

# **Smoothie Recipes: The best smoothie recipes for increased energy, weight loss, cleansing and more!**

By Anthony Anholt

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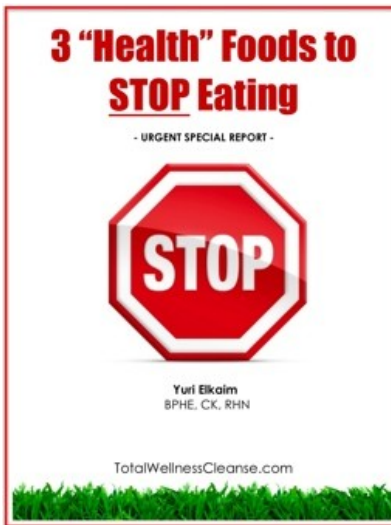


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## **Why Smoothies?**

Most people know that they would be far better off health wise if they consumed more fruits and vegetables. The health benefits of consuming more veggies and fruits are well known by most people including, I suspect, you. If this is the case then, why don't more people do it? Why don't you? There are a few reasons. One problem is that in today's fast paced world most people just don't have the time. It takes time, for example, to prepare and eat a salad. Another issue is that, especially in the case of vegetables, a lot of people just don't like the taste or texture. Without mom close by saying thing like "Eat your veggies or no dessert!" a lot of us simply won't and our health and well being suffer for it.

This is where smoothies come in. A properly made smoothie can easily fulfill your bodies needs for fruits and vegetables while tickling your taste buds at the same time. What are some of the benefits of consuming a healthy smoothie? Let me count the ways:

**Aid Digestion** – As smoothies are basically solid food that has been broken down it makes them incredibly easy for your stomach to digest. In addition, many of the ingredients found in smoothies help the digestive process as well.

**Helps You Lose Weight** – Consuming a healthy smoothie will often satisfy those junk food cravings which are the bane of anyone who has ever tried to lose weight. As well, many fruits and vegetables are "Thermogenic", which means they contain fewer calories than what is needed to process them. This can also help in weight maintenance and weight loss.

**Lower Blood Pressure** – The Chlorophyll, vitamins and minerals found in fruits and vegetables can help maintain a healthy blood pressure.

**Prevents Energy Loss, Mood Swings and Weight Gain** – Smoothies, as opposed to juices, retain the fiber of the plant. Your stomach is therefore forced to take its time to break down the fiber to digest it. This results in the sugar from the plant being slowly released into your blood stream. A rapid rise in blood sugar is often associated with the aforementioned conditions.

**Keeps Your Body Hydrated** – Fruits and vegetables typically possess a water content of over 80 and even 90 percent. A well-hydrated body is key to keeping your systems running well and preventing hunger pains (your body often transmits hunger signals to your brain when you are in fact thirsty).

**Boosts Your Immune System And Prevents Disease** – The phytonutrients and antioxidants found in fruits and vegetables have been shown to help prevent a host of diseases, including heart disease.

**Radiant, Glowing Skin** – Smoothies aid in the removal of toxins from your body as opposed to having them seep through the skin. This lends itself to vibrant looking skin and a general healthy glow.

Kick The Coffee Habit – Replacing your morning cup of joe with a healthy smoothie can be a great way to cut down on your caffeine consumption. This can lead to a reduction in your nervousness, anxiety and stress (just some of the negative side effects of caffeine consumption).

## **Smoothie Hacks**

I think that you now have some appreciation for the immense benefits that can be accrued by adding healthy smoothies to your diet. Before we get to the actual smoothie recipes, however, I want to go over some common “Smoothie Hacks” that you can use to alter the recipes you are about to experience. By hacks I mean simply substituting an ingredient from a recipe with the following. My advice to you is to be adventurous and don’t be afraid to experiment. You know your tastes and what you are after better than anyone else. If you feel the need to “kick it up a notch” try adding or substituting some of the following ingredients into your favorite smoothie recipes.

### **The Liquid**

This is the most important part of a smoothie as it is what essentially holds it together. You can mix and match the following liquid options as desired.

Dairy Milk – This flavor neutral liquid is filled with calcium and provides any smoothie with a nice texture.

Yogurt – On the positive side yogurt is filled with calcium and probiotics (helpful and healthy bacteria). On the negative side it can be sour which can adversely affect your smoothies taste.

Kefir – This is a fermented milk product that, like yogurt, is filled with calcium and probiotics. It is known to promote gastrointestinal health.

Soy Milk – Soy Milk is high in both protein and calcium and can be drunk by the lactose intolerant.

Tea – Depending on the kind you get tea can be filled with healthy antioxidants and can give your smoothie a pleasant taste. From my experience green and black tea work the best although as always feel free to experiment.

Almond/Coconut Milk – These and other nut milks are another alternative for the dairy intolerant.

Coffee – If you want to create a smoothie that is more dessert like a little coffee can go along way.

Fruit and Vegetable Juices – Fresh juice will add welcome flavor and nutrition to any smoothie.

Water – You can never go wrong with water. It can be used to dilute some of the heavier ingredients above if needed.

Coconut Water – Coconut water is all the rage in a lot of fitness classes, especially yoga classes. This refreshing beverage is a fantastic source of potassium, B-

complex, vitamins, electrolytes and minerals.

### Fruits and Vegetables

These are really what make smoothies healthy and it's really up to you and your tastes as to which ones you use. One suggestion I would have though is to balance the sweet taste of fruit with the more savory taste of vegetables whenever possible. Another option is to freeze the fruits you are going to use beforehand in order to create an "ice cream" like texture for your smoothie.

### Additional Smoothie Enhancers

Sometimes a little bit of spice can make a big difference. A little pinch of the following ingredients can sometimes be just what any smoothie needs.

Flax or Chia Seeds – These can give your smoothies a serious nutritious boost in the form of fiber and omega 3 fatty acids. Some people have used hemp seed as well to great effect.

Spices and Flavorings – Anything that you think might taste good can be added to a smoothie. Some ideas include cinnamon, nutmeg, and vanilla extract. Sweeteners like honey, blackstrap molasses, and raw cacao can also be really tasty. The key here is to not go overboard. Anything you add to your smoothie should be as natural and limited as possible.

Protein Powder – This is a popular additive for people who want to gain weight and build muscle. There are many protein powders on the market, however, so try and ensure that whichever one you use is not filled with sugar or sugar substitutes.

Vitamins – This is an obvious one. Adding vitamins to your smoothie in powder form will increase its nutritional value.

Chlorella and Spirulina – These are forms of algae and are often the primary component in most "Green Smoothies". They contain many vitamins as well as protein and chlorophyll.

Grains – Stirring oats into a smoothie is an excellent way to boost fiber.

Peanut and Almond Butter – These nut butters will give your smoothie a thicker texture while boosting its protein levels. You can also try more exotic forms of nut butters like cashew and walnut.

Ice Cream and Frozen Yogurt – These will give your smoothie a thicker texture and make it more desert like. Soy and other nondairy products can be used as well.

Ice – A little bit of ice can go along way in a smoothie. It will make any drink thicker, cooler, and more satisfying.

## **Green Cleansing Smoothies**

The following smoothies are nutrient rich and will help you with weight loss, detoxification and hydration while improving your digestion.



## ***Kale Pineapple Banana Recipe***

### ***Ingredients:***

- *1 start fruit, seeds removed*
- *1 c. of cubed pineapple*
- *1 peeled banana, small (if desired, you may also use pear)*
- *3 c. of stems removed kale, curly*
- *8 oz. of water*

### ***Directions:***

*1) You may begin the process by adding the liquid to your Vitamix or high speed blender. Now you need to add the soft fruits to it. Once you are done with adding the liquids and soft fruits, add the greens to your blender. Blend all the ingredients on high speed until the smoothie is creamy (approximately for half a minute).*

## ***Spinach Mango Smoothie***

### ***Ingredients:***

- *1 and a 1/2 c. of fresh spinach*
- *1 and a 1/2 c. of mango*
- *1 c. of pineapple*
- *1/2 avocado*
- *2 c. of water*

### ***Directions:***

*1) Blend spinach and water on high until smooth (approximately for 30 seconds). Now, put in the remaining fruits and blend again until smooth.*

## ***Mango Banana Spinach Smoothie***

### ***Ingredients:***

- *2 c. of spinach*
- *1 small banana*
- *2 mangos, peeled and chopped*

### ***Directions:***

*1) Add in the fruits and green vegetables to a high speed blender or vitamix. To allow the blender to bring vegetables and fruits together into a smoothie-like consistency just add adequate amount of water.*

## ***Spinach Banana Smoothie***

### ***Ingredients:***

- *1 1/2 c. of fresh spinach*
- *3 bananas, small*
- *2 c. of water*
- *1 lime*
- *1 inch ginger, fresh*

### ***Directions:***

*1) Blend spinach, cilantro and water on high until smooth (approximately for 30 to 40 seconds). Now, put in the remaining fruits and blend again.*

## ***Spinach Peach Orange Smoothie***

### ***Ingredients:***

- *2 seeds removed peaches*
- *2 c. of spinach*
- *1 c. of orange juice*
- *1/2 c. of water (optional)*

### ***Directions:***

*1) Put in the fruits and green vegetables into a high speed blender or a vitamix, just add enough quantity of water to allow the blender to bring the ingredients together into a smoothie-like consistency.*

*2) You may add 1 to 2 tsp. of acerola cherry powder and 1 to 2 tsp. of a super green food powder to the green smoothies for more antioxidant power.*

## ***Green Leafy Lettuce Smoothie***

### ***Ingredients:***

- 1/2 pineapple, skin and core removed
- 1 romaine's head or green leafy lettuce
- 1 banana, small
- 2 c. of water

### ***Directions:***

1) Put in the ingredients to a high speed blender or a vitamix and just add good quantity of water to allow the blender to bring the ingredients together into a smoothie-like consistency and enjoy the health benefits of green smoothies.

