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Plant-Based Nutrient-Dense Smoothies for Hormone Health

What's not to love about smoothies? They can be sweet or savory, refreshing or satisfying. They're nutrient-dense if you make them correctly and are the ultimate in convenience for busy people.

Readymade store-bought smoothies are often loaded with too much sugar from all the fruit they contain, and some even add extra sugar. Start your day with one of these and you'll be stepping on a blood-sugar rollercoaster that will jolt you with a burst of jittery energy then leave you feeling down in the dumps.

Instead, opt for homemade blends that can be quickly and easily thrown together and will fuel you with balanced and sustained energy.

This little book aims to show you how to make simple, delicious, hormone balancing smoothies correctly.

What Should a Smoothie Contain?

A meal or smoothie that contains all six of the groups below helps to keep our blood sugar level. It avoids the sharp increases and sudden drops that sap our energy, cause hormone imbalances and leave us feeling hungry in a couple of hours.

Protein

This can be in the form of healthy soy products like miso, tempeh or tofu. The fermented products like tempeh add good bacteria to your gut and aid digestion.

Fiber

Fiber helps you stay full for longer, something that's especially important if you're having your smoothie for breakfast. It also cleans out your digestive system (think of it as "nature's broom") and levels out the release of glucose into the bloodstream. Don't just make your smoothie with fruit, liquid, and ice. Pick real food sources of fiber to add as well instead of the tasteless and nutrient lacking powders that are sold in packets. Here are some wholefood fiber sources to try:

· Healthy Fats

It's important not to avoid all fats. We just need to know which fats our body needs. There are so many reasons our bodies need a small amount of healthy fat found in foods such as avocados, nuts, coconut, and olives. Many of the smoothie recipes in this book contain these delicious ingredients.

- They're an excellent source of energy.
- They help build every cell in your body. (the cell membrane)
- · Your brain consists largely of fats.

- They help the body to absorb the fat-soluble vitamins A, D, E and K.
- Fats are an ingredient in hormones. They regulate the production of sex hormones.
- · They give you healthy skin and shiny hair.
- Fats provide a protective layer around your vital organs.

Greens

Believe it or not, your smoothies can still taste good if you add some green stuff! The trick is to combine it with the right ingredients. We'll show you how in our recipes.

- · Leafy greens like spinach, chard, and kale
- · Cruciferous veggies like broccoli and cauliflower

Fruit and Veggies

Eat a rainbow of these! Anything from blueberries and strawberries to pineapple and papaya. The best fruits to pick for smoothies are those that are lower in sugar and high in fiber. Berries such as blueberries, strawberries and blackberries are the best, followed by apples and pears.

In terms of vegetables, yams and carrots support estrogen levels. Beans, broccoli and cauliflower support progesterone. Frozen cauliflower is the best for smoothies as it's been pre-blanched. It doesn't have much flavor and blends easily so it won't ruin your smoothie either. Spinach and garlic support testosterone.

Herbs and Spices

Several herbs and spices are anti-inflammatory and also help to balance hormone levels.

Maca

Maca, also known as Peruvian ginseng, is a vegetable related to broccoli and cabbage. The roots are dried and ground into a powder for ease of use. It has been shown to help both men and women with hormonal imbalances that cause vaginal dryness, low libido, and mood swings.

Fenugreek

Fenugreek is an herb that's been in use for thousands of years in both Chinese and Indian medicine. Every part of the plant can be used as a supplement, from its seeds to its leaves and roots. Studies have shown that men taking 500mg a day had significant increases in their testosterone levels. (Over 45% in almost all 50 participants of one study.)

Turmeric

Turmeric is a beautiful yellow spice containing the chemical curcumin. This has a beneficial effect on inflammation and estrogen metabolism. For women with high estrogen levels, this is a good spice to add to your daily smoothie. Turmeric also helps the liver in its job of clearing the body of excess estrogen and toxins.

Ginger

Animal lab studies have shown that ginger increases testosterone levels. It's also been shown to help minimize heart disease risk factors and help with balancing blood sugar levels.

Spirulina

Spirulina is a blue-green algae that is known to promote cellular regeneration. It seems to help women with menopausal symptoms, too! This is probably because it contains a lot of gamma-linolenic acids which are converted into prostaglandins, the precursors to hormones. It's great for any age, though, because it's an excellent source of protein, iron, calcium, magnesium, and chlorophyll.

What Should Hormone Balancing Smoothies Not Contain?

Gluten

Gluten is found in hybridized wheat, rye, and other grains. For people who are gluten sensitive, eating it can affect the balance of progesterone and estrogen in their bodies. This is particularly the case for women over 40 when the ovaries are producing hormones at an unpredictable rate.

