

Smoothies: Smoothie For Weight Loss Recipe Book

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Smashwords Edition

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ONE WORD

Chapter 1 – Smoothie Diet

Before you proceed, I'll like to offer you something.

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Smoothies are one of the best refreshing drinks available. Not only they are tasty but are healthy. So, don't fill your tummy with useless soft drinks rather have a glass of smoothie instead. Go ahead and have some fun with these awesome smoothie recipes

Superb Veggie Delight Smoothie

Ingredients

- Seven Brussels sprouts
- 1 cucumber, quartered
- 3 basil leaves
- 1/2 to 1 cup water
- 2 cups spinach
- 1/4 fennel bulb

Preparation

1. First blend the water, basil, spinach, and Brussels sprouts, pulsing till they're in small chunks.
2. Following that, blend the fennel and the cucumber.
3. If you like, you can add some black pepper, a pinch of sea salt, or may be maybe even a jalapeno.

Yield: about 1 to 3 cups.

Amazing Vanilla and Plum Smoothie

Ingredients

- One to two cup ice cubes
- 4 to 5 cups of water
- 5 plums
- One to two vanilla bean
- 2 cups sugar
- 1/2 cup buttermilk

Preparation

1. First cut the vanilla bean into halves and scrape the seeds.
2. Then take four cups of water in a saucepan.
3. After that combine vanilla bean extract and sugar and bring to boil.
4. Keep on stirring until the sugar is dissolved.
5. Add plums and simmer till they turn limp.
6. Withdraw the plums and deseed them.
7. Discard poaching water.
8. Now you should add plums, ice and buttermilk in a blending jar.
9. Blend till they are smoothly pureed.
10. You may now serve this smoothie at any time during the day.

Awesome Tofu and Berries Smoothie

What you need

- 1 to 2 teaspoon ginger grated
- Three teaspoon hOney
- 2 to 3 cups mixed berries
- ¼ cup pomegranate juice
- Two to three teaspoon flax seed
- One cup silken tofu

Preparation

1. First take a blending jar, add pomegranate juice, honey, silken tofu, powered flaxseed, grated ginger and mixed berries to it.
2. Now blend thoroughly until entire items are pureed well.
3. The speed of your blender must rise from low to high.
4. You can have this smoothie for breakfast.

Fantastic Energy Smoothie!

Ingredients:

- Half to 1 of a ripe Avocado
- 1 cup of Vanilla flavored Yoghurt
- 1 Orange, peeled and sectioned
- 1 cup of Strawberries (fresh or frozen)
- One cup of fresh Papaya, cubed

Method:

1. Assemble all the Ingredients at one place.
2. Make sure you withdraw the leaves from the fruits.
3. Blend all items in a blender and blend till smooth and creamy

Serves – One to two

Time – 7 minutes

Refreshing Moonlight Smoothie

What you need

- One to two tablespoon of vanilla vegan protein powder
- 1/2 cup of fresh blueberries
- One to 2 tbsp of chia seeds
- 1 tsp of pure vanilla extract
- 1 to two cup of non-dairy milk
- Two to 3 tablespoons of gluten free oatmeal

Method of preparation

1. 4 hours before blending, stir together the milk, vanilla extract, oatmeal, protein powder and chia seeds in a container.
2. Whisk the mixture.
3. Refrigerate the container.
4. After 4 hours, place the blade assembly within the pitcher.
5. Then pour the contents of the container within the pitcher.
6. Combine in the blueberries.
7. Twist the cap on.
8. Secure the pitcher onto the base.
9. Set the speed to one.
10. Start the blender.
11. Now slowly increase the speed to 8.
12. Stop the blender once the smoothie reaches the desired consistency.

Supercool Strawberry Banana Superhuman Smoothie

Ingredients:

- 1 Granny Smith Apple
- 8 strawberries
- 4 mango pieces
- One banana, peeled (yellow)
- 1 to 2 inch fresh ginger root

What to do:

1. For this recipe you can actually use bananas that are ripe.
2. Just make sure that you drink this juice instantly after making it.
3. Don't use above-ripe mangoes though as they will make the juice taste overly tangy.
4. Blend all Ingredients in a blender or may be food processor and blend until smooth.
5. Now serve cold and topped with strawberry bits, if desired.