## ***Strawberries Grape Banana Smoothie***

### ***Ingredients:***

- 1/2 romaine's lettuce head
- Basket of stems removed strawberries, fresh or frozen
- Large handful of red grapes, seedless and stems removed
- 1 banana, small peeled and frozen

To create enough liquid, arrange the grapes at the bottom of a high speed blender or vitamix; and if required, add a small quantity of water to blend the other ingredients.

### ***Directions:***

1) Add in the fruits and green vegetables into a high speed blender or a vitamix. Just add enough water to allow the blender to bring vegetables and fruits together into a smoothie-like consistency.

## ***Romaine Lettuce Blueberry Apple Smoothie***

### ***Ingredients:***

- 1 roughly chopped apple
- 1 romaine's lettuce head
- 3/4 c. of blueberries, fresh or frozen
- 1/4 lemon or lime
- 2 c. of water

### ***Directions:***

*1) Put in the fruits and green vegetables into a high speed blender or a vitamix, just add enough quantity of water to allow the blender to bring the ingredients together into a smoothie-like consistency.*

*2) You may add 1 to 2 tsp. of areola cherry powder and 1 to 2 tsp. of a super green food powder to the green smoothies for more antioxidant power.*



## ***Berry Mango Green Smoothie***

### ***Ingredients:***

- 1 stevia (or monkfruit) packet
- 3 handfuls spinach
- 1 apple, cored, quartered
- 1 c. of strawberries, frozen
- 1 c. of mango, frozen
- 1 handful frozen or fresh seedless grapes
- 2 tbsp. of ground flaxseeds
- 2 c. of water
- OPTIONAL: 1 scoop of protein powder (plant-based; no whey)

### ***Directions:***

1) Put in the leafy greens and water into the blender and blend until a green juice-like consistency mixture is formed. Stop the blender and add the remaining ingredients. Blend until creamy (for approximately 30 to 40 seconds).

## ***Pineapple Cucumber Cleanser Smoothie***

### **Ingredients:**

- 1 c. of fresh or frozen pineapple
- 1 Celery rib
- 1/2 field of Cucumber
- 1/2 lemon, peeled
- 1" piece ginger
- 1/3 bunch parsley
- 1 to 2 c. of coconut water or normal water

***Health Benefits:*** *This smoothie is very helpful of liver and kidney detoxification. Keep both of these organs supported with this smoothie as your liver has to process almost all of the substances that circulate through your body and the kidneys do a lot of work to flush out toxins from the fluids in your body.*

### ***Directions:***

1) Place leafy greens and water into a high speed blender or a vitamix, blend until a green juice-like mixture is formed. Stop the blender and add in the remaining ingredients. Blend until creamy.

## ***Blueberries Banana Green Smoothie***

### **Ingredients:**

- 2 kale leaves, stems removed
- ½ c. of blueberries, fresh or frozen
- 1 banana, frozen
- 1" piece ginger root
- 1 tbsp of hemp or chia seeds
- 1 to 2 c. of coconut water or normal water

***Health Benefits:*** *Kale has more iron ounce for ounce than ground beef. Your body to absorb up to 30% more of that iron, when you combine it with a rich source of vitamin C like you find in our antioxidant rich blueberries you enable.*

### **Directions:**

*1) Put in the fruits and green vegetables into a high speed blender or a vitamix, just add enough quantity of water to allow the blender to bring the ingredients together into a smoothie-like consistency.*

## ***Green (Kale Spinach) Smoothie***

### ***Ingredients:***

- *1 to 2 Kale leaves*
- *Handful baby spinach and parsley*
- *1 pineapple, fresh*
- *Fresh mango*
- *1 lemon (peeled)*
- *Water (or coconut water or non-dairy beverage)*
- *1 to 2 Tbsp of Chia seeds (optional)*

### ***Directions:***

*1) Put in the fruits and green vegetables into a high speed blender or a vitamix, just add enough quantity of water to allow the blender to bring the ingredients together into a smoothie-like consistency.*

## ***Pine Mint Smoothie***

### ***Ingredients:***

- *Pineapple, Fresh*
- *1-2 Kale leaves*
- *1-2 Romaine lettuce leaves*
- *Handful spinach*
- *1/2 c. of cilantro, fresh*
- *1 to 2 mint's sprigs*
- *1/2 inch piece of ginger*
- *Water*

### ***Directions:***

*1) Put in the fruits and green vegetables into a high speed blender or a vitamix, just add enough quantity of water to allow the blender to bring the ingredients together into a smoothie-like consistency and enjoy the health benefits of green smoothies.*

## ***Kale Lemon Banana Smoothie***

### ***Ingredients:***

- *1 banana, small*
- *2 to 3 kale leaves*
- *1 lemon*
- *1/2 c. of fresh cilantro*
- *1/2 inch piece of ginger, peeled*
- *Pomegranate juice (optional)*
- *1 to 2 Tbsp. of chia seeds (optional)*
- *Flax seeds (optional)*
- *Water*

### ***Directions:***

*1) Put in the fruits and green vegetables into a high speed blender or a vitamix, just add enough quantity of water to allow the blender to bring the ingredients together into a smoothie-like consistency and enjoy the health benefits of green smoothies.*

### ***Spinach Cilantro Banana Smoothie:***

#### ***Ingredients:***

- 2 bananas, small
- 2 c. of spinach, fresh
- 1 c. of strawberries
- 1/2 c. of cilantro, fresh
- 1 c. of blueberries
- 3/4 c. of orange juice
- 3/4 c. of water

#### ***Directions:***

1) Blend spinach, cilantro, orange juice and water until smooth. Now, put in the remaining fruits and blend again.

2) Use at least one frozen fruit to make the green smoothie cold.

## ***Spinach, Strawberry, Blueberry Smoothie:***

### ***Ingredients:***

- 2 c. of spinach
- 1/2 c. of strawberries, with tops still on
- 1/2 c. of blueberries
- 1 scoop of chocolate protein powder (sugar free)
- 1 tsp. of cinnamon, grounded
- 1 tbsp. of flax seed, grounded
- 1/4 c. of soaked chia seed or about 2 tbsp. of dry seeds
- A small handful of raw pumpkin seed or walnuts

### ***Directions:***

- 1) Add water to adjust the consistency of the smoothie to your preference.
- 2) Put in the leafy greens and water into a high speed blender or vitamix, blend until a green juice-like consistency mixture is formed. Stop the blender and add the remaining ingredients. Blend until creamy.



## ***Spinach Banana Apple Smoothie:***

### ***Ingredients:***

- 1 banana, preferably frozen
- 1 c. of almond milk
- 1 to 2 scoops of protein powder
- 2 handfuls of spinach, large and fresh
- 1 Tbsp. of apple juice concentrate, frozen
- 6 to 8 ice cubes

### ***Directions:***

1) Put in the spinach and water into a high speed blender or vitamix, blend until a green juice-like consistency mixture is formed. Stop the blender and add the remaining ingredients. Blend until creamy.

## ***Kale Ginger Apple Smoothie***

### ***Ingredients:***

- 1 c. of pineapple chunks, frozen
- 3 kale leaves
- ½ c. of apple juice
- 1 thumb of ginger, fresh
- 1 lemon Juice
- 1 leaf of Aloe Vera, skinned
- 1 banana, small

### ***Directions:***

- 1) Remove the Aloe Vera leaf's skin.
- 2) Combine the ingredients into a high speed blender or vitamix and blend.
- 3) Serve immediately and enjoy!

## ***Cantaloupe Orange Juice Kale Smoothie***

### **Ingredients:**

- 3 kale leaves
- 1/2 Cantaloupe, skinned and seeded
- 1/2 c. of orange juice

### **Directions:**

- 1) Chop up the cantaloupe then remove the skin and the seeds
- 2) Pour in the orange juice
- 3) De-stem the kale, add to the blender
- 4) Blend and enjoy! Serve immediately

## ***Spinach Pine Smoothie:***

### ***Ingredients:***

- 4 oz. (113 grams) of vanilla yogurt, low fat or soy milk, vanilla
- 1 celery stalk (7-inch stalk, 37 g, 1.3 oz), halved or about 1/3 cup chopped
- 2 c. (310 grams) of fresh, ripe pineapple, with core (or a 2-inch thick slice)
- 2 c. (480 ml) of ice cubes
- 2 c. (60 grams) of spinach leaves, gently packed
- Sweetener to taste (if pineapple is a bit tart)

### ***Directions:***

1) Place all the ingredients into the Vitamix container in the order listed and secure the lid.

