



THE SMOOTHIE — RECIPE BOOK

**OVER 50 SMOOTHIE RECIPES
INCLUDING SMOOTHIES FOR
WEIGHT LOSS & OPTIMUM HEALTH**

NYAKNO ESSIEN

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SMOOTHIES



A smoothie is a blend of different fruits and vegetables. You simply take a bunch of fruits/vegetables and drop them into a blender and hit 'go' so that your drink will be ready to consume. It's a simple process but it's enough to give you a drink that not only tastes amazing but also provides you with a ton of nutrition.

The goodness of a smoothie is that you get many different nutrients, vitamins, minerals and antioxidants at one go. With the correct recipe, your smoothie will not only be healthy, but it will also be tasty. Many people believe that healthy food and tasty food cannot be reconciled. This is false; you can make a healthy and tasty smoothie.

HOW TO MAKE A SMOOTHIE

We don't have any smoothie recipes to start making yet but to start with, that isn't going to matter. Instead, we're going to look at the basics that apply to *any* smoothie. Because, you don't necessarily need a recipe. There's nothing wrong with just experimenting with different combinations of fruits and vegetables and tweaking the ratios to find things you like. But to get creative, you need to know the basic rules that will apply regardless of your ingredients. How do you make sure that your smoothie is 'basically tasty' and doesn't leave you cold?

THE BASICS

The first thing to do is to choose the fruits and vegetables that you're going to add to your smoothie. As mentioned, you should choose the fruits and vegetables based on the goals you want to achieve and the nutrients that you're interested in. Of course, you should aim for a balance but ask what your primary goal is too. Is this a fat burning smoothie? An energy smoothie? Or a fiber-packed smoothie?

Think too about the sugar content and the acidity. Something like a banana or an avocado will be much less sugary than something like an orange or a mango. If you have one or two ingredients that pack a lot of sugar, then consider adding a few less sweet ingredients to try and even the score. What's also very important is to make sure that you get your ratios correct and we'll come to this in a moment.

LIQUID

The first thing to add to your contain before you start making your smoothie is some form of liquid. This of course is going to be what keeps your drink a drink and not a mush! What's also important though is that you think about how *much* liquid you want and what type of liquid you're going to use. The most common choice of liquid will be water. However, it's also fairly common to use milk (which comes packed with its own nutrients) or to use fruit juices. It's also normal to use 1 to 2 cups for one person's worth of smoothie.

Note though that your smoothie's consistency is very much dependent on what you do now. If you want the drink to be very runny, then adding a *lot* of water and juice is fine. If you prefer a thicker consistency though, then you'll want to add a little less and/or choose something that is thicker to begin with such as milk or even yogurt. Whether you prefer your drink to be runny or thick is entirely a matter of preference and might also vary depending on the recipe and the goal!

Common liquids you can use for delicious smoothies include:

- Water
- Almond milk
- Milk
- Coconut milk
- Coconut water
- Organic fruit juice
- Freshly squeezed juice
- Kefir
- Tea
- Yogurt

Have fun and experiment!

BASE

The next thing to think about is your base texture (often just referred to as the base). This is what is going to provide the body of your smoothie and give it that thick consistency so that it is a *smoothie* and not a juice. The aim here is to pick something that has a thicker consistency itself then and that means something along the lines of bananas, mangos, pears, peaches or avocados. Yogurt also works well, as do nut butters (like peanut butter), coconut meat, chia seeds, ice, frozen fruit or even ice cream (though this last option is not so healthy!).

Good bases include:

- Bananas
- Mangos

- Pears
- Peanut butter
- Avocado
- Yogurt
- Frozen fruit
- Peaches
- Apples
- Plums
- Melon

THE RATIOS

The next thing to do is to add the additional fruits and/or vegetables in the necessary ratios. You've already set them aside, now you need to choose the specific quantities and add them in. For instance, if you're going to make a green smoothie, then you'll probably be adding spinach, kale, beet greens, dandelions, lettuce, broccoli, cauliflower etc. For juicy ones, you'll likely have things like berries, oranges, apples etc.

You already have your base and this is going to give the most flavour to begin with. Choosing fruits from here then is a matter of choosing what goes well with that base and you can work this out by thinking about what works well on a plate together!

