

102

~~31~~ Fabulous  
Blended

Drink Recipes



By: Trisha DeHall

## Welcome from Trisha DeHall and Fit Body Fitness & Detox, LLC

Hi! I'm Trisha DeHall, a Master Certified Personal Trainer, Master Certified Colon Hydrotherapist and have a Masters in Nutrition. I have written many articles on health, nutrition and fitness and have recently been voted "Best Personal Trainer in Cincinnati" by Cincy Magazine for 2013. I have competed in 18 Body Building Contest and won first place in 5 – ok so enough about me – let me tell you what I have come up with for you!!

Recently I have had more time to devote to the subject that is both near and dear to my heart – how to eat healthy in this unhealthy world we live. So I have started with blended drinks, they are both full of nutrition and easy to make. Believe it or not, it's not just about tossing a whole bunch of healthy ingredients into a blender and hoping it turns out right!!!

I have experimented with dozens of ingredients to create healthy, filling, energy boosting blended drinks that taste amazing and will help you get lean to boot!!! I have put together my favorite protein shakes, post-workout drinks and smoothies to help you navigate thru the "I don't know what to eat" waters of life.

I know the title was "31 Blended Drink Recipes" but since I designed the cover and revised this first edition I have come up with a few more (102 to be exact) but hey who's counting.

Enjoy,  
Your Fitness Coach and Nutrition Guru  
Trisha DeHall, MS, MPT, MCCH

**PS – Don't forget to check out my other sites here...**

[www.cincinnatiatfitbodybootcamp.com](http://www.cincinnatiatfitbodybootcamp.com)

[www.cincinnatiacolonyhydrotherapy.com](http://www.cincinnatiacolonyhydrotherapy.com)



**Disclaimer:**

**You must get your physician's approval before beginning this nutrition program.**

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to making any changes in your nutrition. This program is designed for healthy individuals 18 years and older only. The dietary suggestions in this book are not intended as a substitute for any dietary routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any nutritional program.

Please discuss all nutritional changes with your physician or a registered dietician.

## Amazing Blender Drinks

### Let's start with some general guide lines...

1. My favorite blended drinks have 2 or 3 fruits...and generally I recommend frozen - a small piece of banana, and at least one berry
2. Every blended drink “needs” one green ingredient (spinach is your safest and you can always use a green powder – I’ll explain this one later)
3. Add one nut butter – but not always necessary in some recipes, just have them on hand in your pantry (peanut butter, cashew butter, or almond butter)
4. Throw in another healthy fat source (such as sprouted ground flax seed, flax oil, MCT oil, or coconut oil)
5. Instead of regular milk - use almond milk, coconut milk or rice drink – you can try hemp milk, but it tastes a little like dirt (at least to me) and please stay away from Soy Milk (it’s really crap)
6. To thicken the shake, you can add oatmeal, sprouted ground flax seed, applesauce, or ice
7. To energize your shake (i.e. caffeine), try adding cacao nibs, cacao powder or coffee
8. Build your blended drink base with a couple of fruits, 1 green ingredient, a nut butter, and then consider being adventurous with cacao nibs, cacao powder, sunflower seeds, almonds, sesame seeds, chia seeds, hemp seeds, maca powder & other ingredients and options you’ll discover below. You can also follow the recipe word for word as each one is very tasty.
9. I have a blended drink in the morning or as my 2<sup>nd</sup> meal
10. Always be prepared! Make a list, stock your fridge, & enjoy!
11. Oh by the way, there is really no wrong way to make a blended drink – just some taste better than others.

For all nutrition shake recipes, the use of a blender is recommended. Be sure to always place the liquid first, then add the remaining ingredients one by one to ensure the smoothest final product. For a more milkshake-like consistency, add more ice.

## Blender Reviews

Now let's talk about which blender you should use. Any blender will work, but the better quality the more years of use you will get out of one. And if you use your blender everyday it will get a beating so remember that when you make a new purchase. I would suggest a minimum of a 1000 watt motor. You are going to be putting lots of ingredients in with ice sometimes and that's going to put a strain on the motor unless it's powerful to take it (over time).

First you have the gold standard **VitaMix**. I have had mine for over 20 years and have only had it replaced once (under warranty so no cost to me) and that was really my fault because when you use a lot of protein powder and you don't clean it properly the protein molecules will bind up the blade. So you want to put a drop or two of Dawn dish soap with a cup of water and let it blend for about a minute or so – do this at least once a week if you use it every day. It comes with tons of accessories and a recipe book. The only problem I have with it is the blades are on the bottom and sometimes you have to use the “thumper” to push ingredients down as you are blending. I keep this one at my office so it really gets used several times per day.



The **Nutri Ninja Pro** is a great blender just under 1000 watts (900) but will still do a great job for you. The Nutri Ninja Pro includes (1) 18oz. cup and (1) 24oz. cup perfect for creating delicious nutrient-rich juices, dips and sauces. Designed to fit in standard cup holders, these cups are equipped with convenient Sip and Seal lids so this one is good for on the go because you can just take the container with you.



**Ninja Professional Blender** is plenty powerful at 1100 watts. I also have this blender at my home and I love it too. The beauty of this blender is that it has 3 sets of blades and this technology crushes ice, whole fruits and vegetables in seconds! Has a large container so you can make blended drinks for the whole family at once. It also has smaller containers so you can just make one or two at a time. Has lots of accessories and a great recipe book also.



The **Blendtec Designer Series WildSide Blender** has 1,560 watts, more than any other blender I've seen. This powerful blender is capable of blending everything from smoothies to cheese. It has a unique touch-screen controls panel. It is pricy and I'm not sure about the warranty, but it's worth checking it out as it is an investment at over \$400 dollars. Still, for blending large quantities of, well...whatever you want, and you use it daily it's well worth it.