Those with gluten sensitivities often have an imbalance of adrenal hormones. Unstable blood sugar levels and gut inflammation from gluten cause the adrenals to secrete stress hormones. This, in turn, leads to a lack of energy, mood swings, and too much body fat. Gluten sensitivity also means that your body can't absorb all the essential nutrients. With continued excretion of adrenal hormones, this contributes to adrenal fatigue. For these reasons, it's recommended that women over 40 and others who are sensitive eliminate gluten from their diets to allow the body to heal and to create balanced hormone levels once more.

Soy Protein Isolate (SPI)

This is a refined form of soy found in soy milk and many vegetarian meat substitute products. Due to the refining process, this form of soy is deficient in many nutrients and sometimes even contains chemical additives. To make SPI, soybeans are processed to remove only their protein, and this removes many other nutrients that were in the original bean.

While whole, unrefined soybeans are an excellent protein, fiber, minerals, and complex carb source, SPI is not the same.

Hopefully, this gives you a basic idea of what your hormone balancing smoothies should contain and why. What follows are 30 smoothie recipes, created using combinations of these ingredients. Each of these tasty recipes makes one large serving. Your basic equipment for making them is a blender, a grinder for some of the seeds, and a sharp knife for prepping the fruit. You'll need a big glass to serve your smoothie and a bowl for some of them.

Triple-Berry Breakfast Smoothie Bowl

Full of those creamy, almondy, berry flavors that work so well together. Always try to get organic sprouts, fruit, and vegetables to prevent exposure to harmful pesticides.



Ingredients:

1/3 cup frozen strawberries
1/3 cup frozen raspberries
1/3 cup frozen blueberries
1/3 cup broccoli sprouts
1/2 cup broccoli sprouts
1/2 cup shredded kale
1/2 cup almond milk
1 tablespoon almond butter
1 tablespoon coconut flour
2 tablespoons raw oats
Fresh berries to garnish

- Shred the kale before putting it into the blender with everything else.
- Blend until everything is still a little chunky.
- Tip into a bowl. Garnish with fresh berries and a sprinkling of oats.

Fresh Green Smoothie for Estrogen Excess

This detoxifying green smoothie will help your liver to move excess estrogen out of your body quickly.



Ingredients:

½ cup spinach or chard

1 celery stalk

¼ cucumber, peeled

½ cup frozen mango pieces

¼ of a lemon, peel and white parts removed

1-inch piece of ginger, peeled

2 tablespoons flaxseed, ground

1 cup water

- Prepare all ingredients and place them in your blender.
- Blend until smooth.
- · Serve at once while still cold.

#3 Nutty Banana Smoothie

Ingredients:

1 cup almond or coconut milk

1 small banana

1 tablespoon cashew or almond butter

1 tablespoon cacao powder

1 tablespoon coconut flour

1 teaspoon powdered cinnamon

2 tablespoons chia seeds

- Put all the ingredients together in your blender.
- Blend until smooth, scraping down the sides if necessary.
- If the mixture is too thick, add another half cup of almond milk.



Creamy Green Estrogen Detox Smoothie

The kiwis in this smoothie contain large amounts of serotonin, a chemical that lifts the mood and promotes relaxation. It is converted to melatonin, the sleep hormone, in the body. This promotes better, deeper sleep.

Ingredients:

½ green apple, unpeeled

½ lemon, juice squeezed

2 kiwi fruit

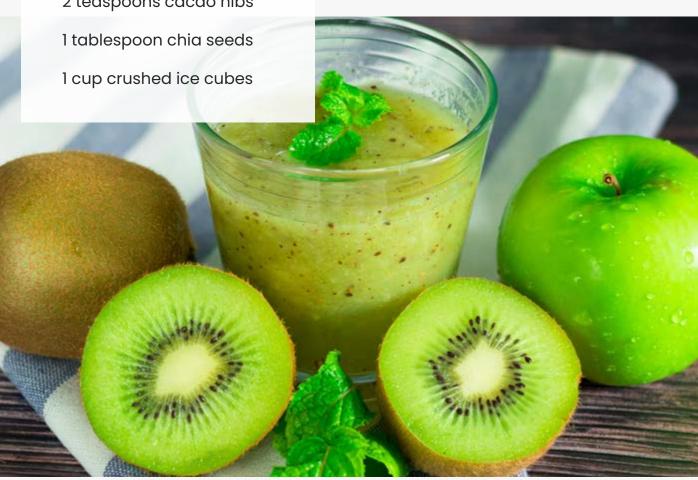
1 celery stalk

¼ cucumber, peeled

¼ avocado, peeled

2 teaspoons cacao nibs

- Put everything into the blender together.
- Leave for a few minutes to thicken up.
- Drink immediately while still chilled.



#5 Savory Green Smoothie

You may find the flavor of this smoothie a little unusual because it's savory rather than sweet. Think of it as lunch in a glass. It contains several hormone-balancing ingredients and is especially beneficial for women.