For example, a great dessert is to have berries with yoghurt and for that reason; you can get the same delicious effect by adding berries to a yogurt base. This will give you a ton of antioxidants, while the yogurt in particular will help you to get digestive benefits.

Conversely, strawberries are known to go *very* well with banana. Likewise, mango and orange is a great mix!

With all that done, add your fruits into the blender (de-seeded and stones removed) and then blend them up into a pulp. You can always add more water at this point if you decide it needs it. Remember to keep your hand over the lid!

TIPS FOR GETTING MORE FROM YOUR SMOOTHIES

These instructions will help you to start experimenting with your own smoothies and feeling the health benefits of getting more vitamins and minerals for yourself. But there are also a number of other things you can do to make your meals that much tastier, to make them more fun or to save yourself time.

Here are some tips:

Add Garnishes

There are numerous garnishes you can add to a smoothie if you want to give them a more impressive look and flavor. For example, you can sprinkle some granola, berries, spices, or chopped nuts on top and this will help to fill you up. Nuts are also a great choice if you are going to be using peanut butter as a base!

Sweeteners

If you feel like your smoothie isn't sweet enough, then you might be tempted to add some sugar or a sweetener/syrup. This isn't a good idea. Adding sugar to your smoothie is of course only going to exacerbate the issues already associated with the high sugar content in these drinks.

Meanwhile, sweeteners actually 'fool' the body into thinking it has consumed sugar and trigger an insulin response – which in turn causes us to feel tired and may be bad for our health. There are some options that people prefer (such as stevia) but on the whole, it's better to stick with natural ingredients: just add more of the sweeter fruits and maybe consider using some honey. Honey actually has a ton of benefits and is great just before bed!

Use Frozen Fruits: It has been shown that smoothies taste better when they are cold. It is better to use frozen ingredients rather than to make a smoothie at room temperature and chill it later on.

Good Blender: You will need good blender too. You can get one from your nearest appliance store or you could buy it online from Jumia (which goes without saying, do your research online first and make an informed decision as we all have different needs and budgets).

50+ SMOOTHIES RECIPES

RECIPE 1: ORANGE SPINACH SURPRISE

Ingredients:

- ❖ 1 peeled orange
- ❖ 1/2 peeled banana
- ❖ 1 cup spinach
- ❖ 1/2 cup water
- ❖ 1 tsp flaxseed
- ❖ Ice cubes

Directions:

1. Add all the ingredients into the blender and ice cubes as required.
2. Blend till you get the desired consistency.
3. Pour into a glass and drink away.

RECIPE 2: GREEN AVOCADO SMOOTHIE

Ingredients:

- ❖ 1/2 cup pineapple chunks
- ❖ 1/2 avocado, diced
- ❖ 1 cup (2 handfuls) fresh spinach
- ❖ 1/2 cup coconut water
- ❖ 1 tablespoon hemp seeds
- ❖ 1 frozen, sliced banana

Directions:

Blend all the ingredients to desired consistency and serve chilled

RECIPE 3: GREEN DETOX SMOOTHIE

Ingredients:

- ❖ 1 cup organic kale
- ❖ 1/2 cup parsley
- ❖ 1 cup cucumber
- ❖ 1/2 cup pineapple
- ❖ 1 lemon
- ❖ 1/2 avocado
- ❖ 1 cup unsweetened green tea
- ❖ 1 tablespoon fresh grated ginger

Directions:

1. Squeeze the juice from the lemon into the blender.
2. Add the rest of the ingredients and blend to desired consistency

RECIPE 4: ROMAINE LETTUCE SMOOTHIE

Ingredients:

- ❖ 1 cup water
- ❖ 1 chopped apple
- ❖ 1 cup organic, chopped romaine lettuce
- ❖ 1/2 cup spinach
- ❖ 1/2 cup chopped celery
- ❖ 1/2 frozen, sliced banana
- ❖ 1 chopped pear

Directions:

1. Add lettuce, spinach and water and blend till you get a smooth mix.
2. Add rest of the ingredients except the banana into blender.
3. Blend till required consistency.
4. Add banana and blend till the beverage is smooth.
5. Pour and drink.