The **Cuisinart PowerEdge 1000 Watt Blender** is the most powerful blender that Cuisinart offers (and at \$199, it's most expensive, too). The reviews are not great for this blender that is made by the top of the line in kitchen products. Unless you are a Cuisinart product lover, I would really not recommend this blender, I burned thru mine in less than a year.



And the last one I will leave you with is the Magic Bullet NutriBullet. This little guy has grown up. When it first came out I thought it was pretty good but now it is kick a\*\*. It effortlessly pulverizes fruits, vegetables, superfoods and protein shakes with its high-torque power base. And although it's only a 600-watt motor the patented blade design creates a cyclonic action. You get lots of goodies with this blender, includes a power base, 1 tall cup, 2 short cups, 1 flat blade and 1 emulsifying blade, 2 re-sealable lids, pocket nutritionist and manual with recipes. I like this little gem and if I didn't have my VitaMix and Ninja this would be my next choice.



There are tons of blenders out there and range anywhere from \$49.00 to over \$500.00. I have given you 6 of the ones I am most familiar with. Please shop carefully and read the reviews, I don't want you to waste you money on an inferior product that won't last the test of nutrition time ☺



*Now Let the Fun Begin*

## Here's a list of ingredients you might consider buying for your blended drinks – oh but you certainly don't need to buy them all at once. Collect them along the way and try them as you go.

### Fruits

- Apples – I don't use apples a lot, but they can work
- Bananas – Almost mandatory (**but never use a whole one – only about 1/3 per drink**)
- Raspberries- My favorite fruit...allows you to mask a lot of other ingredients
- Blueberries – Always turns your drinks purple...be careful but full of antioxidants
- Strawberries - Classic
- Blackberries – Not my favorite...turns the drinks dark without much flavor but still full of phytonutrients and very healthy for you
- Pineapple – Leaves a strong acidic taste...it's okay
- Mango – Not my favorite
- Watermelon – Once in a while I use it, but not often
- Oranges – Ditto
- Dates – A real interesting addition – try recipe #6 – Awesome!
- Avocado – Makes a drink smooth, adds healthy fat and nearly 20 vitamins and minerals in every serving
- Kiwi – I love these, they are packed with more Vitamin C than an orange and will add a tropical flair to your blended drink
- Papaya – Taste great and good for your digestive system

### Greens

- Baby spinach – The easy, tasteless go-to
- Kale – much more adventurous than spinach...be careful!
- Broccoli – not bad...but you need a high powered blender to blend it
- Celery – surprising “kick” from this...you can't hide celery in a blended drink
- Cucumber – not too bad, but can make your drink watery
- Organic Wheatgrass Powder, Organic Chlorella Powder, Organic Spirulina from [www.nuts.com](http://www.nuts.com) (these are my favorite)
- Gotu kola powder may help to improve memory, support weakened veins, reduce anxiety levels, and heal wounds faster and this powder can easily be mixed with blended drinks to experience incredible health benefits – also available from [www.nuts.com](http://www.nuts.com)

### Nuts/Seeds

- Almonds – Tough to blend but are very beneficial
- Walnuts – Easy to blend
- Pecans – I don't use these often
- Cashews – Ditto
- Sunflower seeds – Don't blend well...you'll be chewing these – but that's OK
- Pumpkin seeds
- Hemp seeds – Earthy flavor...not my favorite
- Chia seeds – These are good, but will thicken as drink sits
- Flax (Sprouted ground) – This stuff can thicken your drink fast, so only use 1 tablespoon at a time but is a must in your shakes. The nutritional value it adds is unbelievable and you can pick up a bag at Amazon:  
[http://www.amazon.com/Sprout-Revolution-Nutrasprout-Sprouted-16-Ounce/dp/B001EO610E/ref=sr\\_1\\_1?ie=UTF8&qid=1423709408&sr=8-1&keywords=sprouted+flax+seed](http://www.amazon.com/Sprout-Revolution-Nutrasprout-Sprouted-16-Ounce/dp/B001EO610E/ref=sr_1_1?ie=UTF8&qid=1423709408&sr=8-1&keywords=sprouted+flax+seed)



## Oils

- Black Currant Oil
- Coconut Oil
- Flax Oil
- MCT Oil (medium chain triglyceride)



## Other

- Unsweetened Plain Greek Yogurt
- Chocolate almond milk (just for a change)
- Cacao nibs – These will put a zing in your day (a little bit of caffeine)
- Unsweetened plain kefir
- Vanilla Bean
- Cinnamon
- Maca Powder from [www.nuts.com](http://www.nuts.com)
- Coconut flakes
- Diatomaceous Earth from [www.earthworkshealth.com](http://www.earthworkshealth.com) 1 tablespoon and you can put this in any blended drink
- Protein Powder, including but not limited to:

The most important thing to remember when selecting a protein powder is make sure it has no artificial flavors, additives or sweeteners. There are basically two types Whey or Vegetable and I could go on and on here about protein powders but this e-book is limited to recipes for the blended drinks and not all of the recipes call for protein powder. If you want to learn more about protein powders please feel free to contact me at [tdehall@aol.com](mailto:tdehall@aol.com) any time.