2) Choose the Variable 1.

3) Turn on the machine and slowly increase the speed to Variable 10 and then to High.

4) Blend until desired consistency is reached (for approximately 1 minute). Serve immediately.

## ***Spinach Apple Peach Smoothie***

### ***Ingredients:***

- 2 c. (375 g) of peach slices, frozen and unsweetened
- 2 c. (60 g) of lightly packed spinach, fresh
- 1 c. (240 ml) of soy milk
- 1 med. 7.5 oz. (213 g) apple, quartered and seeded

### ***Directions:***

- 1) Place all the ingredients into the Vitamix container and secure the lid.
- 2) Choose the Variable 1.
- 3) Turn on the machine and slowly increase the speed to Variable 10 and then to High.
- 4) Blend until desired consistency is reached (approximately for a mint), using tamper as needed.

## ***Spinach Cucumber Carrots smoothie***

### ***Ingredients:***

- 6 parsley sprigs
- 1 1/2 halved Roma tomatoes (5.5oz. /156 g)
- 3/4 c. (113 g) of pineapple chunks, fresh
- 1/3 c. (33 g) of cucumber, chopped
- 1/4 avocado, peeled and pitted
- 1 1/2 c. (45 g) of spinach, fresh and lightly packed
- 1 1/2 (3 oz.) med. carrots
- 1/2 (1 oz./28 g) celery stalk, halved
- 1/2 lime, peeled
- 1 1/2 c. (360 ml) of ice cubes
- 3/4 c. (180 ml) of water

### ***Directions:***

1) Place carrots, spinach, cucumber and water into the blender, blend until a green juice-like consistency mixture is formed. Stop the blender and put in the remaining ingredients. Blend until creamy.

## **Low Carbohydrate Smoothie Recipes**

There are many diet and eating plans that require low carb recipes. If you are on one these low carb smoothies should fit right in.

## ***Choco Fruit Smoothie***

*You can make a Fruit and Chocolate Smoothie Recipe in just ten mints. It's 100% healthy, vegetarian and sweet.*

### ***Ingredients***

- 4 bananas, ripe
- 2 c. (32 tbsp.) of Frozen blueberries
- 2 c. (32 tbsp.) of Almond milk
- 1 tbsp. of Protein powder

### ***Directions***

1. Take a high speed blender or a vitamix and blend all of the ingredients for couple of mints. Serve this smoothie with a bread toast.



## ***Vanilla/Chocolate Shake***

*This smoothie has approximately 400 calories and approximately 52 g. of protein (depends on the brand of protein powder you going to use).*

### ***Ingredients:***

- 1/2 c. of almond milk, unsweetened
- 1 scoop protein powder (vanilla or chocolate)
- 1/2 c. of cottage cheese
- 2 tbsp. of stevia/Truvia
- 3 heaping tbsp. of cocoa powder
- 7 to 10 ice cubes

### ***Directions***

1. Take a high speed blender or a vitamix and blend all of the ingredients for approximately 4 mints.

## ***Mango Mania***

*It's just a thick mango shake being made in every home.*

### ***Ingredients***

- Milk and Mangoes as per requirement, (cut, peeled and diced)
- ½ c. of Cream, preferably canned (optional)
- Crushed Ice

### ***Directions***

- Add mango (diced) in a mixer and blend to a smooth puree.
- Now put in the milk (do not add a lot of milk, thick is better), cream & sugar.
- Blend till smooth and nice.
- Now fill the bottom of the glass with the crushed ice.
- Transfer the smoothie to the glass and service chilled.

## ***Strawberry Banana Smoothie***

*Strawberry is a rich source of Boosts Memory, antioxidants. It also fights against the Cancer, Relieves stress, and protects your heart. Banana helps in controlling the blood pressure, strengthens the bones, and protects your heart as well.*

### ***Ingredients***

- Few strawberries, fresh or frozen
- 1 banana, medium
- 2 tsp Vanilla essence
- 1 tsp of Nutmeg Powder and Cinnamon Powder (optional)
- $\frac{3}{4}$  c. of Milk
- Ice Cubes
- Water and sugar, as per your desire

### ***Directions***

- Slice the bananas & the strawberries, thaw the strawberries before hand, if using frozen.
- Add in the banana and the strawberries in a mixer; make a thick puree of them.
- Add sugar and milk (not too much) and blend well.
- Add few ice cubes in a glass and transfer the smoothie.
- Before serving, top the smoothie with nutmeg powder and cinnamon powder and serve chilled.

## ***Delicious Strawberry, Orange and banana smoothie***

### ***Ingredients***

- 5 Strawberries, Medium
- 1 Banana, Medium
- 1/3 c. (5.33 tbsp) of Ice cubes
- 1 c. (16 tbsp) of Orange juice
- 2 tbsp. of Honey

### ***Directions***

- Put the ice cubes, strawberries, orange juice, honey and banana in a blender and blend until smooth. Transfer it to the serving glass and serve with orange or strawberry slice.

## ***Orange Date Smoothie***

### ***Ingredients***

- 2 Oranges, peeled and seeded
- 1/2 c. (8 tbsp) of Pitted dates
- 1 c. (16 tbsp) of Pecans
- 1 Vanilla bean
- 2 c. (32 tbsp) of Water

### **Directions:**

- Combine pecans, oranges, vanilla beans, pitted dates and water in a food processor and blend until smooth. Transfer it to the glasses and serve.

## ***Orange and Mango Smoothie***

### ***Ingredients***

- 3/4 c. (12 tbsp) of Mango, chilled
- 1/2 c. (8 tbsp) of Orange juice, chilled (readymade)
- 4 tbsp. of curds, fresh and chilled
- 1/2 c. of (8 tbsp) of Vanilla ice cream
- 1 3/4 tbsp. of Sugar
- 4 tbsp. of ice, crushed

### ***Directions:***

- Add orange juice, mango pulp, curd, ice cream and sugar into a high speed blender and blend until foamy.
- Place 2 tbsp. of ice (crushed) into two separate glasses and fill them up equally with the smoothie.

## ***Mix Fruit (Tropical) Smoothie***

### ***Ingredients***

- 1/4 c. (4 tbsp) of bananas, frozen
- 1/2 c. (8 tbsp) of ice cream, Orange sherbet
- 1/4 c. (4 tbsp) of mango, frozen
- 2 tbsp. of Real coconut cream
- 1/4 c. (4 tbsp) of Apple juice
- 1/4 c. (4 tbsp) of strawberries, frozen
- 1 c. (16 tbsp) of ice, crushed

### ***Directions:***

- Add the strawberries, mango, sherbet, banana, coconut cream and apple juice in a high speed blender. Put in the crushed ice, blend until smooth. Garnish with pineapple and orange slices, serve immediately.

### ***TIPS***

- *Add more Apple juice to make it thin or*
- *Ice if you like thicker smoothie*

## ***Pine Strawberry Smoothie***

### ***Ingredients***

- 5 oz (150 G) of Strawberries, hulled
- 1/4 Pint (150 ml) of Pineapple juice
- 5 oz. (150 G) of Strawberry yogurt

### ***Directions:***

- Chop the strawberries roughly and freeze them for a minimum period of 2 hours or overnight.
- Add in the frozen strawberries, yogurt and pineapple juice in a high speed blender and blend until smooth.
- Transfer the smoothie to a glass, add few ice cubes and garnish it with the strawberries, if liked.



## ***Strawberry Banana and Guava Smoothie:***

### ***Ingredients***

- 2 c. of strawberry, frozen
- 2 bananas, ripe
- 1/2 c. of guava (skin & seeds removed)
- 1 c. of low curd
- 1/2 c. of quick cooking oats
- 1 tsp. of flax seed
- 1 tbsp. of walnuts
- 4 tbsp. of pure honey
- 1/2 cup low fat milk

### ***Topping (for each serving):***

- 1 scoop of ice cream, low fat (opt)
- 2 to 3 leaves of fresh mint

### ***Directions***

- Combine all of the ingredients in a high speed blender and blend until its smoothness.
- Keep this smoothie in the refrigerator for a minimum period of half an hour then transferit to the individual glasses or in a jug, serve chilled.
- Just before serving, top each glass with the mint leaves &. ice cream

## ***Pineapple Smoothie***

### ***Ingredients***

- 1/2 tsp. of green cardamom powder
- 3 c. of fresh pineapple juice, without sugar
- 2 c. of fresh yoghurt, low fat
- 1 tbsp. of pineapple jelly, crushed
- 1/4 tsp. of cumin powder
- 2 tbsp. of sugar
- 1 c. of water

### ***Directions***

- Blend all the ingredients (except the pineapple jelly) in a high speed blender and refrigerate it for a minimum period of 20 mins.
- Meanwhile, if you are not able to get the pineapple jelly (ready-made) do not worry, you can prepare one by adding the jelly maker (ready-made) to the boiling water and it would take approximately 5 mins to do that and keep it inside the freezer, it would take approximately 12 mins to settle.
- Take 4 glasses (tall), add the pineapple jelly first and then transfer the pineapple smoothie over it.