RECIPE 5: KALE KISSED BY GINGER SMOOTHIE

Ingredients:

- ❖ 2 large kale leaves
- ❖ 1/2 bunch of parsley
- ❖ 1/2 cup cucumber
- ❖ 1/2 cup pineapple chunks
- ❖ 1/2 apple
- ❖ 1 cup celery
- ❖ 1/2 cup water
- ❖ 1 tablespoons grated ginger

Directions:

Place all ingredients into blender and blend till desired consistency.

RECIPE 6: KOOL KIWI SPINACH SMOOTHIE

Ingredients:

- ❖ 1 cup spinach
- ❖ 1 cup strawberries
- ❖ 1 cup cucumber
- ❖ 1 tsp hemp seeds (optional)
- ❖ 1 sliced, frozen banana
- ❖ 1 cup kiwi fruit
- ❖ 1 cup water

Directions:

Add all ingredients into blender and blend to desired consistency.

Best served chilled.

RECIPE 7: TROPICAL SMOOTHIE DREAM

Ingredients:

- ❖ 1/2 cup parsley
- ❖ 1/2 cup cucumber
- ❖ 1/2 banana sliced & frozen
- ❖ 1 stalks celery
- ❖ 1 cup pineapple chunks
- ❖ 1/2 cup peaches
- ❖ 1/2 tsp grated ginger
- ❖ 1 cup coconut water

Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chill.

RECIPE 8: PB&J SMOOTHIE

Ingredients:

- ❖ 1 cup frozen berries
- ❖ 1 banana
- ❖ 1/4 cup peanut butter
- ❖ 1 cup milk

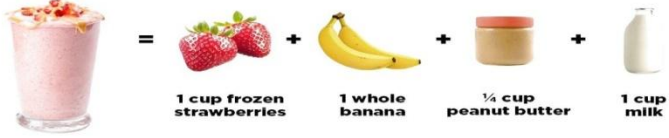
Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chill.

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6 SUPER EASY SMOOTHIES

PB&J



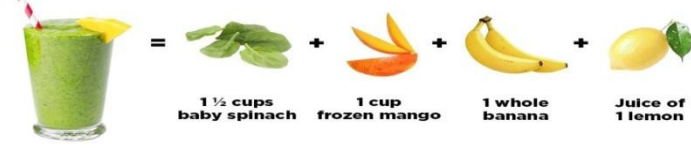
PIÑA COLADA



SUNSHINE DAYDREAM



GREEN DREAM



RAZZLE DAZZLE



SUPERFRUIT



RECIPE 9: PINA COLADO

Ingredients:

- ❖ 1 cup pineapple
- ❖ 1 banana
- ❖ 1 cup coconut milk
- ❖ 1 tbsp of shredded coconut

Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chill.

RECIPE 10: SUNSHINE DAYDREAM

Ingredients:

- ❖ 1 cup frozen strawberries
- ❖ ½ cup frozen peaches
- ❖ 1 cup yogurt
- ❖ ½ cup coconut water

Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chilled.

RECIPE 11: GREEN DREAM

Ingredients:

- ❖ ½ cup baby spinach
- ❖ 1 cup of frozen mango
- ❖ 1 banana

- ❖ Juice from one lemon

Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chill.

RECIPE 12: RAZZLE DAZZLE

Ingredients:

- ❖ 1 cup frozen raspberries
- ❖ ½ cup frozen mango
- ❖ ½ cup frozen pineapple
- ❖ 1 cup coconut milk

Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chilled.

RECIPE 13: SUPER FRUIT

Ingredients:

- ❖ 1 cup frozen cherries
- ❖ 1 whole kiwi
- ❖ 1 cup almond milk
- ❖ 1 tbsp of chia seeds

Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chilled.

RECIPE 14: MANGO SMOOTHIE

Ingredients:

- ❖ 2 mangoes
- ❖ Banana
- ❖ 2 tbsp lemon juice
- ❖ 1 cup plain yogurt
- ❖ 1 tsp vanilla extract
- ❖ ½ cup of milk

Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chill.

