Dates
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	256	Fiber	5g
Fat	8g	Sugar	21g
Carbs	33g	Protein	15g

DIRECTIONS

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

NOTES

DAIRY-FREE

Use coconut yogurt instead of cottage cheese.

NO CASHEW MILK

Use almond, rice, coconut or your choice of alternative milk instead.

NO DATES

Sweeten with maple syrup, honey or banana instead.

STORAGE

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

MORE PROTEIN

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

MORE FIBER

Add ground flax seed.



Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 Avocado
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter
1 cup Baby Spinach
1/4 cup Chocolate Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	297	Fiber	7g
Fat	19g	Sugar	1g
Carbs	11g	Protein	25g

DIRECTIONS

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

NOTES

NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

LIKES IT SWEET

Add frozen banana.

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Mango Coconut Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Frozen Cauliflower
1/4 cup Frozen Broccoli
1/2 cup Frozen Mango
1 cup Unsweetened Almond Milk
1/4 cup Organic Coconut Milk (full fat)
1/4 cup Vanilla Protein Powder
1 tbsp Coconut Butter

NUTRITION

AMOUNT PER SERVING

Calories	391	Fiber	7g
Fat	24g	Sugar	14g
Carbs	24g	Protein	24g

DIRECTIONS

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

NOTES

COCONUT BUTTER

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

NO PROTEIN POWDER

Use hemp seeds instead.



Raspberry Zinger Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Frozen Cauliflower
1 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 1/2 cups Unsweetened Almond Milk

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

NUTRITION

AMOUNT PER SERVING

Calories	312	Fiber	16g
Fat	10g	Sugar	12g
Carbs	36g	Protein	27g



Lemon Tart Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 Lemon (juiced)
1 Banana (frozen)
1 cup Frozen Cauliflower
2 tbsps Coconut Butter
1/4 cup Vanilla Protein Powder
1 1/2 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	488	Fiber	15g
Fat	26g	Sugar	20g
Carbs	48g	Protein	27g

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Enjoy!

NOTES

WHAT IS COCONUT BUTTER?

The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.



Pear Blackberry Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 Pear
1 cup Blackberries
2 tbsps Ground Flax Seed
1/2 tsp Cinnamon
1 cup Baby Spinach
1 cup Water
6 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	243	Fiber	18g
Fat	6g	Sugar	25g
Carbs	47g	Protein	7g

DIRECTIONS

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

NOTES

NO GROUND FLAX SEED

Use chia seeds instead.

NO BLACKBERRIES

Use blueberries instead.



Pineapple Turmeric Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 cups Pineapple (diced into chunks)
1 tbsp Ginger (peeled and grated)
1/2 cup Vanilla Protein Powder
1 tsp Turmeric (powder)

NUTRITION

AMOUNT PER SERVING

Calories	204	Fiber	4g
Fat	3g	Sugar	16g
Carbs	26g	Protein	21g

DIRECTIONS

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

NOTES

STORAGE

Refrigerate in a sealed jar overnight. Shake before drinking.

NO PINEAPPLE

Use mango, peaches or banana instead.



Blueberry Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

NUTRITION

AMOUNT PER SERVING

Calories	206	Fiber	7g
Fat	4g	Sugar	13g
Carbs	23g	Protein	22g

DIRECTIONS

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

NOTES

NO BLUEBERRIES

Use any type of frozen berry instead.

NO PROTEIN POWDER

Use hemp seeds instead



Chocolate Cherry Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cherries (fresh and pitted, or frozen)
1/2 cup Chocolate Protein Powder
2 cups Baby Spinach
2 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	218	Fiber	6g
Fat	3g	Sugar	20g
Carbs	28g	Protein	22g

DIRECTIONS

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

NOTES

LIKES IT SWEET

Add more cherries.

EXTRA CHOCOLATE

Add some cacao or cocoa powder.

EXTRA THICK

Add ground flax seeds or chia seeds.

NO PROTEIN POWDER

Use a blend of hemp seeds and cocoa powder instead.



Cherry Blaster Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 cups Baby Spinach
1 cup Cherries (fresh or frozen)
1 Banana (frozen)
2 tbsps Chia Seeds
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	252	Fiber	8g
Fat	12g	Sugar	17g
Carbs	34g	Protein	8g

DIRECTIONS

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

NOTES

LIKES IT SWEET

Add honey or pitted dates.

MORE PROTEIN

Add vanilla protein powder.



Tropical Matcha Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Zucchini (chopped and frozen)
1 cup Pineapple (fresh or frozen)
3 cups Baby Spinach
2 tsps Green Tea Powder
1/4 cup Hemp Seeds
2 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	208	Fiber	5g
Fat	13g	Sugar	11g
Carbs	18g	Protein	10g

DIRECTIONS

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

NOTES

LIKES IT SWEET

Add honey or pitted dates.

MORE PROTEIN

Add vanilla protein powder.