Your liver performs so many essential tasks. It stores vitamins and minerals, makes proteins, and breaks down toxins. Broccoli sprouts are supportive for liver health so add them to your smoothies and stir-fries.



1 cup chilled filtered water

½ ripe avocado

½ cup broccoli sprouts

½ cup fresh parsley or cilantro, chopped

2 tablespoons fresh lemon juice

5 Brazil nuts

½ teaspoon cumin powder

1 teaspoon powdered maca root

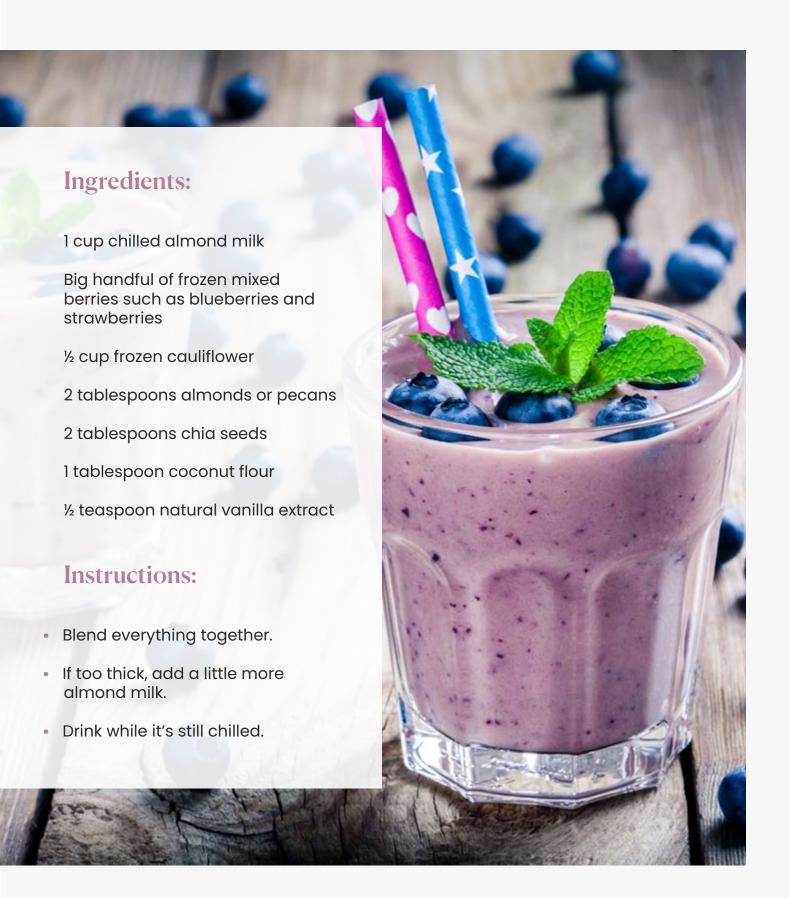
Big pinch of salt

Pinch of black pepper

- Put everything together in a blender and process until smooth.
- Pour into a glass and enjoy chilled with some extra ice cubes if desired.

#6 Berry "Ice-Cream" Smoothie

Rest assured that this delicious smoothie is much healthier than regular ice cream!



#7 Black as Night Smoothie

Dark and delicious, this smoothie contains activated charcoal for detoxing purposes.

Ingredients:

1 banana

½ cup frozen blackberries

½ cup frozen blueberries

½ cup broccoli sprouts

1 tablespoon coconut flour

1 tablespoon raw oats

1 tablespoon chia seeds

2 level teaspoons activated charcoal powder

4 Medjool dates, pitted

1 cup chilled water

- Blend everything together until smooth.
- Pour into a tall glass and drink chilled.



#8 Creamy Lean, Green Smoothie

The avocado adds a delicious creaminess to this not-too-sweet drink.



Pink and Pretty Pomegranate Smoothie

This smoothie is specially formulated for women who suffer from low estrogen levels and all that goes along with that such as vaginal dryness, low libido, and painful intercourse. Pomegranates have been used for hundreds of years to improve fertility and better estrogen balance. Some studies suggest that it may protect against cervical and ovarian cancer.

Ingredients:

1 cup pomegranate juice

1 cup frozen strawberries

½ small avocado, peeled

1 handful of spinach leaves

1 tablespoon flaxseeds

1 tablespoon almond butter

1 cup almond or hemp milk

Pomegranate arils to garnish

- Put everything into the blender and blend until smooth.
- Pour into a chilled glass and garnish with pomegranate arils.
- Enjoy immediately while still chilled.