RECIPE 15: BANANA-STRAWBERRY-PEACH SMOOTHIE

Ingredients:

- ❖ 6 frozen strawberries
- ❖ 1 banana
- ❖ ½ peach
- ❖ ¾ cup Apple juice

Directions:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 16: KIWI-LIME SMOOTHIE

Ingredients:

- ❖ 2 kiwi
- ❖ 1 pear

- ❖ 2 tbsp honey
- ❖ 1 tsp vanilla extract
- ❖ 1 tbsp lime juice
- ❖ ½ cup water

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 17: STRAWBERRY-BANANA SMOOTHIE

Ingredients:

- ❖ 6 frozen strawberries
- ❖ 1 banana
- ❖ 1 cup orange juice
- ❖ ½ cup plain yogurt
- ❖ 6 ice cubes

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 18: PEANUT BUTTER- BANANA SMOOTHIE

Ingredients:

- ❖ ½ cup creamy peanut butter
- ❖ 2 bananas
- ❖ 1½ cups of milk
- ❖ 2 tbsp honey
- ❖ Ice cubes

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 19: GREEN GINGER SMOOTHIE**Ingredients:**

- ❖ 2 cups packed baby spinach
- ❖ 1 green apple
- ❖ ¾ cup coconut water
- ❖ ¼ cup fresh lemon juice
- ❖ 2 tbsp hemp seeds
- ❖ 3 tsp raw honey
- ❖ 1tsp. minced fresh ginger
- ❖ 1½ cups ice cubes

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 20: BANANA GINGER SMOOTHIE



Ingredients:

- ❖ 1 banana
- ❖ $\frac{3}{4}$ cup vanilla yogurt
- ❖ 1 tbsp honey

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 21: PINEAPPLE-PASSION SMOOTHIE



Ingredients:

- ❖ 1 cup of low-fat or light vanilla yogurt
- ❖ 1 cup of pineapple chunks
- ❖ 6 ice cubes

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 22: TROPICAL PAPAYA SMOOTHIE



Ingredients:

- ❖ 1 papaya (paw-paw) – cut into chunks
- ❖ 1 cup fat-free yogurt
- ❖ ½ cup fresh pineapple chunks
- ❖ ½ cup crushed ice
- ❖ 1 tsp ground flaxseed
- ❖ 1 tsp coconut extract

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 23: PEAR SPINACH SMOOTHIE



Ingredients:

- ❖ 1 cup Spinach
- ❖ ¾ cup Greek yogurt
- ❖ 1 pear
- ❖ ½ piece ginger, peeled & grated
- ❖ Ice cubes

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 24: APRICOT-MANGO



Ingredients:

- ❖ 6 apricots
- ❖ 1 cup low-fat milk or plain low-fat yogurt
- ❖ 4 tsp fresh lemon juice
- ❖ ¼ tsp vanilla extract
- ❖ 8 ice cubes
- ❖ Lemon peel twists

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 25: WATERMELON SMOOTHIE



Ingredients:

- ❖ 2 cups chopped watermelon
- ❖ ¼ cup fat-free milk
- ❖ 2 cups of ice

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 26: SUNRISE SMOOTHIE**Ingredients:**

- ❖ 1 banana
- ❖ 1 Apricot
- ❖ 1 cup low-fat peach yogurt
- ❖ 1 tbsp of frozen lemonade concentrate
- ❖ 1/3 cup child club soda

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 27: TUTTI-FRUTTI



Ingredients:

- ❖ ½ cup mixed frozen berries
- ❖ 1 cup Pineapple chunks
- ❖ ½ cup of plain yogurt
- ❖ ½ cup sliced ripe banana
- ❖ ½ cup orange juice

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 28: SLIM-DOWN SMOOTHIE



Ingredients:

- ❖ ½ cup low-fat yogurt
- ❖ 1 cup frozen berries
- ❖ ½ cup orange juice

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 29: MANGO MADNESS



Ingredients:

- ❖ 1 cup pineapple chunks
- ❖ 1 cup fat-free frozen vanilla yogurt
- ❖ 1 large mango
- ❖ 1 ripe banana
- ❖ Ice cubes

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 30: GREEN HOT SMOOTHIE



Ingredients:

- ❖ 30g kale
- ❖ 2 sweet dessert apples
- ❖ 2 dates
- ❖ 1 cup hot brewed green tea

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 31: CRANBERRY CITRUS SMOOTHIE



Ingredients:

