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Smoothies

Mango-licious

3 handfuls of spinach
2 cups of water
1 apple, quartered
1 cup of frozen mango
1 cup of frozen strawberries
1 handful of grapes
1 teaspoon of agave
2 table spoons of hemp seeds or flax seeds

Volcanic Strawberry

3 handfuls of spring mix greens
2 cups of water
2 apples, quartered
1 ½ cups of frozen strawberries
2 teaspoons of agave
2 tablespoons of hemp seeds or flax seeds

Forever Young

1 cup of spring mix greens
2 cups of spinach
2 cups of water
1 ½ cups frozen blueberries
1 banana
1 apple
1 teaspoon of agave
2 tablespoons of hemp seeds or flax seeds

Peachy Dream

2 cups of Kale
1 cup of spinach
2 apples
1 ½ cups of frozen peaches
1 ½ cups of frozen mixed berries
2 teaspoons of agave
2 tablespoons of hemp seeds or flax seeds



Verry Berry

- 1 cup of spinach
- 1 cups water
- 1 cup of frozen peaches
- 1 cup of grapes
- 1 ½ cups blueberries
- 3 teaspoons of agave
- 2 tablespoons of hemp seeds or flax seeds

Cherry Banana

- 1 cup cherries, pits removed
- 1 whole banana
- 2 cups fresh baby spinach (or other leafy green)
- 1/2 cup water

Cherry- Apple

- 1 cup cherries, pits removed
- 1 whole apple
- 2 cups fresh baby spinach (or other leafy green)
- 1/2 cup water

Sunset Passion

- 1 cup cherries, pits removed
- 1 young coconut (meat and 1/2 cup coconut water)
- 1/2 apple or pear
- 2 cups fresh baby spinach (or other leafy green)

Tropical Island

- 1 cup pineapple
- 2 cups of frozen peaches
- 2 frozen bananas, peeled
- 2 cups spinach,
- 1 ½ teaspoons of Agave
- 2 cups of water



2 Tablespoons hemp seeds or ground flax seeds

Spinach Kale Berry

1 large apple
1 frozen, peeled banana
1 ½ cups mixed frozen berries
4 leaves kale, de-stemmed
2 handfuls spinach
2 teaspoons of Agave
2 cups of water
2 Tablespoons hemp seeds or ground flax seeds

Mango Berry

1 pear
1 ½ cups of mangoes
1 ½ cups frozen strawberries
2 handfuls of spinach
1 teaspoon of Agave
2 cups of water
2 Tablespoons hemp seeds or ground flax seeds

Prickly Pear

¼ cup prickly pear juice(take prickly pear make juice and strain seeds out prior)
1 ½ cups of peaches
2 handfuls of pineapple chunks
2 leaves kale
2 handfuls spring mix salad greens
2 teaspoons of agave
2 cups of water
2 Tablespoons hemp seeds or flax seeds

Coconut Peach Smoothie

2 cups spinach, fresh
1 cup coconut water
2 cups frozen grapes
2 peaches



Tropical Spinach Smoothie

2 cups spinach, fresh
2 cups water
1 cup pineapple
1 cup mango
2 frozen bananas

Fat Burner Smoothie:

2 Cups of Cooled Green Tea
½ Can Coconut Milk
¼ Cup Dates (or use your agave)
½ Avocado
½ Grapefruit
Juice of 1 Lime
1 Cup Spinach

The Ultimate Smoothie:

A handful of leafy greens (such as kale, spinach or arugula), washed and stem removed
1 cup frozen blueberries (or mixed berries)
1 tablespoon of hemp seeds or flax seeds
1 cup unsweetened nut milk of your choice
1/2 cup water
Agave to Taste

After Workout Smoothie

2 bananas, peeled
1 cup cherries, pitted
The vanilla from one vanilla bean (How to use vanilla bean.), or 1/4 teaspoon vanilla extract
4 chard leaves, stems removed
1 scoop protein powder- I always recommend plant based
*** I always add seamoss to every smoothie but it's optional**

***You can add protein powder if you would like to any smoothie recipe**

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