#10 Tropical Island Style Smoothie

This delectable smoothie has luscious mango and pineapple flavors. Mango has good amounts of vitamin C and is a great source of beta-carotene, which the body uses to make vitamin A. Mangoes are also full of minerals like magnesium, copper, and potassium.



Goji Berry Chocolate Smoothie

Although the title of this recipe sounds as though it's very sweet, it actually is low in sugar. The avocado, coconut butter and nuts provide good fats to satisfy your hunger and provide precursors to many hormones. The pumpkin seeds are high in zinc and protein. Pre-soak the berries and nuts overnight in water to make them easier to blend.

Ingredients:

1 cup almond milk, chilled

½ avocado, skinned and deseeded

1 tablespoon cacao powder

2 teaspoons coconut butter

1 tablespoon pumpkin seeds

2 tablespoons hazelnuts, soaked overnight

2 tablespoons dried goji berries, soaked overnight

½ teaspoon natural vanilla extract

¼ teaspoon ground cinnamon



Refreshing Green Summer Salad Smoothie

Light and refreshing for those hot summer days, this smoothie tastes good and balances your hormones. What more could you ask for?

Ingredients:

½ cup broccoli sprouts, well washed

½ English cucumber, keep the skin on

Juice of ½ a lemon

½ an avocado, peeled and seed removed

Himalayan salt and pepper

½ teaspoon turmeric powder

1 cup chilled coconut water

- Cube the cucumber and the avocado and put into the blender.
- Add all the other ingredients and process until everything is smooth.
- Pour into a glass and serve chilled.
- Garnish with an extra cucumber or lemon slice if you like.



Over 40 Hormone Balancing Smoothie

After the age of 40, our ovaries and testes begin producing less and less hormones and we rely on our adrenal glands to provide us with sufficient amounts of estrogen, progesterone and testosterone. This blend gives your adrenals the love they need to keep you balanced and happy.



½ cup frozen blueberries 1 teaspoon maca powder

1 cup frozen cauliflower 1 tablespoon flaxseeds, ground

1 small banana 1 tablespoon hemp seeds

4 Medjool dates ½ teaspoon vanilla extract

1 tablespoon cacao nibs 1 cup chipped ice

- Put everything together in a blender and process until smooth.
- · Pour into a glass and enjoy straight away.

#14 Pituitary Support Smoothie

This smoothie is full of ingredients to balance your hormones and bring relief to the pituitary gland, in particular. Maca will stimulate and support the hypothalamus and pituitary glands, promoting hormonal balance. Men should have red or black maca, while women should have the yellow.



Ingredients:

1 ripe, frozen banana

½ cup frozen raspberries

1 cup almond or coconut milk

1 tablespoon hemp seeds

1 tablespoon sesame seeds

1 teaspoon chia seeds

1 teaspoon spirulina

1 teaspoon maca powder

1 tablespoon coconut flour

1 tablespoon oats

- Put everything together in a blender.
- Blend until smooth.
- Serve cold.

#15 Black Forest Smoothie

Remember black forest cake? Cherries and cream and chocolate... you get the idea. This creamy smoothie has echoes of that and it's much, much healthier.

Ingredients:

½ cup broccoli sprouts, well washed

2 tablespoons coconut flour

½ teaspoon vanilla extract

1 cup frozen black cherries

2 tablespoons cacoa powder

1 cup chilled almond milk

3 tablespoons cashew or macadamia nut butter

2 tablespoons raw oats



Spicy, Warming Cinnamon Chocolate Smoothie

This one is wonderful in winter because it's creamy and chocolatey.

Begin slowly with maca if you haven't had it before. Gradually increase to the larger amount if you find it agrees with you.

Ingredients:

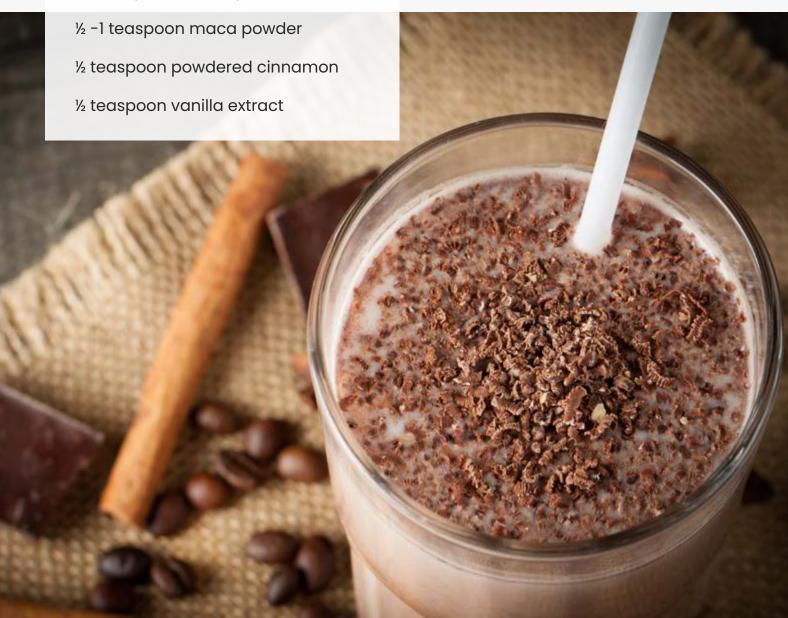
1 cup dairy-free milk such as almond

1 tablespoon almond butter

1 tablespoon flaxseed, ground

1 tablespoon cacao powder

- Blend everything together until smooth.
- Serve hot in a mug or cold in a glass.