- ❖ 3 oranges peeled
- ❖ ½ cup cranberries fresh or frozen
- ❖ ½ banana
- ❖ ½ cup plain Greek yogurt
- ❖ ½ tsp vanilla extract

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 32: CARROT CAKE SMOOTHIE



Ingredients:

- ❖ 1 cup chopped carrots –(steamed and cooled if you do not have a high-power blender to make it extra smooth for kids)
- ❖ ½ cup frozen sliced banana
- ❖ ½ cup plain Greek yogurt
- ❖ ½ cup unsweetened vanilla cashew milk (or any milk of your choice)
- ❖ ½ cup frozen diced pineapple

- ❖ 2 tbsp toasted walnuts
- ❖ ¼ tbsp cinnamon
- ❖ Pinch of nutmeg
- ❖ For toppings: shredded carrots

Direction:

1. Add all the ingredients in blender and blend till desired consistency is achieved.
2. Garnish it with shredded carrots and serve chill.

RECIPE 33: BREAKFAST SMOOTHIE

Ingredients:

- ❖ 1 banana frozen
- ❖ 1 cup frozen strawberries
- ❖ 2 tbsp rolled oatmeal
- ❖ ¼ cup protein powder
- ❖ 1 tbsp peanut butter
- ❖ 1 cup almond milk

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 34: DARK CHOCOLATE-DATE SMOOTHIE

Ingredients:

- ❖ 3 frozen bananas
- ❖ 3 dates, pitted
- ❖ 1 cup kale, chopped
- ❖ 3 tbsp dark cocoa powder

- ❖ ½ tsp vanilla extract
- ❖ 1 cup nut milk of your choice

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 35: CHOCOLATE BANANA SMOOTHIE

Ingredients:

- ❖ 1 banana
- ❖ 150g low-fat vanilla yogurt
- ❖ 1 tbsp chocolate powder
- ❖ 150ml low-fat milk

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 36: BANANA & ALMOND SMOOTHIE

Ingredients:

- ❖ 2 ripe bananas
- ❖ 450ml low-fat milk
- ❖ 40g ground almonds
- ❖ Pinch of ground cinnamon
- ❖ A little honey

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 37: KIWI, MELON & PASSION FRUIT SMOOTHIE

Ingredients:

- ❖ 300g watermelon
- ❖ 2 kiwi
- ❖ 200ml passion fruit juice
- ❖ Recipe 38: Blackberry & grape
- ❖ 125g frozen blackberries
- ❖ 300ml purple grape juice
- ❖ 3 tbsp low-fat fromage frais (cheese)
- ❖ 1 tsp honey

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 39: CHOCOLATE PB & GREEN

Ingredients:

- ❖ 1 ripe frozen banana
- ❖ 1½ cups almond milk
- ❖ 2-3 cups fresh organic spinach
- ❖ 2 tbsp powdered cocoa
- ❖ 2tbp peanut butter

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 40: GREEN FRUIT SLUSHY

Ingredients:

- ❖ ½ cup water
- ❖ 1 cup ice cubes
- ❖ 1 cup fresh organic kale
- ❖ ½ seeded pear
- ❖ 1 fresh peeled ripe banana
- ❖ 1 cup fresh green grapes
- ❖ 1 medium-sized peeled orange

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 41: CITRUS FUEL SMOOTHIE

Ingredients:

- ❖ 2 cups fresh organic spinach
- ❖ 1 bunch parsley
- ❖ 1 medium-sized cucumber
- ❖ 2 medium-sized apples (cored but with skin)
- ❖ 3 sticks of chopped celery
- ❖ ½ tsp peeled ginger root
- ❖ Juice of ½ fresh lemon
- ❖ Juice of 1 fresh lime

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 42: ESSENTIALLY GREEN

Ingredients:

- ❖ 2 cups chopped fresh organic kale
- ❖ 1 sliced frozen banana
- ❖ 1 tbsp flax seed
- ❖ 1/3 cup orange juice
- ❖ 1/4 cup almond milk
- ❖ 1tbsp coconut oil

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 43: MORNING WAKEUP SMOOTHIE

Ingredients

- ❖ 1/2 cup of cold water
- ❖ 1 Beet
- ❖ Lemon juice to taste
- ❖ 1 tablespoon honey
- ❖ 2 tablespoons of coconut oil
- ❖ 2 cups of mixed frozen berries

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 44: STRESS BUSTER SMOOTHIE

Ingredients

- ❖ 2 bananas
- ❖ 1 cup organ juice
- ❖ 1 peeled orange
- ❖ ¾ cup of almond milk
- ❖ 1 tsp vanilla extract
- ❖ 1 carrot chopped
- ❖ Ice

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 45: BRAIN FUEL SMOOTHIE

Got a challenging day up ahead? This ‘brain fuel’ smoothie should provide your grey matter with everything it needs to ace any challenge that comes your way!