## ***Water Melon Coconut Smoothie:***

### ***Ingredients***

- 2 c. of Watermelon juice
- 3 c. of coconut water, tender
- 1 tbsp. of Lemon juice
- 1 1/2 c. of Yogurt, Low fat
- 1/2 c. of Honey
- 1/2 tsp. of green cardamom powder
- 4 lemon wedges
- 1/4 c. of sugar
- 4 Ice cubes

### ***Directions***

- Whisk the yogurt and water melon juice in a high speed blender. Add the lemon juice, tender coconut water, green cardamom powder, sugar and honey, blend well. Add couple of ice-cubes to the smoothie and blend again.
- Serve in glasses with lemon wedges on the top

## ***Avocado Pear Parsley Smoothie***

### ***Ingredients***

- 6 bananas, medium
- 1 Pear
- 1/2 Avocado, medium
- 1 apple, Royal Gala
- 1 bunch parsley, small
- 1 Granny Smith apple
- 1 Nashi pear (Apple pear or aka Asian pear)
- 2 plums, medium
- 1 c. of ice (approx. 200 grams)
- 1 c. of water

### ***Directions:***

1. Prepare the key ingredients:

- Remove the skin & seed from the Avocado,
- Skin from the Bananas
- Seeds from the Plum and stalks from the Apples and Pears

2. Chop the fruits roughly.

3. Add the ingredients either to the vita mix or a high speed blender.

4. Blend the ingredients until creamy and smooth.

## ***Pumpkin Smoothie***

### ***Ingredients:***

- 1/2 tsp. of vanilla extract
- 1/8 tsp. of cloves, grounded
- 1/8 tsp. of allspice
- 1/2 Banana, frozen
- 1 c. of Almond milk, unsweetened
- 1/8 tsp. of ginger
- 1/2 c. of pure organic Pumpkin
- 1/8 tsp. of nutmeg
- 1/2 tbsp. of raw honey (or maple syrup)
- 1/4 tsp. of cinnamon (+ a bit extra more to sprinkle on top)
- 1/2 c. of ice, depending on how you desire to drink, you may choose more

### ***Directions:***

1. Blend all the ingredients together either in a high speed blender or a vita mix until smooth.
2. Pour it to a glass and top your smoothie with a small piece of cinnamon and Paleo Whip.

## ***Sunflower Chocolate Smoothie***

### ***Ingredients:***

- 1.5 c. of Almond Milk, Unsweetened
- 1 tsp. of Cacao Powder
- 2 Bananas, frozen
- 4 Medjool Dates, pitted
- 2 tbsp. of Sunflower Seed Butter, Organic Unsweetened

### ***Directions:***

1. Place all the ingredients either in a high speed blender or a vitamix, blend until smooth.

## ***Acai Boost Smoothie***

### ***Ingredients:***

- 1/2 c. of Coconut Meat, Fresh
- 1.5 c. of Acai Juice, Organic
- 1.5 c. of Blueberries, frozen
- 1 Banana, frozen

### ***Directions:***

1. Place all the ingredients either in a high speed blender or a vitamix, blend until smooth.

## ***Never Beet Smoothie***

### ***Ingredients:***

- 1 c. of Mixed Berries, frozen
- 1 Banana, frozen
- 1.5 c. of Almond Milk, Unsweetened
- 1/3 c. of Beets, cooked
- 1 c. of Baby Spinach
- 1/4 tsp. of Vanilla Extract
- 1 tsp. of Chia Seeds

### ***Directions:***

1. Bring a small pot of water to a boil and boil the beets approximately for 5 mins.
2. Remove the beets from the heat and let them to cool down (rinse with cold water). Remove the skin.
3. Place all the ingredients either in a Vita Mix or in a high speed blender and blend on high speed until smooth.



## ***Green Fruit Smoothie***

### ***Ingredients:***

- 1.5 c. Coconut Water
- 1 Banana, frozen
- 1/2 c. of Seedless Green Grapes, frozen
- 1 Green Apple, cored
- 1 tsp. of Coconut Oil
- 1 tsp. of Flaxseed
- 1 c. of Spinach
- 2 tbsp. of Raw Honey

### ***Directions:***

1. Place all the ingredients either in a high speed blender or a vitamix, blend until smooth.

## **Dairy free and gluten free**

There are many people out there who have intolerances for dairy products and gluten. If you count yourself among them I'm sure one of these smoothies should fit the bill.

## ***Raspberry Mango Mint Smoothie***

### ***Ingredients:***

- 20 spearmint leaves, rinsed
- 2 c. of raspberries (fresh and rinsed)
- 1 to 1.5 c. of mango (about 2 mangoes: large, peeled and diced)
- 1 pinch sea salt
- 1 lime Juice
- 3 c. of ice cubes
- 2 c. of water, cold
- Natural sweetener like honey (optional)

### ***Directions:***

1. Add the raspberries and water in a high speed blender or a vitamix, purée until smooth. Get rid of the seeds by transferring the puree through a mesh steel strainer.

2. Now, add the purée either to a vita mix or the high speed blender, add the a little over half of the mint leaves, lime juice, mango, sea salt and ice cubes. Blend until nice and smooth. Just for taste, put in the remaining of the mint leaves and sweetener (optional) and blend after each addition, if required.

## ***Fruit Smoothie***

### ***Ingredients:***

- 1 c. of each i.e. blueberries and raspberries, frozen
- 2 orange peel (cut into chunks, navel and pith removed)

### ***Directions:***

1. Place all of the ingredients either in a high speed blender or a vita mix, blend until smooth.

## ***Lean Green Smoothies***

### ***Ingredients:***

- 1/2 Pineapple (cored, peeled and sliced)
- 1 c. of baby spinach leaves
- 1/2 Pears (ripe, cored, peeled and chopped)
- 1 tsp. of agave nectar
- 1/2 English Cucumber (peeled and chopped)
- 1 lime
- 10 mint leaves, chopped
- Ice, crushed

### ***Directions:***

1. Take a high speed blender or a vita mix and purée all of the ingredients until nice and smooth. Transfer into two glasses, garnish these two glasses with cucumber and spear. Serve.

## ***Super Spinach Smoothie***

### ***Ingredients:***

- 1 Banana (ripe and frozen)
- 1 c. of Almond milk (cold)
- 1 tbsp. of greens (powder, amazing grass)
- 1 c. of Spinach leaves (clean, big heaping)
- 1 tbsp. of honey

### ***Directions:***

1. Take a high speed blender or a vita mix and purée all of the ingredients until nice and smooth.

## ***Strawberry Cucumber Smoothie***

### ***Ingredients:***

- 1.5 c. of strawberries, frozen
- 1 c. of almond milk, cold
- 2 tbsp. of honey
- Cucumber (hot house, half English, deseeded and sliced into large chunks)
- Lemon

### ***Directions:***

1. Take a high speed blender or a vita mix and purée all of the ingredients until nice and smooth. Depending on the consistency you desired, add more almond milk (if required). You may enjoy this smoothie either with the frozen blackberries or blueberries.

## ***Green Piña Colada Smoothie***

### ***Ingredients***

- 1/2 bunch of collard greens (4 to 5 large leaves, stems removed)
- Banana, collard greens, pineapple
- 13.5 oz. can of coconut milk (or 1 Thai young coconut)
- Ice as per your requirement

### ***Directions:***

1. First, by taking a sharp knife, open the coconut and trimming away the soft skin from the top. You wish to expose that so rounded top entirely as the shell of the coconut is round. To smack into the dome, holding the coconut tightly, use a chef's knife or cleaver. Until you have cracked the shell around all the edges, turn the coconut and repeat spanking. You must be able to pull or peel off the top of the shell now. Be cautious don't drop out the water from the coconut.

2. Transfer the coconut water to the high speed blender. Add the frozen pineapple, collard greens and banana. With an ice cream scooper, scoop out all the white pulp from the coconut and add it in the blender as well. (Add the coconut milk now, if you are not using a complete coconut.)

3. Starting it from the lower speed setting, work your way up to the maximum speed until the smoothie is blended well. If the mixture is too thick, add cold water and blend again until the desired consistency level is achieved.

4. Transfer the green smoothie into the juice glasses and enjoy.



## ***Apricot Smoothie***

### ***Ingredients:***

- 1 c. of plain yogurt, no-fat
- 1 c. of apricot halves, canned in light syrup
- 3 tbsp. of sugar
- 6 ice cubes

### ***Directions:***

1. Take a high speed blender or a vita mix and blend all of the ingredients until nice, smooth and frothy.

## ***Clean Breeze Smoothie***

### ***Ingredients:***

- 1 small cucumber, chopped
- 1 c. of Kombucha (ginger-flavored)
- 1/2 c. of Greek yogurt, plain and low-fat
- 2 tbsp. of cilantro leaves, fresh
- 2 ripe kiwis, peeled
- 6 ice cubes

### ***Directions:***

1. Take a high speed blender or a vita mix and blend all of the ingredients until nice, and smooth.

## ***Get Your Orange” Flax Smoothie***

### ***Ingredients:***

- 2 c. of peach slices, frozen
- 1 c. of carrot juice
- 1 tbsp. of ginger, fresh and chopped
- 1 c. of orange juice
- 2 tbsp. of flaxseed (grounded)

### ***Directions:***

1. Take a high speed blender or a vita mix and blend all of the ingredients until nice, and smooth.

## ***Melon-Ginger Smoothie***

### **Ingredients:**

- 1 kiwi, large, peeled and chopped (1/3 c.)
- 1/2 banana, ripe and sliced
- 1 c. of honeydew melon, chopped
- 1/2 tsp. of ginger juice,
- 1/4 c. of white grape juice
- 1/3 c. of lemon sorbet
- 2 tsp. of lime juice
- 1/2 c. of ice

### ***Directions:***

1. Add the ingredients into the high speed blender. Pulse the blender three times to chop the fruit and then blend the ingredients on high speed until nice and smooth.

