



5

Smoothie Recipes





UP YOUR SMOOTHIE GAME WITH THESE 5 RECIPES

Let's talk about your blenders. I know there are hundreds of blenders on the market and it can be challenging to find the right one for you.

There are so many options it is hard to figure out what you would need. I am going to break down 3 which I personally have experience using. I would recommend any of these to you - they are all awesome, but one of them takes the cake for sure!

Personally I use a Vitamix. It's been the blender I have used for more than 10 years now, and it has YET to let me down. I use it daily, and that's no joke. I use it to make soup, puree vegetables, make almond milk from scratch, smoothies, you name it!

Here are 3 blenders that I think are best right now:

- **Low end: Ninja BL481C Blender \$119** — this is a great single serve blender for anyone that want to conserve space. I also recommend this Ninja blender to those who may want to take a blender to work to make a smoothie. Plus the price is awesome.
- **Medium end: Ninja BL780C Blender \$198** — I have not owned the Ninja Kitchen System personally, but have used one plenty of times when I have travelled and visited friends. What makes it awesome is it can act as a blender, food processor, chopper and more. It's a great value as well!
- **High end: Vitamix E320 Blender \$345** — The KING in my opinion. Vitamix is THE BEST kitchen appliance I've ever owned. It crushes, pulverizes, mixes, and even purees anything I throw in it. I highly recommend the Vitamix 10/10!

The Protein Powders I use can be found in my **Protein Powder Guide**. You can find it **HERE**.

Some of my favorites are:

- Designs for Health Pure Paleo Protein
- Whey Cool from Designs for Health
- Metagenics Perfect Protein Pea and Rice



HOW TO MAKE A SMOOTHIE

Here are some easy-to-follow directions that you can use to make your own smoothie!

Directions:

- Choose your base
 - a. Water
 - b. Milk
 - c. Milk substitute (coconut, almond, rice etc.)
- Do you want it cold? If so use frozen berries or ice cubes. Personally, I use both.
- Combine ingredients in the blender.
- Turn blender on slowly, and increase the rate accordingly.
- Usually I blend my smoothie's for about a minute, but some recipes may need more or less based on how you like it.
- Pour in a glass, and enjoy!

Next comes the basics of what goes in your smoothie. Remember we are building this smoothie to help you supercharge your nutrition. You will want to add some things that you would not sit down and eat, such as a handful of spinach, a Teaspoon of ground seeds or nuts, ½ cup of berries, etc. Jam these in your smoothie, and enjoy.

There are some foods which you may want to have from an organic source. **Grab this list of the dirty Dozen and Clean 15** to choose the cleanest sources for your berries and vegetables.



HERE ARE MY TOP 5 SMOOTHIE RECIPES

Let's start simple and work our way up to the BEAST.

1. Strawberry-Banana-Avocado Smoothie

- 6 Ice cubes
- Frozen strawberries (6)
- Banana (1)
- ½ Avocado
- Water or coconut milk as your base.
- 1 scoop Metagenics Perfect protein powder (vanilla)

2. Blueberry Banana Smoothie

- 1 cup Frozen blueberries (I choose organic)
- 1 whole banana.
- 1 Tablespoon of Flax Meal
- 1 cup unsweetened almond milk
- 1 teaspoon of vanilla
- 1 scoop Pure Paleo Vanilla Protein Powder

3. Peanut Butter-Banana Smoothie

- 1 full Banana
- ½ cup coconut yogurt
- ½ Tablespoon of ground flax seeds
- 1 cup almond milk (or water)
- 1 teaspoon vanilla
- 2 tablespoons of All Natural Peanut Butter (I use the FATSO brand)
- 1 scoop Pure Paleo Vanilla Protein Powder

4. Triple Berry Smoothie

- 1.5 cups triple berry mix (frozen)
- 1 banana
- ½ Tablespoon of chia seeds
- 1 Scoop Pure Paleo Protein Powder
- 1 cup unsweetened almond milk (or water)



5. The BEAST: MK Special Edition.

- Ice cubes (4)
- Water (8oz)
- 1 TSP Dried Blueberry Extract
- 1 TSP dried cranberry extract
- 1 TSP dried sea buckthorn powder
- 1 TSP Designs for Health Paleo Greens
- 1 TSP Designs for Health Paleo Reds
- 1 TSP wheat germ
- 1 TSP psyllium husk
- 1 TSP chia seeds
- 1 TSP cacao powder
- 2 scoops Protein Powder (I usually use Pure Paleo Protein)
- 1 handful frozen blueberries
- 1 handful chopped coconut (frozen)
- 1 OZ beet juice
- 1 Banana
- 1 TBSP of peanut butter (FATSO brand is what I use)

Blend together for about 1 minute and enjoy!

I start my day with a smoothie every day. Smoothies can be an excellent way to get quality nutrition into your body, and certainly a great way to bring macronutrients into your day. Which smoothie do you think you will like best?

For more details on any of the products listed, click the links.

If you have questions about smoothies, smoothie ingredients, or anything else, email me and we would be happy to help you out!

Learn more about smoothies on our Youtube page!

Have an awesome day!!

MK