Elite Natural Whey Protein Powder (I have this at my fitness center)



Sun Warrior Vegetable Protein  
<http://www.sunwarrior.com>



Rice Protein Powder  
<http://www.nutribiotic.com>



Vital Vanilla Vegetable Protein  
<http://www.martinandpleasance.com/products/vital-protein-vanilla-500g/>





Orgain Organic Vegetable Protein (I carry this one at my fitness center)



Plant Fusion Vegetable Protein Vanilla Bean  
<http://www.plantfusion.net/>



Warrior Vegetable Protein Food Plain  
<https://healthforce.com/>



Tera's Whey Organic Whey Protein  
<http://www.teraswhey.com/>



Garden of Life RAW Organic Vegetable Protein  
<http://www.gardenoflife.com/>



# Ok let's go!!!!

## **Recipe #1 – The Blender Drink Base**

½ banana  
¼ cup Raspberries (fresh or frozen)  
¼ cup Strawberries (fresh or frozen)  
Handful of baby spinach  
1 cup almond milk  
10 walnuts  
1 tbsp. Cashew butter  
1 scoop protein powder of your choice  
Ice to taste if you want

## **Recipe #2 – The Post Workout Blender Drink**

¼ banana  
¼ cup Raspberries (fresh or frozen)  
¼ cup Blueberries (fresh or frozen)  
Handful of baby spinach  
1 cup almond milk  
¼ cup dry Oatmeal  
1 tbsp. Sprouted Flax Seed  
1 scoop protein powder  
Ice to taste if you want

## **Recipe #3 – Supercharged Strawberry-Banana**

½ ripe banana  
½ cup Frozen strawberries  
Baby spinach  
Flax oil (you can't taste it, trust me!)  
1 tbsp. Cashew butter  
1 tbsp. Maca Powder (optional)  
Vanilla protein powder  
1 cup almond milk  
Ice to taste if you want

## **Recipe #4 – Healthy Purple Jungle Juice**

¼ cup Blueberries  
¼ cup Blackberries  
¼ cup Raspberries  
¼ Avocado  
1 tbsp. Wheat grass powder  
1 handful Spinach leaves  
1 tbsp Chlorella (optional)  
1 tbsp. Almond butter  
1 cup Rice Drink  
1 scoop protein powder  
Ice to taste if you want

**Recipe #5 – Adventurous Blender Drink (aka “Everything but the kitchen sink”)**

¼ banana  
¼ cup Raspberries  
¼ cup Blackberries  
¼ cup Pineapple  
½ cup Spinach  
½ cup Almond milk  
10 Walnuts  
1 tbsp. Sesame seeds  
1 tbsp. Sprouted Ground Flax Seed  
1 tbsp. Chia Seeds  
1 tbsp. Peanut butter  
1 scoop vanilla protein of your  
Ice to taste if you want.

**Recipe #6 – The Afternoon Delight (like a crazy ice cream!)**

1 cup coconut milk  
6 dates  
¼ cup Strawberries  
¼ cup Raspberries  
¼ cup Blueberries  
1 scoop protein powder  
1 tbsp. Chia seeds  
1 tbsp. Macadamia nut butter  
Ice to taste if you want

**Recipe #7 – The Hemp Seed Shake**

¼ banana  
¼ cup Raspberries  
¼ cup Blueberries  
½ cup Spinach (or 1 tbsp. wheat grass or chlorella powder from [www.nuts.com](http://www.nuts.com) )  
½ cup coconut milk  
1 cup almond milk  
1 tbsp. Cashew butter  
1 tbsp. Flax oil  
1 scoop protein Powder  
1 tbsp. Hemp seeds

**Recipe #8 – The Chia Seed Shake**

½ banana  
¼ cup Raspberries  
¼ cup Blueberries  
1 cup Spinach  
1 cup Almond milk  
10 Walnuts  
1 tsp. Sesame seeds  
1 tbsp. Chia seeds  
1 scoop protein powder  
Ice to taste if you want

**Recipe #9 – The Applesauce Drink**

½ cup Strawberries  
1 cup applesauce  
1 cup Spinach (or tbsp. wheat grass)  
2 tbsp. Oatmeal  
10 Walnuts  
Chocolate protein powder  
1 tbsp. Cashew butter  
1 cup Almond milk  
1 tsp. Sesame seeds  
Ice to taste if you want

**Recipe #10 – The Light Green Smoothie**

1 cup Spinach  
Couple of florets Broccoli  
1 stalk Celery  
1 granny smith apple  
1 scoop Vanilla protein  
1 cup Almond milk  
1 tbsp. Hemp seed  
Throw all that in a blender and let her rip!!!!  
Ice to taste if you want

**Recipe #11 – The Celery Drink**

¼ cup Blackberries,  
¼ cup Strawberries  
¼ cup Raspberries  
1 banana  
1 cup Spinach  
2 stalks of celery  
Vanilla Protein Powder  
Ice to taste if you want

**Recipe #12 – The Best Kale Drink**

1/3 Avocado  
½ cup Blueberries  
½ cup Raspberries  
2 kale leaves  
Vanilla protein powder  
1 cup Almond milk  
1 tbsp. Flax oil  
1 tbsp. natural peanut butter  
Ice to taste if you want

**Recipe #13 – Double Bananas**

1 whole banana  
½ cup Blueberries  
1 cup Spinach  
1 cup Almond milk  
10 Walnuts  
1 tbsp. Almond butter  
Ice to taste if you want

**Recipe #14 – Vegan Yogurt (couldn't think of a better name)**

½ banana

½ cup Blueberries

½ cup Strawberries

1 cup Spinach

1tbsp Spirulina

1 tbsp. Almond butter

1 cup Almond milk

¼ cup Walnuts

Vanilla protein powder

Poured over ¼ cup oats and let soaked for 10 to 15 minutes add some slivered on top almonds, and raisins to taste

