



Quick Smoothie Recipes

BLUEBERRY MINT SMOOTHIE

DELICIOUS WAYS TO BALANCE HORMONES, REDUCE INFLAMMATION, AND LOSE WEIGHT



BLUEBERRY MINT SMOOTHIE

- 1/4 CUP FROZEN BLUEBERRIES
- 1/8 CUP BLACKBERRIES
- 1/2 CUP COCONUT MILK
- 1 TBSP FRESH CHOPPED PEPPERMINT
- 1 TBSP CHIA SEEDS
- 1 TBSP HEMP SEEDS
- 1/2 CUP WATER

POMEGRANATE SMOOTHIE

DELICIOUS WAYS TO BALANCE HORMONES, REDUCE INFLAMMATION, AND LOSE WEIGHT



POMEGRANATE LOVE

- 1/2 APPLE
- 2 TBSP POMEGRANATE SEEDS
- 1/2 TSP GINGER
- 1 TBSP FLAX SEED
- 1/2 CUP BEET GREENS
- 1/2 CUP ALMOND MILK
- 1 SCOOP OF PROTEIN POWDER
- 1/2 CUP ICE

GREEN GODDESS SMOOTHIE

DELICIOUS WAYS TO BALANCE HORMONES, REDUCE INFLAMMATION, AND LOSE WEIGHT



GREEN GODDESS SMOOTHIE

- 1/2 GREEN APPLE
- 1/4 CUP WATERCRESS
- 1/4 CUP BEET GREENS
- 1 TSP FRESH CHOPPED PEPPERMINT
- 1 TSP HONEY
- 1 CUP FLAX MILK
- 1 SCOOP OF PROTEIN POWDER

LOVE OF SEEDS SMOOTHIE

DELICIOUS WAYS TO BALANCE HORMONES, REDUCE INFLAMMATION, AND LOSE WEIGHT



FOR THE LOVE OF SEEDS

- 1 TBSP CHAI SEEDS
- 1 TBSP FLAX SEEDS
- 1 TBSP PUMPKIN SEEDS
- 1 CUP FLAX MILK
- 1/2 CUP FROZEN BERRIES
- 1/4 CUP WATERCRESS
- 1 TSP FRESH CHOPPED PEPPERMINT

RUBY RED SMOOTHIE

DELICIOUS WAYS TO BALANCE HORMONES, REDUCE INFLAMMATION, AND LOSE WEIGHT



RUBY RED

- 1 BLACK PLUM
- 10 CHERRIES
- 1/2 RED APPLE
- 1 TSP FRESH CHOPPED MINT
- 1 TBSP HEMP SEEDS
- 1 SCOOP OF PROTEIN POWDER
- 1 TSP CHIA SEEDS
- 1 CUP ICE

FILL ME UP SMOOTHIE

DELICIOUS WAYS TO BALANCE HORMONES, REDUCE INFLAMMATION, AND LOSE WEIGHT



FILL ME UP

- 1 TBSP COCONUT OIL
- 1/4 CUP COCONUT MILK
- 1 CUP FROZEN BERRIES
- 1/4 CUP BEET GREENS
- 1 TSP CHIA SEEDS
- 1/2 PEAR
- 2 TBSP HEMP SEEDS

THANK YOU FOR DOWNLOADING MY HORMONE SMOOTHIE E-BOOK



*Women's Hormone Expert
for 30 years.*

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LET'S CREATE YOUR OWN TAILOR-MADE WELLNESS
JOURNEY, AND GET YOU LOOKING AND FEELING
BETTER TODAY!

LOVE,
DR. LORI

DR LORI PUSKAR