#17 Gorgeous Goji Smoothie Bowl

Dried goji berries make wonderful snacks. You can also add them to yogurt or muesli and of course, to your smoothies. They're a powerful superfood that's been used in China for thousands of years. Besides having antioxidant properties, they stimulate the pituitary gland to produce human growth hormone, keeping us looking and feeling younger.

Ingredients:

1 cup almond or coconut milk, chilled

1 small banana

½ cup chopped frozen strawberries or raspberries

A handful of spinach

2 tablespoons dried goji berries

1 tablespoon hemp seeds

1 tablespoon coconut flour

1 tablespoon almond butter

1 tablespoon cacao powder

I teaspoon honey or stevia for sweetness, optional



Instructions:

• Put everything together in a blender and process until very smooth.

Raspberry and Cinnamon Breakfast Smoothie

This pink smoothie is a lovely combination of fruitiness and creaminess, reminiscent of a childhood berry milkshake.

Ingredients:

1 small banana

1 cup almond milk

Big handful of frozen raspberries

2 tablespoons oats

1 tablespoon almond butter

Big pinch of powdered cinnamon

1 tablespoon flax seeds, ground

1 teaspoon maca powder, optional



#19 One for the Guys

This smoothie is specially formulated to stabilize male hormone levels. It has a beautiful red wine color and a good flavor despite the addition of broccoli.

Ingredients:

1 cup ice chips

½ small beetroot, peeled

1 handful of red grapes, seedless

1 handful blueberries

A few broccoli florets

1 tablespoon pumpkin seeds

- It's best to cut the beet into small pieces before blending.
- Put everything in together and process until as smooth as possible.
- Enjoy while still chilled.



#20 Incredible Hulk Green Smoothie

Okay, we'll admit that this isn't the best tasting smoothie in the book. However, it contains loads of good things that guys need. Hazelnuts are an excellent fiber source plus they reduce cholesterol and support heart health. Recent research has shown that they improve sperm count and quality. Pumpkin seeds are rich in zinc which is good for the prostate gland.

Drink up, boys!

Ingredients:

1 cup ice chips or almond milk

1 big banana

A handful of kale

A handful of spinach

¼ cup hazelnuts

¼ cup pumpkin seeds

1 tablespoon coconut flour

1 tablespoon maca powder



#21 Watermelon Smoothie

Did you know that watermelon seeds are good for you?

They contain an impressive number of minerals such as copper, zinc, potassium, magnesium, and iron. They also have healthy oil for glowing skin and shiny hair. All these ingredients are necessary for the production of hormones too.



#22 Sweet Potato Smoothie

There are many reports of sweet potatoes being helpful for menopause symptoms.

Sweet potato stimulates the release of progesterone from the pituitary gland. Sunflower seeds help to balance estrogen and progesterone levels and provide relief of vaginal dryness.

This refreshing smoothie provides both.

Ingredients:

1 cup orange juice

1 small orange sweet potato, steamed or baked

A handful of kale

¼ cup sunflower seeds

1 tablespoon hemp seeds

- Remove the skin of the sweet potato once it has been cooked.
- Put everything together into the blender and blend until very smooth.
- Pour into a glass and serve garnished with a slice of orange.



Blueberry and Banana Balancing Smoothie

Try freezing your broccoli sprouts before blending them. This helps to break down the cell walls and release the sulforaphane.