**Recipe #15 – The Surprisingly Good Recipe**

1 cup Spinach

1 tbsp. Maca Powder

1/3 cup Strawberries

1/3 cup Raspberries

1/3 banana

1 tbsp. Cashew butter

1 Almond milk

10 Walnuts

Vanilla protein powder

Cacao nibs to taste

Ice to taste if you want

**Recipe #16 – Post Workout Banana Mango**

1/3 banana

1/3 cup Strawberries

1/3 cup Blueberries

1/3 cup Mango

2 cups Rick Drink

1/3 cup Dry Oatmeal

1 tbsp. Organic Wheatgrass Powder or Organic Chlorella Powder

Handful Sunflower seeds

Handful Pumpkin seeds

Ice to taste if you want

**Recipe #17 – Cement Mixer (watch it, this turns thick in a hurry because of the chia seeds!)**

1/3 banana

1/3 cup Blueberries

1/3 cup Raspberries

½ cup Spinach

¼ cup Oatmeal

Vanilla Protein Powder

1 tbsp Flax Oil

1 tbsp chia seeds

1 cup Greek Yogurt

Ice to taste if you want

**Recipe #18 – Strawberry Mango Mash-up**

1/3 cup Strawberries  
1/3 cup Blueberries  
1/3 cup Mango  
1 cup Almond milk  
1 tbsp. Sunflower seeds  
1 tbsp. Almond butter  
½ cup Kale  
1/3 Avocado  
Ice to taste if you want

**Recipe #19 – Chocolate Banana Oatmeal Mix**

1/3 banana  
1 cup Spinach  
¼ cup Oatmeal  
Chocolate protein powder  
1 tbsp. Cashew butter  
1 tbsp. Chia seeds  
1 cup Chocolate Almond milk  
Ice to taste if you want

**Recipe #20 – Tropical Thunder (anytime shake)**

1/2 cup Coconut Milk  
½ banana  
½ cup frozen mango  
½ cup frozen strawberries  
½ cup kiwi or papaya  
1/2 cup almond milk  
1 scoop vanilla protein powder of your choice  
Ice to taste if you want

**Recipe #21 – Post-workout Shake**

1 cup Organic Vanilla Almond Milk  
1/3 banana  
1 cup mixed berries  
1 scoop vanilla protein powder  
1 tbsp. maca powder  
1 tbsp. flax oil or MCT oil  
¼ cup oatmeal  
1 tsp local honey

### **Recipe #22 – Good Morning Shake**

- In the morning I fuel up and really want to feel full because I know it will be 3 or 4 hours until my next meal. So for this shake, I try to get as many good wholesome ingredients (usually everything is organic) that I can get my hands on.

½ cup coconut milk  
1 cup mixed berries  
½ cup almond milk (for consistency)  
1 handful frozen spinach  
10 Almonds  
1 tbsp Chia seeds  
1 tbsp cocoa nibs  
1 tsp maca powder  
1 tsp local honey  
1 scoop vanilla protein powder of your choice (Ice to taste if you want)

### **Recipe #23 – Chocolate Banana Protein Shake**

½ cup of chocolate unsweetened almond breeze  
1 scoop of chocolate protein powder  
½ banana  
1 tbsp. maca powder  
A big handful of spinach or kale  
Lots of ice (thick shake)  
**Optional:** cacao nibs

### **Recipe #24 – Breakfast Shake**

1 cup chocolate unsweetened almond breeze  
1 scoop of chocolate protein powder  
½ banana  
½ cup strawberries  
1 tbsp. cashew butter  
10 walnuts  
1 tbsp. maca powder  
A big handful of spinach  
Ice to taste

### **Recipe #25 – Chocolate Banana and Pear Shake**

½ cup vanilla unsweetened almond breeze  
1 scoop of chocolate protein powder of your choice  
1/3 banana  
1 bosc pear  
1 tbsp. maca powder  
A big handful of spinach  
Lots of ice (thick shake)  
**Optional:** cacao nibs

### **Recipe #26 – Island Power Gainer Shake**

1-3 scoops of protein powder  
½ mango, peeled and cubed  
½ cup of pineapple chunks in unsweetened juice, undrained  
1 kiwi, peeled and cubed  
1 strawberry  
Ice to taste

**Recipe #27 – Chocolate Peanut Butter Shake**

1-3 scoops of chocolate protein powder  
1 cup chocolate Rice Drink  
½ cup of Greek Yogurt  
2 tbsp. natural peanut butter  
1.5 cups of ice  
Stevia to taste if needed

**Recipe #28 – Almond Coconut Shake**

1-3 scoops of chocolate protein powder  
1 cup vanilla Rice Drink  
6 almonds  
1 tbsp of grated coconut  
1 tbsp coconut oil  
Stevia to taste if needed  
½ cup of almond extract (optional)  
Ice to taste

**Recipe #29 – Café Mocha Protein Shake**

1 or 2 scoops Chocolate Protein powder  
1 tsp instant coffee  
1 cup cold water  
4 ice cubes  
\*for a Protein+Fat shake, add 1 tbsp of flax or coconut oil  
\*for a Protein+Carbohydrate shake, add 1/3 cup oatmeal

**Recipe#30 – Oats & Honey Power Protein Shake**

2 scoops Vanilla Protein powder  
1/2 cup (dry measurement) rolled oats cooked with water and cooled  
1 tbsp honey  
1 cup vanilla Rice Drink  
Ice to taste

**Recipe #31 – Key Lime Pie Protein Shake – POST WORKOUT ONLY**

2 scoops Vanilla Whey Protein  
¼ Avocado  
1 tbsp Flax or MCT oil  
1 tbsp vanilla flavor (organic)  
1 tbsp sweetened lime juice concentrate  
1 packet stevia sweetener  
1 cup vanilla Rice Drink  
Ice to taste