## ***Mango Lassi Smoothie***

### ***Ingredients:***

- 1 c. of mango, peeled and chopped
- 1/4 c. of orange juice
- 1/2 c. of vanilla yogurt, nonfat
- 1/3 c. of peach sorbet
- 1/8 tsp. of water, orange-flower

### ***Directions:***

1. Place all the ingredients in the high speed blender. To chop mango, stir well and pulse twice and then blend the ingredients on a high speed until nice and smooth.

## ***Creamsicle Breakfast Smoothie***

### ***Ingredients:***

- 1 c. of pure coconut water, cold with no added flavor or sugar
- 1 c. of vanilla Greek yogurt, non-fat
- 1 c. of mango chunks, fresh or frozen
- 3 tbsp. of orange juice concentrate, frozen
- 2 c. of ice

### ***Directions:***

1. Blend coconut water, mango, yogurt, orange juice concentrate and ice in a blender until nice and smooth.

## **Vegan and Vegetarian Smoothies**

There is no doubt that eating in a vegetarian or vegan way can be extremely healthy. What prevents many people from trying it though is the taste. This doesn't have to be the case with smoothies though! Even if you don't follow a vegan or vegetarian diet these smoothies are still good for you while tasting great!

## ***Banana Bread Super foods Smoothie***

### ***Ingredients:***

- 1 banana, frozen
- ⅓ c. of buckwheat or quinoa, cooked
- 1 pitted Medjool date
- ½ tsp. vanilla extract (pure), alcohol-free or 1 vanilla bean, Flesh from
- 2 tsp. of flax oil, cold-pressed
- 1 tbsp. of raw walnuts or hemp seeds
- ¾ tsp. of cinnamon, ground
- Pinch allspice
- 1 c. of water

*For topping: extra cinnamon (grounded) and walnuts*

### ***Directions:***

1. Place all the ingredients either in a vita mix or high speed blender; blend for approximately until smooth (approximately for 30 seconds).
2. Pour the smoothie to a glass, top it with additional cinnamon and walnuts.



## ***Apple Pie Green Smoothie***

### ***Ingredients:***

- 1/2 Cucumber, English
- 2 c. of spinach
- 1 tsp. of Walnuts
- 1/4 tsp. of maple extract or vanilla extract
- 1/2 c. of apple juice, unsweetened and unpasteurized
- 1/2 tsp. of Cinnamon, grounded
- 1 apple, frozen and chopped
- 1/4 Avocado, frozen and chopped
- Pinch nutmeg, grounded
- 1/2 c. of water
- 4 to 6 ice cubes

### ***Directions:***

1. Place all of the ingredients either in a vita mix or a high speed blender; blend until smooth and nice (approximately for 30 secs).

## ***Sleepy Strawberry Cheesecake Smoothie***

### ***Ingredients:***

- 1 c. of strawberries
- 1 c. of almond milk, unsweetened
- 1 tbsp. of cashews
- 1 tsp. of lemon juice
- 1 tbsp. of chia seed
- 3 tbsp of oats, uncontaminated
- 1 tsp. of apple cider vinegar
- Pinch stevia
- 1/2 tsp. of vanilla

### ***Directions:***

1. Take a glass container, mix all of the ingredients [shake it quickly], put them inside the fridge for overnight.
2. Pour all of the ingredients to a high speed blender, blend until smooth (do it in the morning).
3. Top the smoothie with some of the strawberries and cashews

Notes: To be made at least 4 hours in advance or the night before you plan on having it.

## ***Blushing Apple Smoothie***

### ***Ingredients:***

- 1/2 Cucumbers, English
- 1/2 c. of raspberries, fresh
- 1 Apple
- 1/2 c. of cherries, fresh pitted
- 1 tbsp. of Chia seed
- 6 to 8 ice cubes
- 1/2 c. of water

### ***Directions:***

1. Transfer all of the ingredients either to your vita mix or high speed blender, blend until nice and smooth (approximately for 30 seconds).

## ***Sleepy Blueberry Muffin Smoothie***

### ***Ingredients:***

- 2 tbsp. of regular oats, uncontaminated – you may also use packaged quinoa flakes, gluten free granola or gluten free oatmeal
- 1 tsp. of vanilla extract, pure
- 1 tbsp. of vanilla protein powder
- 1 tbsp. of chia seed
- 1/2 c. of blueberries
- 1 1/2 c. of milk, non-dairy

### ***Directions:***

1. A night before: Mix all of the ingredients [leave the blueberries] in a plastic or glass container. Mix them to combine, keep it inside the fridge.
2. Morning: Transfer all of the ingredients either to a high speed blender or vita mix and add blueberries, blend until nice and smooth.

Notes: To be prepared at least 4 hours in advance or the night before you plan on having it.

## ***Sleepy Raspberry Lemon Poppy Seed Smoothie***

### ***Ingredients:***

- 1.5 tsp. of poppy seeds
- 2 tbsp. of rolled oats, uncontaminated
- 1/2 c. of raspberries, fresh
- 1 zest of small lemon
- 1 tbsp. of chia seeds
- 1.5 c. of milk, non-dairy
- 1 tbsp. of almond butter
- 1 tbsp. of lemon juice
- 1 tsp. of pure vanilla extract
- Pinch white stevia powder

### ***For Toppings: Fresh lemon and raspberries***

### ***Directions:***

1. Mix all of the ingredients in a glass container [shake it quickly] and put them in the fridge for overnight.
2. Transfer the ingredients into a high speed blender, blend until nice and smooth in the morning.

Notes: To be prepared at least 4 hours in advance or the night before you plan on having it.

## ***Green Vegetable Smoothie***

### ***Ingredients:***

- 1 Celery head
- ½ onion, Large
- 4 to 6 c. of Mixed baby greens (or approximately 200 to 300 g, of your liking)
- 1/4 bunch of fresh Cilantro
- 2 cans Tomato paste or raw tomato, (6 ounce, equal a few pounds)
- 1 c. of Sweet red peppers, chopped
- Water as needed

### ***Optional:***

- 1 tbsp of Worcestershire and Texas Pete Hot Sauce

### ***Directions:***

1. For a thick smoothie consistency, blend all of the ingredients with adequate quantity of water. Mix all of the ingredients; adjust the seasoning per your taste.

## ***Vegetable Base Smoothie***

### ***Ingredients:***

- 1 raw carrot, small
- 5 c. of Broccoli, fresh and chopped
- 1 Tomato serving, (1 tomato per serving, Roma)
- 1 c. of Kale, chopped
- 1 fresh Apple, small (2-1/2" dia, approximately 4 per pound)
- 5 c. of Pineapple, crushed, canned, chunks, or sliced

### ***Directions:***

1. Mix all of the ingredients either in a high speed blender or a vita mix, blend until nice and smooth.
2. For style and slushy, you may even use the ice cubes.

## ***Vegetable Smoothie***

### ***Ingredients:***

- 1.5 c. of Spinach, fresh
- 8 fl oz. Yogurt, plain and low fat (0.5 c.)
- 1 tbsp. of Flax Seed Meal (ground flax),
- 0.5 c. of Beets slices, boiled
- 0.35 c. of Pumpkin, canned, without salt
- 1 tsp. Ginger Root
- Add more of ice/water for desired consistency, if required

### ***Directions:***

1. For a thick smoothie consistency, blend all of the ingredients with adequate quantity of water. Mix all of the ingredients; adjust the seasoning per your taste.



## ***Vegetable protein smoothie***

### ***Ingredients:***

- 1 raw carrot, (7.5 inches)
- 0.25 Cucumber (peeled), (approximately 8-1/4 inches)
- 90% protein powder (soya), holland and barrett
- 1 raw Celery stalk, large (11 to 12 inches long)
- 1 whole Red Ripe Tomatoes, med
- 0.5 large Yellow Peppers
- 1 to 2 teaspoons Worchester sauce
- 0.5 raw Onion, small
- 8 fl ounce tap Water, (half cup)
- 5 Ice cube, serving

### ***Directions:***

1. Chop or slice all of the vegetables into pieces.
2. Put in all of the ingredients in a high speed blender, blend until mixed (approximately for 2 mins).

## ***Healthy Vegetable Smoothie***

### ***Ingredients:***

- 1 apple, cored with skin
- One bag of spinach, fresh or 4 c. of spinach, fresh
- 1 Cucumber with skin
- 3 celery stalks
- 1/4 c. of lemon juice
- 2 tbsp. of lime juice

***For sweetness: 2 c. of vanilla or kefir plain***

### ***Directions:***

1. Take a high speed blender or a vita mix; blend all of the ingredients on a high speed until nice and smooth.

## ***Raw Beet Vegetable Smoothie***

### ***Ingredients***

- 1 c. of spinach
- 1 carrot
- 1 raw beet
- 2 cabbage leaves
- 1 celery stalk

### ***Directions:***

1. Blend all of the ingredients either in a Vita mix or a high-speed blender, add adequate amount of water for desired consistency and blend until smooth and nice.