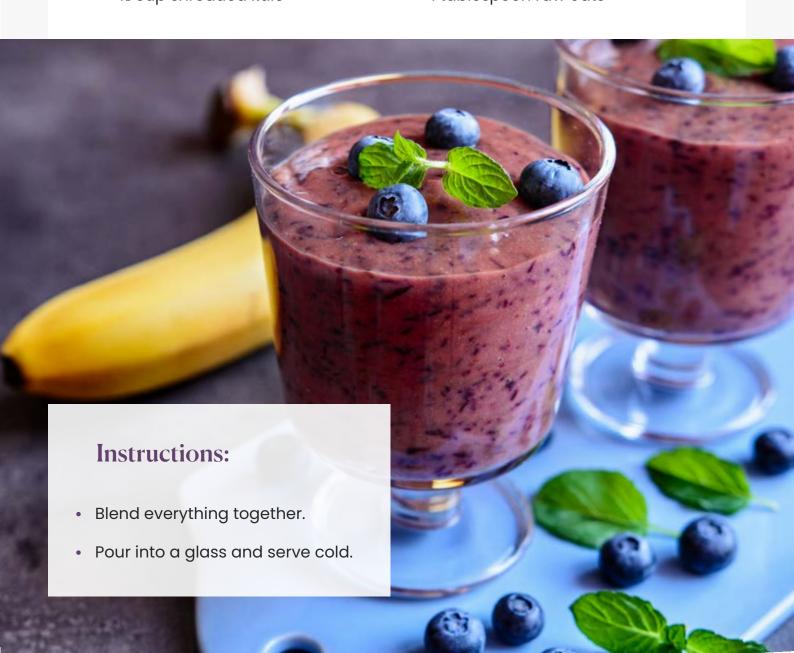
Ingredients:

1 frozen banana 1 cup nut milk of your choice

½ cup frozen blueberries 1 teaspoon maca powder

½ cup broccoli sprouts 1 tablespoon chia seeds

½ cup shredded kale 1 tablespoon raw oats



Testosterone Boost Tropical Smoothie

Imagine you're on a tropical island as you sip this delicious smoothie through an ecofriendly bamboo straw. Coconut oil helps the body to synthesize testosterone, estrogen, and progesterone. The enzyme bromelain in the pineapple boosts testosterone levels too.

Ingredients:

1 cup coconut milk

¼ of a small pineapple, peeled

1 small banana, peeled

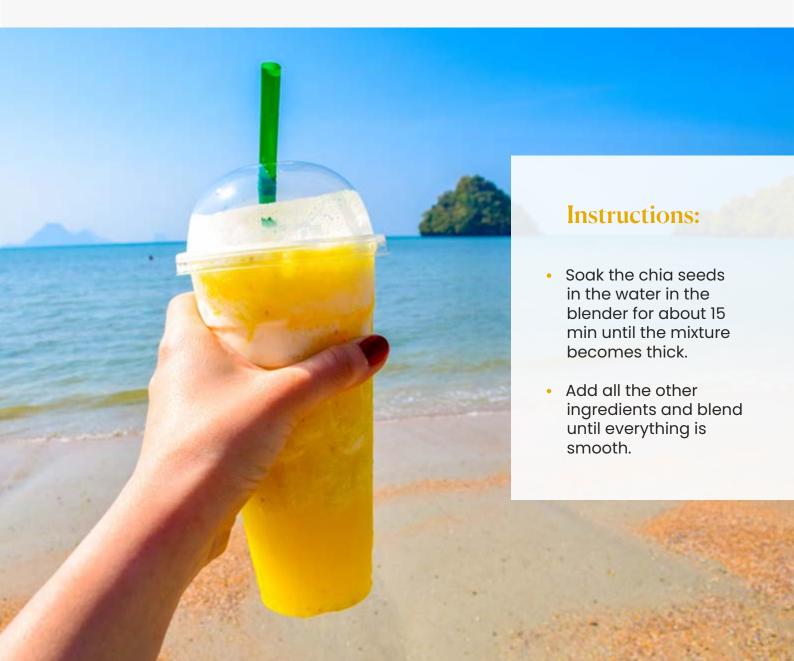
1 small mango, peeled

1 tablespoon coconut flour

1 teaspoon coconut oil

1 teaspoon chia seeds

2 tablespoons water



#25 Green Tea Ginger Smoothie

Studies at John Hopkins Medical Institute have shown that broccoli sprouts reduce levels of Helicobacter pylori, the bacteria that causes stomach ulcers and stomach cancer.



Ingredients:

1 frozen banana

1 cup strong green tea, chilled

½ cup frozen broccoli sprouts

1 cup frozen blueberries

1 tablespoon chia seeds

1 tablespoon hemp seeds

1 inch of fresh ginger root

- Make the tea and chill it.
- Peel and finely grate the ginger root.
- Put everything together into the blender and process until blended and frothy.
- · Serve chilled.

#26 Blueberry and Brazil Nut Smoothie

Testosterone is by no means a "men only" hormone. Women have it in their bodies too, just in smaller amounts than men. It plays an important role in libido. Blueberries are considered a superfood that ensures a positive hormone balance. Maca is known to counter excess estrogen production while boosting libido. Bok choy provides the health benefits of other cruciferous veg but with a milder flavor. Celery contains two androgens which are believed to improve testosterone production which is why bodybuilders often juice it. It's best to have this smoothie straight after a workout if possible.