**Recipe #32 – Blueberry Cheesecake Protein Shake – POST WORKOUT ONLY**

1 or 2 scoops Vanilla Whey Protein  
1 reduced fat graham cracker (broken into smaller pieces)  
2 tbsp no bake, reduced-fat cheesecake mix  
1/4 cup fresh or frozen blueberries  
1 cup vanilla Rice Drink  
Ice to Taste



**Recipe #33 – Kickin' Ginger Smoothie**

1 cup Greek yogurt  
½ ripe banana  
2 tsp fresh grated ginger  
½ papaya chopped  
¼ cup almond milk  
Ice to taste if you want

**Recipe #34 – Blueberry Kale Smoothie**

½ ripe frozen banana  
2-4 kale leaves  
1 cup blueberries, frozen  
1 cup coconut milk  
Ice to taste

**Recipe #35 – Fruity Green Smoothie**

1 cup green grapes  
½ cup pineapple chunks  
2 cups fresh spinach  
1 tbsp Chlorella  
1/3 ripe banana  
1/2 cup rice milk  
1 cup ice

**Recipe #36 – Apricot Nectarine Smoothie**

1 cup Greek yogurt  
1 nectarine chopped  
1 apricot chopped  
1 scoop vanilla protein powder  
Ice to taste

**Recipe #37 – Frosty Cinnamon Smoothie**

1 frozen banana  
1 cup coconut milk  
2 tsp Cinnamon  
10 Cashews  
Ice to taste

**Recipe #38 – Iced Raspberry Mocha**

For coffee lovers: Omit the cream and sugar, but keep the sweet, creamy coffee drink!  
Brew one cup of coffee (I used organic Hazelnut, regular is fine, as is decaf)  
Add 4 ice cubes  
1 or 2 scoops Chocolate Protein powder of your choice  
2 tbsp. pecans (or almonds)  
1/4 c frozen raspberries.  
Blend all up and if you need more ice just toss them in

### **Recipe #39 – Blueberry Protein Frozen Treat**

2 scoops vanilla Protein of your choice

1/2 cup blueberries

1 cup greek yogurt

1 cup almond milk

Blend protein powder, almond milk and blueberries together in a blender until it is mixed well.

Put in the freezer to freeze. Once frozen then enjoy!

Healthy ice cream will come out harder than conventional high fat, high sugar ice creams. My suggestion is to portion out the blended mix into serving bowls or tupperware bowls and then freeze. Just take out your serving and let it set on the counter for 10 minutes. If you can't wait that long put it in the microwave for 30 seconds or so and then enjoy!

### **Recipe #40 – Banana Banger**

1 cup coconut milk

1/3 banana

1/3 avocado

3 dates

2 scoops Vanilla protein

1 tbsp chia seeds

1 tsp Cinnamon

Ice to taste

### **Recipe #41 – Banana Chocolate Peanut Butter Cup**

1 cup chocolate Rice Drink (or chocolate almond)

2 tbsp peanut butter

1/2 banana

2 tbsp cacao nibs

1 tbsp hemp seeds

1 handful baby spinach (you don't taste it)

Ice to taste

### **Recipe #42 – Orange Crush**

1 Orange (peeled)

1/2 cup Raspberries

1 cup Spinach

8-10 Almonds

1 tbsp. sprouted ground flax seeds

Dash of Cinnamon

Dash of Stevia

Ice to Taste

### **Recipe #43 – Chai Delight**

1 cup almond milk

1 ripe banana

1 tbsp Raw Tahini (optional)

1 scoop Vanilla Protein

optional Dash of nutmeg, cinnamon, ground cloves, ground cardamom OR use Chai spices 1 large dash of Stevia or 1 Tablespoon raw honey or agave syrup (optional) Crushed ice



Tahini is a ground paste, like a nut butter, made from sesame seeds

**Recipe #44 – Berry Green**

Make-ahead freezer friendly smoothies that are healthy, nutritious and so refreshing for your mornings!

1 cup spinach leaves  
1/2 cup frozen blueberries  
1/2 cup frozen raspberries  
1/2 ripe banana  
1/2 cup coconut milk  
2 tablespoons old fashioned oats  
1 tablespoon honey, or more, to taste

**Recipe #45 - Strawberry Papaya Smoothie Recipe**

1/2 Cup strawberries  
1 Cup sliced papaya  
1 Cup coconut kefir  
1 scoop vanilla protein powder  
1/2 Cup water and ice to get the consistency you want

**Recipe #46 Pumpkin-Apple Breakfast Smoothie**

1/4 cup plus old-fashioned oats  
1/4 cup canned organic pumpkin  
3/4 cup plain Greek yogurt  
1 medium apple, cut into pieces (I use honeycrisp and leave the skin on)  
1/2 banana frozen  
1/2 almond, coconut, or rice milk  
1/8 tsp. pumpkin pie spice  
Ice to taste

**Recipe #47 Cherry Almond Blended Drink**

1 cup Almond Breeze Vanilla milk  
1 cup cherries (fresh or frozen)  
3 Tablespoons raw almonds  
1 Tablespoons local honey  
1 teaspoons cinnamon  
1/2 teaspoon almond extract  
1 Tablespoon coconut oil  
(if not sweet enough for you add some Stevia)  
Ice to taste

**Recipe #48 Apple Pie Smoothie**

1 medium red delicious apple  
1 small ripe banana  
1/4 cup old-fashioned oats  
1/2 c plain no fat greek yogurt  
1/2 cup almond milk  
1/2 tsp ground cinnamon  
Ice to taste