Mind Blowing Spinach, Nut Milk and Berry Smoothie

Ingredients

- 1 banana
- 3 cups nut milk of choice
- Ice cubes to taste
- 1 to 2 tbsp lemon zest
- One small orange, peeled
- One & 1/2 cups loosely packed spinach
- Two cups fresh mixed berries
- One to two tbsp hemp seeds, optional

Method of preparation

1. First put all items in a blender.
2. Then mix till smoothie consistency is reached.
3. Now pour over ice and then you can serve.

Ready in approximately 10 to 12 minute

Servings- 1 to 2

Super Simple Green Smoothie

What you need

- One sprig parsley
- Two stalks celery
- Two cups baby spinach
- 1/2 to One lime, peeled

Instructions

1. Simply blend all items together till smooth and creamy.
2. Then pour within two chilled glasses.

Ready in approximately eight min

Servings- One to two

Fantastic Rodger Grovie Smoothie

What you need

- Vanilla low fat yogurt (1 container about 8 to nine ounce)
- Milk (3/4 cups)
- Small bananas (two small, broken them into chunks)
- Strawberries (one to two cup, frozen and unsweetened)

Directions

1. First mix yogurt, frozen strawberries, milk and bananas in a mixer or may be a blender and give it a few pulses.
2. Now pour in glasses and then you can serve this yummy smoothie

Overall Time: Seven minutes

Magical Peaches & Coconut Duo Smoothie

What you need:

- One to two tablespoon Agave Nectar
- One cup of Coconut Meat
- One to two teaspoon Nutmeg powder
- Two to three fresh Peaches, chopped
- 1 scoop of Vanilla Protein powder
- Two cups of Coconut Milk

Method:

1. Assemble all the Items.
2. Make sure you remove the leaves from the fruits.
3. Blend all the Ingredients until smooth.
4. Now serve immediately

Serves-One to two

Time- Seven Minutes

Supreme Nectar, Avocado and Agave smoothie

What you need:

- 1 to 2 tablespoon of Agave Nectar
- One Banana
- 1 to 2 tablespoon Sunflower Seeds
- One ripe Avocado
- 1 cup of Coconut Meat
- 1 cup of fresh Vanilla flavored Yoghurt

Method:

1. Gather all the items at one place.
2. Make sure you remove the leaves from the fruits.
3. Blend all items till smooth and super creamy!
4. Smell the aroma and now serve chilled.

Servings – One to two

Time – 6 minutes

Legendary Melon Honeydew Mint World Smoothie

Ingredients:

- Handful sprigs of mint coarsely sliced
- ¼ cup of ice
- ¼ cup cucumber, peeled deseeded & shredded
- Blend 2 to three cups sliced honeydew melon
- One cup milk
- Honey

Steps:

1. First of all, blend the leafy greens & liquids first at low speed.
2. Now you should add the fruits & harder chunks. Blend at slow speed.
3. Move to medium speed till you see a vortex. Then continue blending.
4. Blend at high speed.

Yield: 2 to 3 cups

Mystical Fruit & Oat Smoothie

Ingredients

- 1 to 2 teaspoon maple syrup
- 1 banana
- One cup vanilla yogurt
- One to two cup strawberries
- Half cup oats
- ¼ cup almonds

Preparation

1. First add all items to the blender and blend gently.
2. Then slowly increase speed and blend for approximately a minute.
3. This is an excellent, power packed smoothie for breakfast.

Great Grapefruit Strawberry Smoothie

What you need

- One apple, peeled and sliced
- One cup water
- 1 inch ginger, fine sliced
- 1 to 2 grapefruit, peeled de-seeded and sliced
- Two cups strawberries

Preparation

1. First combine apple, ginger, grapefruit and strawberries in a blending jar.
2. Then pour cup water and blend till all items are smooth.
3. You may try this smoothie for your breakfast or may be carry it on the go.

Powerful Energy Breakfast Green Smoothie

Ingredients

- 1 cucumber, quartered
- 2 cups spinach
- 1 to two tbsp alfalfa sprouts
- 1 to two banana, peeled
- Two cups broccoli florets
- One bunch wheatgrass

Instructions

1. Take a blender and then add all items and purée till the mixture develops the desired consistency.
2. Serve instantly, poured within chilled glasses and garnished with some extra sprouts.

Ready in about twelve minutes

Serve- One to two

Stunning Plum Melon

Ingredients

- One small cucumber, quartered
- 1 cup watermelon
- Three plums

Instructions

1. First blend the items and drink immediately.
2. There should be exactly enough for 1 to 2 serving.

Yield: About two to three cups.