Ingredients:

1 cup almond milk, well chilled

1 cup blueberries, frozen

½ bok choy

2 Brazil nuts

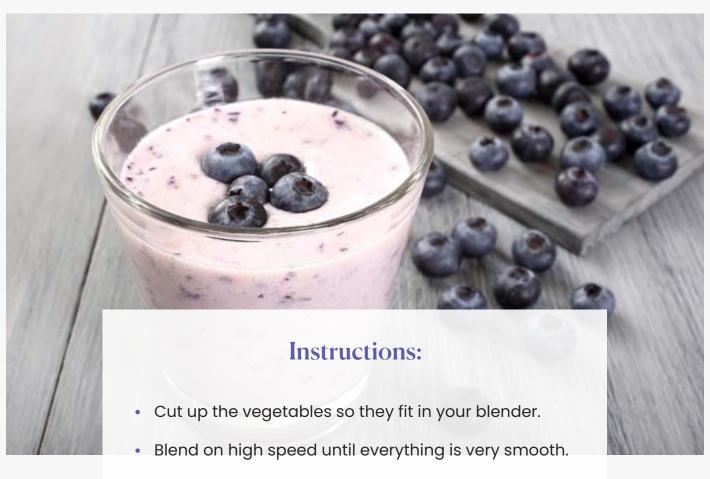
1 celery stick

1 teaspoon maca powder

1 tablespoon coconut flour

1 tablespoon coconut oil

½ teaspoon stevia for sweetness



Drink at once.

Energy-Boosting Summer Smoothie

Sometimes it's time for a workout but you really don't have the energy.

Matcha is a special form of green tea that contains both caffeine and I-theanine. It encourages a state of alert calm and induces relaxation without causing drowsiness. No wonder coffee drinkers around the world are making the switch to matcha! Try this testosterone boosting energy drink before your next gym session.

- Blend everything together until smooth.
- · Pour into a tall glass and enjoy on a hot day.



#28 Apple Pie Smoothie

This low carb, keto and Paleo-friendly smoothie ticks all the boxes and gives you a healthy alternative to a classic dessert!



Ingredients:

½ cup coconut milk

1 sweet apple, cored and peeled

2 tablespoons almond or cashew butter

1 tablespoon coconut oil

1 teaspoon maca powder

1 tablespoon coconut flour

¼ teaspoon cinnamon powder

About 3 drops of stevia

- Blend everything together until smooth and creamy.
- Pour into a glass and serve sprinkled with more cinnamon powder.

#29 Miracle Mango Smoothie

The combination of mango and maca here provides natural hormone balancing effects for both men and women. Try to include a spoonful of maca into your diet every day. The gelatinized form is easier to digest and is more concentrated.

Ingredients:

1 cup frozen mango pieces

1 small banana

½ cup almond milk

1 teaspoon maca powder

1 teaspoon flaxseeds, ground

1 teaspoon sesame seeds, ground

- Put everything together in a blender and blend until very smooth.
- Add extra almond milk if the smoothie is too thick for your liking.
- Drink straight away.



#30 Green Smoothie with Pineapple

We've infused lots of flavor into this smoothie so that you can really get the benefit of the superfoods in it, such as the kale. This truly is delectable!



Ingredients:

½ sweet, ripe pineapple, peeled and chopped

½ avocado, peeled

Big handful of kale, finely chop

3 Medjool dates, pit removed

1 tablespoon hemp seeds

½ cup chilled water

- Prep your fruit and veg first.
- Put everything together in the blender and process on high speed until smooth.
- Pour into a glass and drink immediately.

Healthy Estrogen Detox Smoothie

This light and tangy estrogen detox smoothie will leave you refreshed in the hot summer months and will protect you from unbalanced estrogen that can lead to a heart attack, stroke or cancer.

Ingredients:

Big handful of kale, chopped

Small handful of cilantro leaves

1/3 cucumber, peeled and chopped

1 pear, cored

½ lemon, juiced

½ avocado, peeled

1 cup ice chips

- Blend everything together on high speed until smooth.
- Drink chilled.



Strawberry and Chocolate "Milkshake" Smoothie

This smoothie contains no dairy, but it still has the flavor of a fresh, creamy strawberry milkshake that masks most of the sprout taste. Rinse the sprouts well before using them, but don't worry to dry them before adding them to the blender.

Ingredients:

1 cup almond milk

2 teaspoons coconut flour

2 tablespoons hemp seeds

½ cup broccoli sprouts

1 frozen banana

- Put everything into the blender and mix on high speed until very smooth and creamy.
- Pour into a large milkshake-style glass and serve with a straw.



Green Healthy Hormone Smoothie

The liver is so important for hormone health. This smoothie provides maximum benefits to keep this vital organ detoxing our bodies as it should. Dandelion greens are a natural diuretic and so is parsley. Substitute the greens for celery if you don't have any. Cherries have good amounts of flavonoids which are antioxidants that aid hormone production.