**Recipe #49 Healthy Red Velvet**

3/4 cup chopped raw red beets (chop them up so they will blend good)  
4 medium strawberries (fresh or frozen)  
1/2 frozen banana  
1 cup unsweetened almond milk  
2 dried and pitted dates, sliced  
2 tablespoons cocoa powder  
1 tablespoon agave syrup (optional –you can also use stevia if you don't want the extra calorie)  
Ice to taste

**Recipe #50 Rise and Shine Coffee**

1/2 bananas  
1/2 Cup coffee, cold or room temperature  
1/4 Cup coconut milk  
2-3 Tablespoons coconut flakes (optional/if you like it sweeter)  
Ice to taste

**#51 Watermelon Berry Smoothie**

2 cups cubed watermelon  
1 cup fresh raspberries  
1 cup frozen blueberries  
1 tbsp of green powder (either kind mentioned above will work here)  
Ice to taste

**Recipe #52 Cherry Vanilla Blended Drink**

2 cups frozen dark sweet cherries  
1/2 medium banana  
1/2 teaspoon pure vanilla extract  
1 tablespoon sprouted ground flax seed  
2 cups unsweetened coconut milk  
1 cup kale  
Add water and ice for consistency if needed

**Recipe #53 Green Pumpkin Pie**

1/3 cup can organic pumpkin  
1/4 cup coconut milk  
1/4 cup almond milk  
2 tablespoons plain yogurt  
1/2 banana  
1 cup spinach  
1/2 teaspoon cinnamon (can sub 3/4 teaspoon pumpkin pie spice for the spices)  
1/4 teaspoon ground ginger  
1/4 freshly ground nutmeg (or nutmeg powder) to taste  
1 scoop vanilla protein powder (your choice)  
Ice to taste

**Recipe #54 Mint Chip Smoothie**

¼ cup plain yogurt  
¼ cup coconut milk  
2 cups fresh spinach  
½ medium banana  
1 scoop vanilla protein powder  
½ teaspoon peppermint extract  
1 teaspoon honey (optional)  
1 tablespoon dark chocolate chips  
Ice to Taste

**Recipe #55 Kale Shake Up**

1/2 bunch kale  
½ banana  
¼ cup red grapes  
1 tsp vanilla extract  
1 tsp cinnamon  
1 dash cayenne pepper (to taste)  
½ cup Rice Drink (or more for your consistency)  
Ice to taste

**Recipe #56 Stomach Cleansing Smoothie**

3 cups water  
Juice of 1 lemon  
1 inch piece of ginger  
4 inch piece of cucumber  
¼ cup mint  
Ice to taste

**Recipe #57 Pearie Spinach**

2 cups spinach leaves, packed  
1 ripe pear, peeled, cored, and chopped  
15 green or red grapes  
6 ounces fat-free plain Greek yogurt  
¼ chopped avocado  
1 or 2 tablespoons fresh lime juice  
Ice to taste

**Recipe #58 Chocolate Banana Nut**

1 cup coconut milk  
1tbsp almond butter  
½ banana  
2 Tbsp. cacao powder  
stevia to taste  
Ice to Taste  
(you can put a scoop of chocolate protein powder in this one too)

**Recipe #59 Chocolate Almond Oatmeal (great for Breakfast)**

½ frozen banana, cut in chunks  
1 cup chocolate almond milk  
10 almonds  
¼ cup old fashioned oats  
1 scoop chocolate protein powder  
Ice to taste

**Recipe #60 Chocolate Cherry Blended Group**

½ cup Greek Yogurt  
½ cup frozen, pitted cherries  
½ cup, loosely packed baby spinach  
1 cup chocolate almond milk (chocolate coconut milk will also work)  
1 TB chia seeds  
1 TB honey  
Ice to taste

**Recipe #61 Healthy Chocolate Smoothie**

1 1/2 cups of baby spinach  
½ banana  
1/3 avocado  
2 rounded Tablespoons of organic cocoa powder  
2 Tablespoons of chia seeds  
1/2 cup of frozen mixed berries  
1 cup unsweetened almond milk  
1/2 cup of cold filtered water  
Ice to taste

**Recipe #62 The Thin Mint**

1 C coconut milk  
3-5 drops of Peppermint Extract  
2-3 Tbsp cacao powder  
1 Scoop chocolate whey or vegetable protein  
Ice to Taste

**Recipe #63 Cinnamon Roll Smoothie**

1 cup coconut milk (or almond milk)  
½ banana  
1 small red apple, peeled and chopped  
1 tsp. raw local honey  
¾ tsp. ground cinnamon  
Ice to taste

**Recipe #64 Skinny Licious**

1/3 avocado, peeled, seeded  
1 organic (sweet) apple, cored, leave peeling on the apple  
½ frozen banana  
1 cup baby spinach, loosely packed  
1 cup kale loosely packed, stems removed  
1 cup green tea, unsweetened (home brewed is best)  
Ice to taste

**Recipe #65 Fig Cashew Delight**

3-4 fresh figs  
1 cup almond milk (make sure it has no added sugars)  
½ cup greek yogurt  
1 tbs cashew butter  
1 tsp cinnamon  
1-2 tsp raw local honey  
1 scoop vanilla protein powder (whey or vegetable)  
1 tbs chia seeds  
1 tbs green powder (from the list above)  
Ice to Taste

**Recipe #66 Monkey Melody**

¼ cup cashews  
1 cup coconut water  
½ banana  
1 cup pineapple chunks, frozen if desired  
3 tablespoon coconut flakes  
Ice to taste