## **Weight Gain Smoothies**

Most of the smoothies you have read about up until now can be used to help you lose weight. However, there are some people who for various reasons (exceptionally high metabolisms, athletes, etc.) have a need to gain weight. If you are one of these people these smoothies are made for you!

## ***Avocado Strawberry Smoothie***

### ***Ingredients:***

- 1 1/2 c. of strawberries, frozen
- 1 banana, Whole
- 1/4 tsp. of Vanilla extract
- 3/4 c. of vanilla or plain yogurt
- 1/4 avocado
- 1/4 c. of milk

### ***Directions:***

1. First transfer the milk, followed by the yogurt onto the blender's blades. You may add more of milk if you are looking for a thinner consistency. Now, put in the avocado and peeled banana, blend the mixture. Add the strawberries, frozen (when the mixture is blended completely) and blend until nice and smooth.

## ***Strawberry Peanut Butter Banana Smoothie***

### ***Ingredients:***

- 1 Banana
- 3/4 c. of Yogurt, plain
- 2 Tbsp of Peanut Butter
- 5 large Strawberries, frozen
- 2 Tbsp of Milk (a splash)

### ***Directions:***

1. Add banana, milk and yogurt and blend. Add the frozen strawberries and the peanut butter (crunchy or smooth) and blend again (approximately for a minute).

## ***Peanut Butter and Banana Smoothie Recipe***

### ***Ingredients:***

- 1 Banana
- 2 tbsp. of Peanut Butter
- 3/4 c. of vanilla or plain yogurt
- 3/4 c. of ice
- 1/8 c. of milk

### ***Directions:***

1. Add the banana, yogurt, and milk either in a high speed blender or a vitamix and blend. Now, put in the peanut butter (crunchy or smooth) and repeat the process of blending (approximately for a minute). In the last, you may add the ice and blend; you would get a thicker consistency if you add more ice.

## ***Chocolate Banana Smoothie Recipe***

### ***Ingredients:***

- 1 Banana
- ¾ c. of vanilla or plain yogurt
- 2 to 3 Tbsp. Chips or approximately 3 dark chocolates
- ¼ c. of milk
- 1 c. of ice

### ***Directions:***

1. Take a high speed blender or a vitamix and put in the milk. Add the yogurt, chocolate, and banana and completely mix the ingredients (approximately for a minute's time). Now, you may add the ice, blend until chocolate pieces left or there is no ice.



## ***Chocolate Peanut Butter Smoothie***

### ***Ingredients:***

- 1 Banana
- 2 to 3 Tbsp. of Chocolate Chips, Dark
- $\frac{3}{4}$  c. of vanilla or plain yogurt
- 2 Tbsp. of Peanut Butter
- $\frac{1}{4}$  c. of milk
- 1 c. of ice

### ***Directions:***

1. Take a high speed blender or a vitamix and add the milk. Add the banana, chocolate, and yogurt and mix well (approximately for a minute). You may now add the peanut butter and ice to the mixture and blend again until there are chocolate pieces or no ice left.

## ***Peanut Butterscotch***

### ***Ingredients***

- 2 Tbsp. of Flax Seeds, Grounded
- 1/3 c. of Cottage Cheese, 2% Organic
- 1 Tbsp. of Butterscotch Instant Jell-O Pudding, Sugar-Free
- 1 Tbsp. of Peanut Butter, All-Natural
- 1 scoop of Protein Powder, Chocolate flavor
- 1 c. of Ice
- 1/4 c. of Water

### ***Directions:***

1. Add the peanut butter, cottage cheese, flax seeds, Jell-O mix, protein powder, water and ice either into a high speed blender or a vitamix. Blend on medium-high until smooth (approximately for a minute).

## ***Skim Milk Ginger Smoothie***

### ***Ingredients:***

- 1/2 scoop of Meal Replacement Powder, Prograde Lean Chocolate
- 1 scoop of Protein Powder, Vanilla
- 1/2 tsp. of Cinnamon
- 1 dash of Ground Cloves
- 5 to 6 oz. (1 c.) of Greek Yogurt, Organic
- 5 Ice Cubes
- 1 c. of skim milk, organic

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix, blend on medium-high until smooth (approximately for 30 seconds).

## ***High Protein Smoothie***

### ***Ingredients:***

- 3/4 c. of Cottage Cheese, 2% Organic
- 1 scoop of Protein Powder, Vanilla
- 1/2 c. of Organic Skim Milk
- 1 Tbsp. of Cheesecake Instant Jell-O Pudding Mix, Sugar-Free
- 5 Ice Cubes

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix, blend on medium-high until smooth (approximately for 30 seconds).

## ***Banana Nut Smoothie***

### ***Ingredients:***

- 1/2 Banana
- 1 Tbsp of Peanut Butter, All-Natural
- 1/4 c. of Oatmeal, Plain and Uncooked
- 1/2 c. of Almond Milk, Unsweetened
- 1 tsp of Honey, Pure and Organic
- 1/2 scoop of Whey Protein Powder, Chocolate flavor
- 1 c. of Ice

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix, blend on medium-high until smooth (approximately for a minute).

## ***Go Nuts Smoothie***

### ***Ingredients:***

- 1/2 oz. of Walnuts
- 1/3 c. of Cottage Cheese, 2% Organic
- 1 scoop of Protein Powder, Vanilla
- 1/2 oz. of Roasted or Raw Unsalted Almonds
- 2 Tbsp. of Flax Seeds, Grounded
- 1/4 c. of Water
- 1 c. of Ice

### ***Directions:***

1. Put in the flax seeds, protein powder, cottage cheese, water and ice either into a high speed blender or a vitamix. Blend on medium–high until smooth (approximately for a minute). Add the walnuts and almonds, blend on low until chopped (approximately for 15 more seconds).

## ***Almond Coconut Smoothie***

### ***Ingredients***

- 1 c. of Almond Milk, Unsweetened Vanilla
- 6 Roasted or Raw Almonds, Unsalted
- 1 scoop of Protein Powder, Chocolate
- 1/2 tsp. of Natural Almond Extract
- 1 Tbsp. of Coconut, Grated and Unsweetened
- 1 c. of Ice

### ***Directions:***

1. Take a high speed blender or a vitamix and put in all of the ingredients (except the almonds), blend on medium–high until smooth (approximately for a minute). Add the almonds, blend on low until chopped (approximately for 15 more seconds).

## ***Cherry Vanilla Smoothie***

### ***Ingredients:***

- 1/2 scoop of Whey Protein Powder, Vanilla flavor
- 3/4 c. of Milk, Coconut
- 1.5 tsp. of Almond Butter, All-Natural
- 1 c. of Cherries, Dark and Pitted
- 1/2 c. of Cranberries, Frozen
- 1 tsp. of Agave Nectar, Pure
- 1/2 Tbsp. of Chia Seeds
- 1 c. of Ice

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix, blend on medium-high until smooth (approximately for a minute).



## ***Apple Pie Smoothie***

### ***Ingredients:***

- 1 c. of Water or Vanilla Almond Milk, Unsweetened
- 1 Apple with Core, Seeds Removed
- 1 scoop of Protein Powder, Vanilla
- 1/4 c. of Walnuts
- 1/2 tsp. of Cinnamon
- 5 Ice Cubes

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix, blend on medium-high until smooth (approximately for a minute).

## ***Pumpkin Pie***

### ***Ingredients:***

- 1 tsp. of Pumpkin Instant Jell-O Pudding Mix, Sugar-Free
- 1/2 c. of Pumpkin
- 1/4 c. of Almond Milk, Unsweetened
- 1/2 c. of Whey Protein Powder, Vanilla flavor
- 1/2 c. of Yogurt, Organic
- 1 tsp. of Graham Cracker Crumbs
- 1 tsp. of Honey, Pure and Organic
- 1/2 tsp. of Ground Nutmeg
- 3/4 tsp. of Ground Cinnamon

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix, blend on medium-high until smooth (approximately for a minute).

## ***Pistachio Spinach Smoothie***

### ***Ingredients***

- 1/2 scoop of Protein Powder, Vanilla
- 1/2 tsp. of Honey, Pure and Organic
- 1 Tbsp. of Almonds
- 2 Tbsp. of Pistachios, Shelled
- 1/2 c. of Almond Milk, Unsweetened
- 1/2 c. of Organic Spinach, Frozen
- 1 c. of Ice

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix, blend on medium-high until smooth (approximately for a minute).

## ***Choco Vanilla Smoothie***

### ***Ingredients***

- 1/2 c. of Vanilla Almond Milk, Unsweetened
- 1 scoop of Protein Powder, Chocolate
- 5 to 6 drops of Mint Extract
- 1/8 c. of Organic Spinach, Frozen
- 5 Ice Cubes
- 1/2 c. of Water

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix, blend on medium-high until smooth (approximately for half a minute).