Ingredients

- ❖ Protein powder
- ❖ ½ banana
- ❖ 1-2 tsp coconut oil
- ❖ 1t cinnamon
- ❖ 1-2tsp yerba mate green tea

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 46: BREAKFAST SMOOTHIE

Ingredients

- ❖ ½ avocado
- ❖ 150g strawberry
- ❖ 4 tbsp low-fat natural yogurt
- ❖ 200ml semi-skimmed milk
- ❖ Lemon or lime
- ❖ Honey

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 47: THE BED TIME SMOOTHIE

Ingredients

- ❖ 2 cups whole milk
- ❖ ½ banana
- ❖ 2 tablespoons peanut butter
- ❖ Cherries
- ❖ Kiwi
- ❖ 1 tablespoon honey

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 48: HANGOVER SMOOTHIE

Ingredients

- ❖ Peanut butter
- ❖ Banana
- ❖ Honey
- ❖ Water
- ❖ Pinch of salt
- ❖ Pinch of lemon

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 49: THE LONG DISTANCE SMOOTHIE

The long distance smoothie can help you to get more out of your runs and improve your performance in all kinds of aerobic exercise.

The precise ingredients are:

- ❖ 1 cup of frozen blueberries
- ❖ 1 cup coconut water
- ❖ 2 tbsp chia seeds
- ❖ 2 medium frozen bananas
- ❖ Pinch of salt
- ❖ 1 beet

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 50: MUSCLE BUILDING SMOOTHIE

Ingredients

- ❖ 2 cups whole milk
- ❖ 1 helping of chocolate protein shake
- ❖ ½ banana
- ❖ 2 tablespoons peanut butter
- ❖ Cherries
- ❖ Kiwi
- ❖ 1 tablespoon honey

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

RECIPE 51: FAT BURNING SMOOTHIE

The key ingredients are:

- ❖ 2 kiwi
- ❖ 1 green apple
- ❖ A handful of spinach
- ❖ 1 leaf kale
- ❖ 1 banana
- ❖ ½ cup of fresh apple juice
- ❖ Macha tea
- ❖ Pinch of ground cayenne pepper
- ❖ Lemon juice

Direction:

Add all the ingredients in blender and blend till desired consistency is achieved, and serve chill.

Note: Meanwhile, the macha tea, ground cayenne pepper and lemon juice are all thermogenic to some extent. That means they actually raise your metabolism to help you burn more calories throughout the day. If you can use this smoothie instead of having your regular breakfast, you should find it does a ton of good to help you burn through calories. This is especially true if you have it within 30 minutes of waking up – the spinach will supply you with a good amount of protein and studies show that consuming protein as soon as you wake up can lead to weight loss!

Conclusion

Now you have not only a huge selection of delicious smoothies to choose from but also a full understanding of why they are so important for your health and how you can use them strategically to enhance your weight loss, immune strength and more! Make sure that you don't consume more than one of these a day and that you use the tips provided to actually make them fit into your lifestyle.

Think about what the results are that you want from your smoothie and design a few recipes that you can use to get all the different benefits you require. That might be better digestion, better sleep, muscle building, fat loss or all of the above! And of course you should vary your smoothies and have different combinations to maximize the variety in your diet.

That said, you should also make sure to keep coming back to the same smoothies and same ingredients to ensure that you get the long term benefits of building up lots of antioxidants and nutrients. How about having a weight loss smoothie every other day and an energy/defense smoothie in-between?

You'll find that whatever your choice, you start to quickly feel more energetic and generally healthier. Your mood will improve, you will lose fat and you'll develop a healthy glow that you just can't get from supplements. Of course for best results, combine this with a healthy lifestyle and training regime!