**Recipe #67 Pumpkin Pleasure**

1/3 cup organic can pumpkin puree  
1 tablespoon cashew butter  
1/2 cup frozen blueberries  
1/2 frozen banana  
1 tablespoon sprouted ground flax seed  
1/2 teaspoon pumpkin pie spice  
1 cup almond milk, unsweetened  
1 tablespoon green powder (pick one from list above)  
Ice to taste

**Recipe #67 Peanut Butter & Jelly – Oh Yeah**

1 cup frozen mixed berries  
2 tablespoon all-natural peanut butter  
1 scoop Vanilla whey or vegetable protein powder  
2 tablespoons rolled oats  
1 cup rice milk  
Ice to taste

**Recipe #68 Get The Day Started Blended Drink**

½ cup frozen raspberries  
½ cup frozen mango  
½ cup orange juice  
¼ inch ginger, peeled and minced  
1 cup fresh spinach  
1 tablespoon cashew butter  
½ teaspoon local honey (or add a date)  
Pinch of sea salt  
½ cup water (or to consistency you like)  
Ice to taste

**Recipe #69 Coconut & Fig Colossal Smoothie**

1/3 cup dried figs with stems removed (about 5)  
1 frozen bananas  
2 tbsp cacao powder  
1 tbsp raw local honey (optional)  
1 tbsp almond butter  
1/2 tsp vanilla  
2 cup almond milk  
1/2 cup coconut flakes (plus extra for garnish)  
1 scoop vanilla protein powder (optional)  
Ice to taste

**Recipe #70 Butternut Bliss Blended Drink (this really is an awesome drink)**

1 cup almond milk  
3/4-1 cup canned puréed squash (organic preferably)  
3-4 large Medjool dates, pitted  
1 tablespoon chia seeds  
1-2 teaspoons cinnamon, to taste  
1.5 teaspoons pure vanilla extract  
1/2 teaspoon ground ginger  
sprinkle of ground cloves  
Ice to taste

## Looking for a little Anti-Aging help – well here you go

**Recipe #71 Peach, Banana Greens**

2 handfuls greens (spinach, swiss chard or kale)  
2 cups filtered water  
1 cups frozen peaches  
1/2 banana  
2 TBSP coconut or MCT oil  
1 tablespoon spirulina  
Ice to taste if you want

**Recipe #72 Berry Coconut – short and sweet**

2 handfuls greens (spinach, swiss chard or kale)  
1 1/2 cups coconut water  
1/2 cup frozen blueberries  
1/2 cup frozen raspberries  
1 tablespoon of one of the greens powders listed above  
1 tablespoon coconut or MCT oil  
Ice to taste if you want

**Recipe #72 Watermelon Ginger Delight**

2 handfuls greens (spinach, swiss chard or kale)  
3 cups watermelon chunks  
2 TBSP chia seeds  
1 inch fresh ginger, peeled  
1 TBSP coconut or MCT oil  
Ice to taste



**Recipe #73 Banana Nut Greens**

2 handfuls greens (spinach, swiss chard or kale)  
1 ½ cups almond milk  
½ banana, peeled, frozen  
1 tbsp Maca powder  
2 tbsp chia seeds  
2 tbsp sprouted ground flax seed  
1 tbsp green powder (any one of the choices I mentioned above)  
1 tbsp coconut or MCT oil  
Ice to taste

**Recipe #74 Banana Protein**

2 cups chopped celery  
1/3 cup cashews  
½ to 1 banana, peeled  
1 scoops vegetable protein powder  
1 TBSP spirulina  
1 TBSP coconut or MCT oil  
Ice to taste

**Recipe #75 Cherry Wheatgrass**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup filtered water  
1 cup frozen cherries  
½ cup fresh wheatgrass juice or 1 tbsp powder  
½ cup fresh beet juice  
¼ cup chia seeds  
4 large, pitted dates  
1 tbsp coconut or MCT oil  
Ice to taste

**Recipe #76 Berry Seeds**

2 handfuls greens (spinach, swiss chard or kale)  
2 cups filtered water  
1 cup frozen blueberries  
¼ cup sunflower seeds  
½ cup chia seeds  
4 dried figs  
2 pitted dates  
¼ cup cacao powder  
1 tbsp coconut or MCT oil  
Ice to taste

**Recipe #77 Nut Celery Protein**

1 handful greens (spinach, swiss chard or kale)  
2 cups filtered water  
½ cup macadamia nuts  
¼ cup fresh wheatgrass juice or 1 tablespoon powder  
4 large pitted dates  
1 cup chopped celery  
2 scoops vegetable protein powder  
1 tbsp coconut or MCT oil  
Ice to taste

**Recipe #78 Berry Sunflower Protein**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup filtered water  
½ cup sunflower seeds  
2 pitted dates  
½ to 1 banana, peeled  
2 scoops vegetable protein powder  
1 TBSP ginseng powder  
1 TBSP coconut or MCT oil  
Ice to taste

## Want Some Extra Help with Your Hair, Skin & Nails to Make Them Healthy – Try These

**Recipe #79 Mango Banana Supreme**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup coconut water  
1 banana, peeled  
1 ½ cups frozen mango chunks

**Recipe #80 Papaya Lemon Zing**

1 handful parsley  
2 cups filtered water  
1 banana frozen  
1 cup papaya chunks  
1 lemon

**Recipe #81 Orange Spinach – Oh Yeah it works**

2 cups baby spinach  
1 orange, peeled and seeded  
1 kiwi, peeled  
1 TBSP apple cider vinegar  
1 packet stevia

**Recipe #82 Banana Pear**

2 handfuls greens (spinach, swiss chard or kale)  
1 ½ cups filtered water  
1 banana frozen  
1 pear  
1 TBSP almond butter