## **All Day Energy Smoothie**

Most of us reach a point in the day when we can use an energy boost. It might be midday, right before a workout or even in the morning (make that definitely in the morning). Whenever you need an energy booster these smoothies are guaranteed to deliver it!

## ***Strawberry Banana Smoothie***

### ***Ingredients:***

- 1/8 c. of protein powder, vanilla (1 full scoop)
- 1 c. of dairy milk (or soy milk)
- 6 frozen strawberries
- 1 banana, frozen
- 4 ice cubes

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix and blend on high until nice and smooth (approximately for a minute).

## ***Green Hydration Smoothie***

### ***Ingredients:***

- 1 banana
- 1 organic cucumber, large and seeded
- 1 zucchini, small
- 2 Pink Lady apples (or Granny Smith)
- 1 knob of ginger root (thumb-sized)
- 6 mint leaves, fresh
- 3 to 4 Tbsp. of lime juice
- 2 packets of Stevia
- 2 c. of water

### ***Directions:***

1. Add all of the ingredients (except Stevia) either to a high speed blender or a vitamix and blend on high until nice and smooth (approximately for a minute). Now put in the Stevia and blend again to incorporate and serve.

## ***Immunity Boosting Smoothie***

### ***Ingredients:***

- 1 c. of chard
- 1 c. of kale
- 1 c. of greens, dandelion
- 1 c. of blueberries (and/or blackberries, raspberries)
- 1 chopped apple
- 1 lemon juice
- 1/2 c. of aloe juice

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix and blend on high until nice and smooth (approximately for a minute).



## Mango Blueberries Smoothie

### ***Ingredients:***

- 1 banana
- 1/2 c. of blueberries fresh or frozen
- 1/2 c. of vanilla yogurt, non-fat
- 1/2 c. of mango chunks, frozen
- 1/2 c. of cranberry fruit juice
- Sprinkling of Chia seeds

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix and blend on high until nice and smooth (approximately for a minute).

## ***Green Apple Beet Smoothie***

### ***Ingredients:***

- 1 green apple, small
- 2 tsp. of chia seeds
- 1 celery stick
- 2 inches of beet
- Ginger to taste

### ***Directions:***

1. Add all of the ingredients either to a high speed blender or a vitamix and blend on high until nice and smooth (approximately for a minute).

## **About The Author**

Anthony Anholt has been interested and involved in athletics and fitness for his entire life. His specialty is “gym less” workouts, or exercise systems that do not require any kind of special equipment. He is also interested in enhancing performance in all sports, but particularly basketball. He can be found blogging at his website at [anthonyanholt.com](http://anthonyanholt.com) or on Facebook at <http://www.facebook.com/AnthonyAnholt>

## One Last Thing

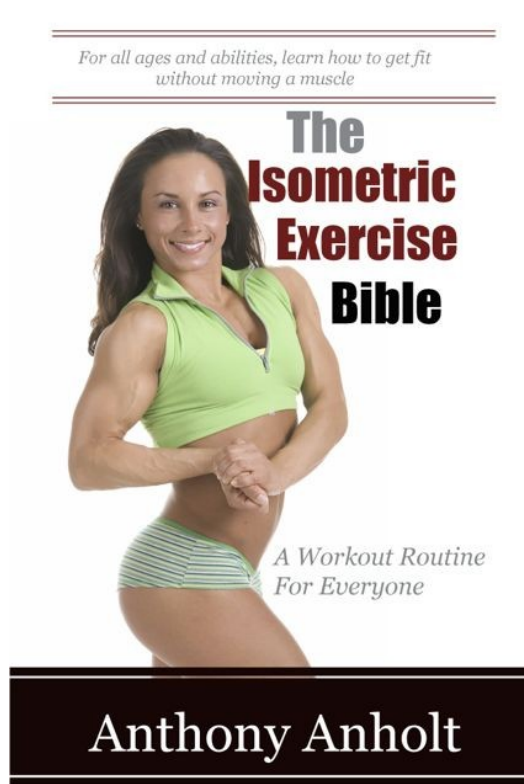
I just wanted to thank you again for downloading my book. I sincerely hope that you found it interesting and worthwhile.

Finally, if you enjoyed this book, then I'd like to ask you for a favor. If you would you be kind enough to leave a review for this book on site you purchased it from it would really help me out.

Thank you in advance and I wish you all the best in the future!

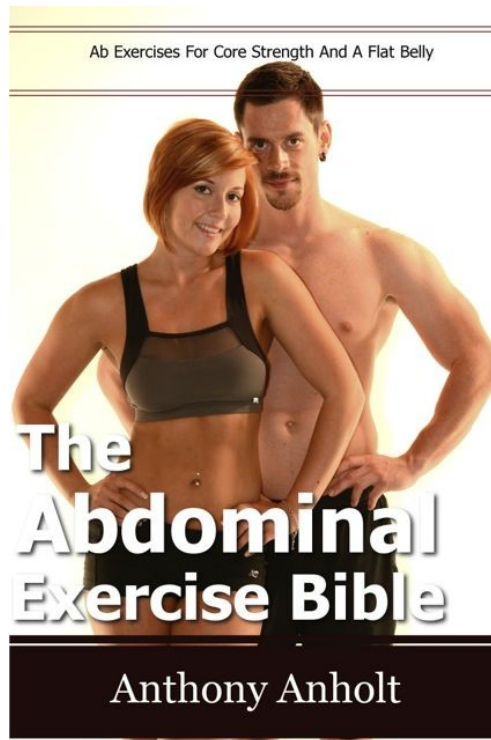


**Also By Anthony Anholt**



### **The Isometric Exercise Bible: A Workout Routine For Everyone**

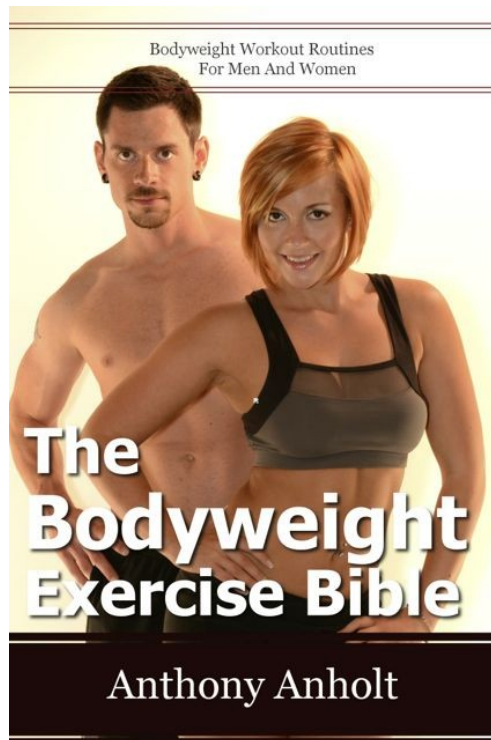
No matter what your age or current fitness level, isometric exercises can help you build the body of your dreams. This exercise system uses the principle of the isometric contraction in order to build your muscles quickly and efficiently. Traditional exercises such as weightlifting force you to perform boring repetitions in order to break your muscles down and stimulate growth. Done properly, the isometric contraction allows you to accomplish the same thing in 7 seconds. If you are a man isometrics can help you build greater muscle size and definition. If you are a lady isometrics can help you build that healthy, feminine "Fit N Sexy" look that so many women desire. If you are an older man or women isometrics can help you get back in shape while turning back the clock. If you are interested in getting in the best shape of your life, order *The Isometrics Exercise Bible* today!



## **The Abdominal Exercises Bible: Ab Exercises For Core Strength And A Flat Belly**

Nothing screams health, youth and vitality more than possessing a tight and toned mid-section. Late night television is filled with gimmicks and creams that will supposedly help you achieve this ideal. Gyms are filled with people performing crunches along with other exercises in an attempt to acquire that elusive 6-pack. Are you one of them?

If so The Abdominal Exercises Bible: Ab Exercises For Core Strength And A Flat Belly can help you. Within its pages you will find a simple yet complete program containing the best stomach exercises on the planet. This program is designed for all ages and fitness levels. If you are a senior citizen looking to get back in shape you will find gentle yet effective abdominal exercises that will work for you. On the other hand even if you are a superior athlete you will find core exercises that will challenge you. This book is for everyone who desires a sexy and toned mid-section. Beyond appearance the core training you will experience in The Abdominal Exercise Bible will make you a stronger, healthier, more magnetic you. Order this book now and start transforming your body today!

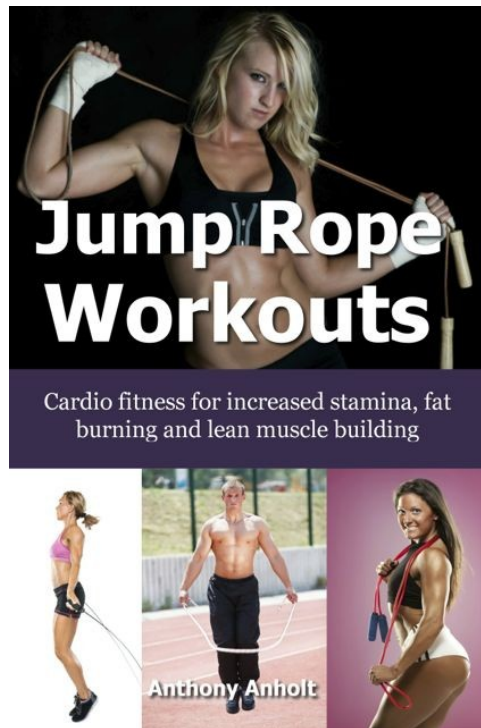


## **Bodyweight Exercise Bible: Bodyweight Workout Routines For Men And Women**

Imagine right now that you have the body of your deepest desires. You are a lean machine made up of shapely, powerful muscles that ripple beneath your skin. People notice and are drawn to the health, energy and vitality you effortlessly radiate. You carry yourself with confidence and deserved pride. You're everything you want to be. Who wouldn't want to live this way?