Delicious Broccoli and Cabbage with Cucumber

What you need

- Salt to taste
- One to two cucumber, quartered
- Black pepper to taste
- 1/4 head cabbage
- One cup broccoli florets
- One to 2 tsp celery seeds
- One green bell pepper, de-stemmed

Method of preparation

1. First of all, blend all items in your blender and purée until smooth. Then add ice if needed.
2. Pour into two chilled glasses.

Ready in approximately 8 minutes

Serves- Two

Yummy Blackberry Smoothie with Yoghurt

What you need

- Two to three tsp honey
- 3 cups blackberries (frozen)
- Pinch of powered cardamom
- 1 to 2 cup yoghurt (low fat)
- 1 cup buttermilk (low fat)

Preparation

1. First add low fat buttermilk, low fat yoghurt and frozen blackberries in an electronic blending jar.
2. Blend for around 32 seconds.
3. Now you should add honey and freshly powered cardamom powder to the smoothie.
4. Blend again thoroughly.
5. Serve this as breakfast.

Beautiful Banana, Mangoes & Peach Triplex

Ingredients:

- Half banana,
- Sugar to taste
- One cup sliced fresh or may be frozen peaches
- 1 cup every plain yogurt & ice,
- One to two cup mango

Steps:

1. First blend the leafy greens & liquids first (if there's any) at low speed.
2. Add the fruits & harder chunks. Blend at slow speed
3. Move to medium speed till you see a vortex. Then continue blending.
4. Blend at high speed.

Quantity: four cups

Instant Banana Strawberry Wizard Smoothie

What you need:

- ¼ cup milk,
- One cup strawberries
- One cup ice.
- One to banana
- 1/2 cup every vanilla yogurt
- Two to three tsps hOney or may be agave

Steps:

1. First blend the leafy greens & liquids first (if there's any) at low speed for three min.
2. Now you should add the fruits & harder chunks. Blend at slow speed for 2 min.
3. Move to medium speed until you see a vortex. Continue blending for two minute.
4. Blend at high speed for three minute.

Quantity: 2 cups

Awesome Banana and Yogurt Smoothie

Ingredients:

- 2 cups of Vanilla Yoghurt
- 6 Almonds
- One ripe Banana
- One to 2 cup of your favorite Granola

Method:

1. Assemble all the Ingredients at one place.
2. Make sure you remove the leaves from the fruits.
3. Smell the aroma and serve chilled.
4. Blend all the items in a blender till smooth and creamy

Serves – 2 to 3

Time – 8 Minutes

Superb Avocado Smoothie with Vanilla

What you need

- One cup pear- nectar (without sugar)
- 1 cup ice cubes
- 1 avocado (ripe)
- 1 to 2 tsp vanilla extract

Preparation

1. First blend ripe avocado, vanilla extract and pear- nectar in a blending jar.
2. Then blend till the Ingredients are pureed.
3. If the smoothie seems to be very thick, add little pear- nectar and adjust the consistency of your smoothie.
4. Now you should add the ice cubes and blend thoroughly. You can serve this smoothie as breakfast.

Beautiful Asparagus Apple Smoothie

Ingredients

- Two cups spinach
- Half cup water
- One to 2 cucumber, quartered
- Six asparagus tips
- 1 green apple, cored and quartered

How to prepare

1. First put asparagus and apple in a blender, and pulse until they are in chunks.
2. Combine the leftover items and process until the smoothie reaches the desired texture. Add ice if needed.
3. Now pour into four chilled glasses

Ready in approximately 12 minute

Servings- 3 to 4

Delicious Apple and Dandelion Green Smoothie

What you need

- 2 stalks celery
- 2 cups dandelion greens
- Alfalfa sprouts
- 1 to 2 green apple, cored and quartered
- 1 cucumber, quartered
- 2 to three kale leaves
- One carrot with greens
- 1 sprig parsley

Directions

1. First put entire items in your blender.
2. Mix well until smoothie consistency is reached. Combine ice if needed.
3. Now pour within glasses, sprinkle with seeds if desired and then you can serve.

Ready in about 12 minute

Servings 2 to 3

Out of the world Strawberry Fruits Combo Smoothie

Ingredients:

- 3/4 cup coconut milk
- Ice
- six to 7 large strawberries, hulled
- One to two banana, peeled, sliced, & frozen
- One to two mango, skinned & chunked
- 1/4 cup coconut water

Steps:

1. First blend the leafy greens & liquids first at low speed
2. Now you should add the fruits & harder chunks. Blend at slow speed
3. Move to medium speed till you see a vortex and then continue blending
4. Start blending at high speed

Yield: Three to five cups

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