**Recipe #83 Apple Pear Pleasure**

2 handfuls greens (spinach, swiss chard or kale)  
2 stalks celery, chopped  
½ cup filtered water  
½ pear, seeded  
½ large apple  
½ banana frozen  
2 TBSP fresh lemon juice

**Recipe #84 Green Berry Bliss**

2 handfuls greens (spinach, swiss chard or kale)  
½ cup filtered water  
½ cup green tea  
1 cups mixed berries  
½ banana frozen

**Recipe #85 Carrot Apple Combo**

2 handfuls greens (spinach, swiss chard or kale)  
3 stalks celery  
1 cup filtered water  
1 small beet, peeled and diced  
2 carrots  
½ apple  
½ lemon, seeded, peeled and sectioned  
Ice to taste

**Recipe #86 Cranberry Very Berry**

2 handfuls greens (spinach, swiss chard or kale)  
½ cup blueberries  
½ cup blackberries  
½ cup cranberries  
1 TBSP ground chia seeds  
Ice to taste

**Recipe #87 Cucumber Strawberry Sensation**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup filtered water  
1 cucumber  
1 cup frozen strawberries  
2 dried figs  
1 TBSP sprouted ground flaxseeds

## Do Your Bones and Joints Ache – Drink One of These Regularly

**Recipe #88 Banana Berry Baby**

2 handfuls greens (spinach, swiss chard or kale)  
2 cups filtered water  
1 cup frozen blueberries  
½ to 1 banana, peeled  
2 TBSP chia seeds  
1 TBSP Flax Oil  
1 tsp Black Currant Oil

**Recipe #89 Banana Nut**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup almond milk  
½ banana frozen  
2 TBSP cacao  
2 TBSP spouted ground flaxseeds  
1 TBSP Flax oil  
1 tsp Black Currant Oil

**Recipe #90 Orange Avocado**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup filtered water  
1 orange, peeled  
¼ avocado  
1 tbsp spirulina powder  
1 tbsp Flax Oil  
1 tsp Black Currant Oil

**Recipe #91 Lemon Zest**

2 handfuls greens (spinach, swiss chard or kale)  
1 ½ cups fresh squeezed orange juice  
1 lemon, peeled  
1 TBSP MSM powder (optional)  
1 TBSP Flax Oil  
1 tsp Black Currant Oil

**Recipe #92 Ginger Pear Zinger**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup almond milk  
1 pear  
1 inch fresh ginger, peeled  
1 tbsp flax oil  
1 tsp Black Currant Oil

Oh No Having Some Constipation Problems – Here's Hope  
But if this is a Chronic Issue Please Contact Me

**Recipe #93 Beet Pears**

2 handfuls greens (spinach, swiss chard or kale)  
1 ½ cups almond milk  
1 large pear  
¼ cup beets, peeled and diced  
1 serving of Ionic Magnesium ( <http://www.amazon.com/Good-State-minerals-magnesium-elemental/dp/B005PFK3YS> )

**Recipe #94 Banana Blueberry**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup filtered water  
1 pear  
½ cup plums  
½ to 1 banana frozen  
1 cup frozen blueberries  
1 serving of Ionic Magnesium

**Recipe #95 Banana Prunes**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup almond milk  
½ banana frozen  
2 prunes, seeded  
½ pear  
1 serving of Ionic Magnesium

**Recipe #96 Orange Mango**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup filtered water  
1 cup frozen mango chunks  
1 orange, peeled and seeded  
1 serving of Ionic Magnesium

**Recipe #97 Strawberry Kiwi**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup filtered water  
1 cup frozen strawberries  
1 kiwi (skin on)  
2 TBSP sprouted ground flaxseeds  
1 serving of Ionic Magnesium

## Feeling Toxic – Try These for Detoxification

**Recipe #98 Lemon Lime Lift**

2 handfuls greens (spinach, swiss chard or kale)  
1 large fresh squeezed orange  
½ to 1 banana frozen  
½ lemon, peeled and seeded  
½ lime, peeled and seeded  
1 scoop Organic Oat Bran Fiber (<http://www.swansonvitamins.com/swanson-organic-certified-organic-oat-bran-fiber-8-oz-227-grams-pwdr>)  
Ice to taste

**Recipe #99 Blackberry Banana Bounty**

2 handful greens (spinach, swiss chard or kale)  
½ cup filtered water  
½ banana frozen  
½ cup frozen blackberries  
½ cup frozen strawberries  
½ cup frozen blueberries  
1 scoop Organic Oat Bran Fiber

**Recipe #100 Grapefruit Banana**

2 handfuls greens (spinach, swiss chard or kale)  
1 cup filtered water  
½ banana frozen  
1 cup frozen strawberries  
½ pink grapefruit, peeled and seeded  
1 packet stevia  
1 scoop Organic Oat Bran Fiber  
Ice to taste

**Recipe #101 Pear Pineapple**

2 handfuls greens (spinach, swiss chard or kale)  
1 pear, seeded  
1 small apple, cored and seeded  
1 cup pineapple chunks  
1 scoop Organic Oat Bran Fiber  
Ice to taste

**Recipe #102 Mango Pineapple Maddness**

2 handfuls greens (spinach, swiss chard or kale)  
1 ½ cups coconut water  
1 cup frozen mango chunks  
1 cup pineapple chunks  
1 lime, peeled and seeded  
Pinch of cayenne pepper  
1 scoop Organic Oat Bran Fiber

**Recipe #102 Apple Banana**

2 handfuls greens (spinach, swiss chard or kale)  
1 Granny Smith apple, cored and seeded  
1 small banana  
1 scoop Organic Oat Bran Fiber  
Ice to taste

**Ok I Think That's It**