If so, why aren't you? The journey from where you are now to where you want to be may seem long but you can do it; and the quickest route there is through a system of bodyweight exercises. Why bodyweight? Think of the physiques you really admire, whether they be dancers, gymnasts, or marital artists. Think of the ancient Greek ideal as represented by Michelangelo's David. They all represent the epitome of human potential and yet none of them achieved this greatness by using weights or fancy equipment. Don't you think it would be wise to follow their example?

When you learn to train naturally with the exercises shown in *The Bodyweight Exercise Bible* you will begin your journey to this ideal. Bodyweight workouts allow you to train your body as an integrated system as nature intended. Your muscles are meant to work together in a functional way. Training this way will get you in amazing shape while saving you time and money as well. No matter what your age or current physical condition *The Bodyweight Exercise Bible* can help you reach the next level. Get this book and start transforming yourself and your life today!



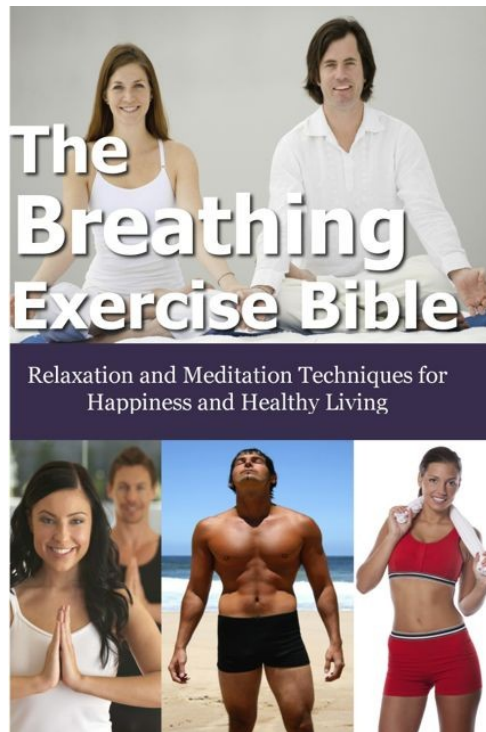
## **Jump Rope Workouts: Cardio fitness for increased stamina, lean muscle building and fat burning**

To most people aerobic exercise and cardio sucks. To them cardio training brings up horrifying memories of running endless laps around a fitness track or torturing themselves sweating it out hunched over medieval cardio machines. Here's a question though. Have you ever wondered why these kinds of workouts never seem to help you get any leaner? You've put in the time and gone through the pain that often comes with traditional cardio training (painful joints, the time wasted, the boredom) yet you've likely never gotten the results you want. No wonder why most people think that cardio sucks!

There is another way, however, and it involves a form of cardio fitness training that you likely haven't done since grade school. Deceptively simple yet amazingly effective it is likely the fitness solution you've been waiting for. What is it?

Skipping rope! The truth is that an effective jump rope training program can get you into amazing shape in record time. Skipping rope is inexpensive, easy to learn (no matter what your age), and incredibly effective. Jump Rope Workouts - Cardio fitness for increased stamina, lean muscle building and fat burning will help you re-discover this classic exercise and put you on the road to becoming a more dynamic you. Order this book NOW and start down the road to becoming the person you know you can be today!



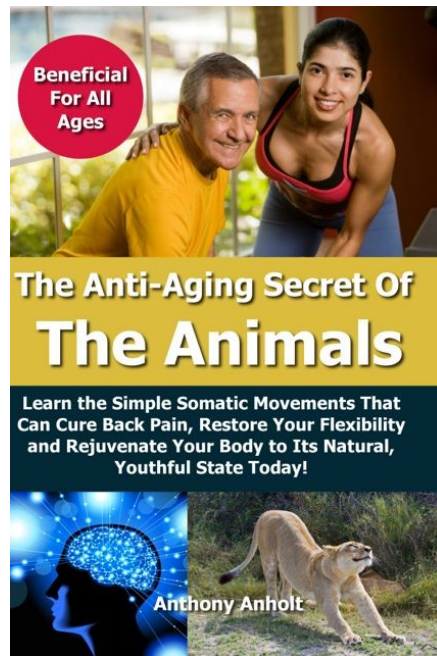


## **The Breathing Exercise Bible: Relaxation and Meditation Techniques for Happiness and Healthy Living**

Imagine that you are sitting at a table where you are about to enjoy a scrumptious meal. After you eat a few bites, however, a person comes by and takes the meal away. How would you feel? Likely you would feel hungry, stressed, and angry at the person who took away your food at the very least.

Now what would you say if I told you that in a twilight zone like twist the person who took away your food was YOU. What's worse you robbed yourself of something even more precious than food, namely the air you breathe. You can survive weeks without food and days without water, but without air? Most of us wouldn't last a minute. Of course all of us breathe, but the fact of the matter is that very few of us actually breathe properly. We are shallow breathers. Breath is life. When you don't breathe properly you are not giving your body the energy it needs. It's like trying to run a car on water-downed gasoline. The car may work, but it won't run optimally.

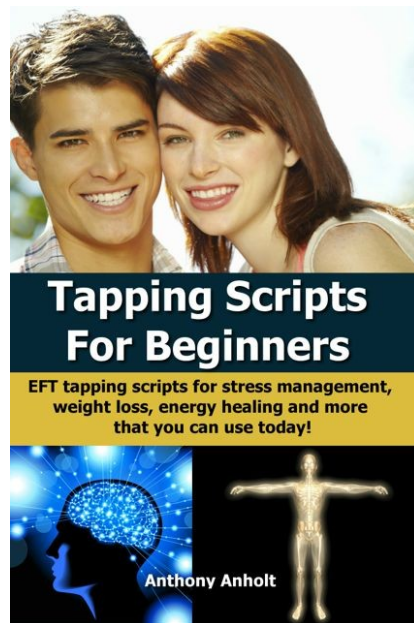
The ancients knew that proper diaphragmatic breathing was the key to happiness, healthy living and a strong body. Such disciplines as the Martial Arts and Yoga all stress the importance of this, as well as all early physical fitness pioneers. If you want to experience the feeling of radiant health and contentment, get The Breathing Exercise Bible today!



**Anti Aging Secret of the Animals - Learn the Simple Somatic Movements That Can Cure Back Pain, Restore Your Flexibility and Rejuvenate Your Body to Its Natural, Youthful State Today!**

The truth is that there is nothing natural about growing feeble as we age. This is a condition unique to humans that is unknown in the animal kingdom. Most doctors and physical educators don't know this, but all vertebrate mammals by instinct perform simple movements that allow them to reset their brains and relax their muscles. Relaxed muscles are the key to maintaining youthful flexibility and movement. Humans have this instinct as well but we lose it within our first few years of life as our higher brain functions become active. If you know what to do, however, you can regain this ability through the power of somatic movements.

The key is to learn how to access your brains natural healing abilities just like the animals do in nature. This is the secret to how all-vertebrate mammals maintain their youthful vibrant ways and it's a secret you can use too through the miracle of somatic movements. No matter what your age or present physical condition get this book so that you can feel the joy of youthful physical and mental rejuvenation today!



## **Tapping Scripts for Beginners - EFT tapping scripts for stress management, weight loss, energy healing and more that you can use today!**

Right now take a moment and ask yourself what are the issues you are struggling with that are currently holding you back? Do you experience crippling stress? Are you prone to procrastination? Do you want to quit smoking or lose weight? Whatever it is take heart and know that you are not alone. To one extent or another everyone you meet is fighting their own desperate battle. What's more I'm sure that you've made many attempts to overcome your own personal demons in the past only to come up short. Why is making real, positive change so difficult?

The problem, more often than not, is in your mind. From the time you are born your brain is constantly trying to understand and relate to the world by way of cause and effect relationships. Some cause and effect relationships, such as the seemingly instantaneous urge to remove your hand from fire, are obviously beneficial. However as we get older these cause and effect relationships can become mixed up and confused and actually hold us back. An example of this is learning to respond to stress by drinking, smoking, or overeating. This is the problem that most of us face. Often without knowing it we have constrained ourselves in invisible chains of our own creation. This is what holds us back and why it can be so hard to change.

Breaking these invisible bonds and replacing them with positive habits is what meridian tapping is all about. Not unlike acupuncture or acupressure tapping allows you to make use of the mind/body connection to re-program your faulty brain patterns and replace them with new ones. The secret to becoming all you

can be is by learning how to unlock the power of your mind. Order this book and get started on your own journey of self-discovery and adventure today!