Blueberry Agua Fresca

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Blueberries
1/2 Lime (juiced)
1 tbsp Maple Syrup
2 cups Water
4 Ice Cubes (optional)

NUTRITION

AMOUNT PER SERVING

Calories	71	Fiber	2g
Fat	0g	Sugar	14g
Carbs	18g	Protein	1g

DIRECTIONS

- 01 Combine all ingredients except ice in a blender. Blend well until smooth.
- 02 Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

NOTES

MAKE IT SMOOTH

Strain after blending.

MAKE IT FANCY

Serve it over frozen blueberries instead of ice.

MAKE IT FIZZY

Use sparkling water instead of flat water.

NO MAPLE SYRUP

Use honey instead.



Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	449	Fiber	17g
Fat	16g	Sugar	20g
Carbs	50g	Protein	31g

DIRECTIONS

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

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.



Bloat-Fighting Tropical Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	162	Fiber	7g
Fat	5g	Sugar	16g
Carbs	30g	Protein	4g

DIRECTIONS

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

NOTES

LIKES IT SWEET

Add raw honey.

MORE PROTEIN

Add hemp seeds or a scoop of vanilla protein powder.

NO PAPAYA

Use extra pineapple or other fruit like mango or oranges.



Pumpkin Pie Protein Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1 cup Pureed Pumpkin
2 Banana (frozen)
1 tsp Vanilla Extract
1 tsp Pumpkin Pie Spice
1/2 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	270	Fiber	8g
Fat	4g	Sugar	19g
Carbs	40g	Protein	23g

DIRECTIONS

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

NOTES

NO PUMPKIN PIE SPICE

Use cinnamon instead.

TOPPINGS

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

WARM IT UP

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



Gut Healing Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 1/2 cups Water (cold)
2 cups Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
2 tbsps Raw Honey

NUTRITION

AMOUNT PER SERVING

Calories	376	Fiber	10g
Fat	22g	Sugar	24g
Carbs	42g	Protein	11g

DIRECTIONS

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

NOTES

NO KALE

Use spinach instead.

NO HONEY

Use maple syrup, dates or extra banana to sweeten instead.

LIKES IT CREAMY

Use almond milk instead of water for extra creaminess.

STORAGE

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



Glowing Green Mango Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Baby Spinach
1/2 Cucumber
1 Lime (juiced)
1 Lemon (juiced)
1 Apple (skin removed and diced)
1 1/2 cups Frozen Mango
2 cups Water

DIRECTIONS

01 Place all ingredients together in a blender. Blend until smooth. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	157	Fiber	6g
Fat	1g	Sugar	29g
Carbs	40g	Protein	4g



Green Apple Cinnamon Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 Apple (peeled, cored and chopped)
2 Kiwi (peeled and sliced)
1 tbsp Ground Flax Seed
1/2 tsp Cinnamon
1 cup Unsweetened Almond Milk
2 cups Baby Spinach

DIRECTIONS

01 Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	260	Fiber	13g
Fat	6g	Sugar	32g
Carbs	52g	Protein	6g



Blueberry Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Cashews
1/4 cup Hemp Seeds
2 cups Water
2 cups Baby Spinach
1 1/2 cups Frozen Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	374	Fiber	6g
Fat	27g	Sugar	12g
Carbs	28g	Protein	13g

DIRECTIONS

- 01 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 02 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

NOTES

MAKE IT SWEETER

Add in a few soaked dates to sweeten it up.



Orange Immunity Booster Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Pureed Pumpkin
1 Banana (frozen)
1/2 tsp Turmeric
1/4 tsp Cinnamon
1 1/2 tsps Ginger
1 tbsp Ground Flax Seed
3/4 cup Unsweetened Almond Milk
2 Navel Orange (peeled and sectioned)
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	221	Fiber	10g
Fat	3g	Sugar	29g
Carbs	50g	Protein	5g

DIRECTIONS

01 Place all ingredients into your blender and blend very well until creamy.
Pour into glasses and enjoy!

NOTES

NO PUREED PUMPKIN

Use steamed sweet potato instead.

MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

NO MAPLE SYRUP

Sweeten with raw honey or soaked dates instead.



Strawberry Banana Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Strawberries
1 Banana
1/4 cup Oats (quick or rolled)
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	221	Fiber	7g
Fat	9g	Sugar	15g
Carbs	33g	Protein	7g

DIRECTIONS

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

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or soaked dates instead.

STORAGE

Refrigerate in a sealed mason jar up to 48 hours.

MORE PROTEIN

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

MORE FIBRE

Add ground flax seeds.



Winter Berry Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Almond Milk
1 tbsp Ground Flax Seed
1 tbsp Hemp Seeds
1 Navel Orange (peeled and sectioned)
1 1/2 cups Frozen Berries
2 cups Baby Spinach

DIRECTIONS

01 Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

NUTRITION

AMOUNT PER SERVING

Calories	168	Fiber	8g
Fat	6g	Sugar	17g
Carbs	27g	Protein	6g