Ingredients:

1 small banana

1 cup spinach, shredded

Small handful of parsley

1 tablespoon dandelion greens

½ cup frozen cherries

1 tablespoon chia seeds

1 cup chilled water

1 teaspoon raw honey, optional

- Blend everything together well.
- Taste. If it's too bitter for you add a little honey.

#34 Anti-Inflammatory Smoothie

Inflammation and hormone imbalances seem to go hand in hand. This yummy smoothie combines two potent anti-inflammatory spices - ginger and turmeric - with the summery flavor of ripe peaches.

Ingredients:

2 ripe peaches, stoned

1 cup almond milk

Pinch of cardamom

¼ teaspoon turmeric powder

1 teaspoon grated fresh ginger

1 teaspoon chia seeds

- Blend all the ingredients together until smooth.
- Pour into a glass and enjoy immediately.



#35 Black as Night Smoothie Bowl

This is a good one to serve for Halloween! It may seem a little strange to see activated charcoal being used in a smoothie. While in large quantities it's used as a poison antidote, in much smaller quantities it is good for detoxing. The cauliflower is great for restoring hormonal balance and detoxing too.

Ingredients:

Handful of fresh raspberries

1 cup frozen cauliflower rice

1 cup almond milk

2 teaspoons activated charcoal

2 drops stevia liquid

- Process everything together in your blender until you have a smooth, thick and creamy liquid.
- Pour into a bowl, garnish with extra raspberries, take a photo for Instagram and enjoy!



#36 Pumpkin Pie Smoothie

This is a well-balanced smoothie because it contains protein, fat and fiber. The flaxseed will help to balance estrogen levels, and the dandelion will support your liver as it eliminates metabolized hormones.



Ingredients:

½ cup steamed, mashed pumpkin

½ cup almond milk

Handful of dandelion greens

¼ teaspoon vanilla extract

¼ teaspoon cinnamon

¼ teaspoon turmeric

Small knob of ginger, peeled and grated

1 tablespoon coconut butter

2 Medjool dates, pitted

1 tablespoon sesame seeds, ground

1 tablespoon flaxseeds, ground

¼ cup pecans

Pinch of Himalayan salt

- After grinding the seeds, blitz everything together in your blender until smooth.
- Serve this golden-colored smoothie in a big glass.

#37 Chia and Coconut Smoothie

This smoothie is almost a dessert because it's sweet and creamy, but instead of causing your blood sugar to spike and crash, it will fuel you with steady, sustained energy.

Ingredients:

½ cup chilled almond milk

½ cup chilled coconut milk

1 small ripe banana

½ teaspoon ground cinnamon

1 tablespoon oats

Drink chilled

Instructions:

Blend everything together until smooth and thick.

Add a little more milk if it's too thick.



Berry and Pumpkin Seed Smoothie

This smooth and creamy blend is a delicious way to support the liver and maintain optimally balanced hormones.

Ingredients:

1 cup frozen mixed berries

1 cup of chilled almond, cashew or coconut milk

1 tablespoon raw honey or a few drops of stevia

1 tablespoon raw pumpkin and/ or sunflower seeds, ground

1 tablespoon flax seed, ground

1 teaspoon milk thistle (for liver support)

1 tablespoon oats



Tastes-Like-Nutella Smoothie

Hazelnuts are one of the richest sources of folate among all the nuts. They're recommended for pregnant and breastfeeding women. They are also a good source of phytoestrogens, which are plant-based estrogens that mimic the body's estrogen.

Ingredients:

1 cup chilled almond milk 2 Medjool dates, pitted

½ cup hazelnuts 1 tablespoon coconut butter

1 tablespoon cacao powder 1 tablespoon coconut flour

¼ cup hemp seeds

- Blend everything together until smooth.
- Pour into a tall glass and sprinkle with some cacao powder to garnish.
 - Enjoy cold.



#40 Hormone Health Smoothie

This really is a cocktail of amazing good-for-you ingredients. Flaxseeds for omega 3s, turmeric for its anti-inflammatory properties, ginger for those who suffer from headaches or stomach ailments, sesame seeds for zinc, and more.



Ingredients:

1 small, ripe banana

½ cup baby spinach leaves, shredded

½ cup frozen blueberries

½ cup frozen broccoli sprouts

1 cup oat milk

1 tablespoon ground flaxseed

1 tablespoon ground sesame seeds

½ teaspoon turmeric

Pinch black pepper (improves the absorption of turmeric)

1 teaspoon fresh grated ginger root

4 Medjool dates, pitted

¼ cup quinoa

- Grind the seeds first and shred the spinach. Put everything into the blender and process together well.
- Pour into a big glass and enjoy straight away.