

HELLO SUNSHINE.



# Smoothie Recipes

10 YUMMY, HEALTHY SMOOTHIES  
TO START YOUR DAY

BY JANNEKE LAST  
CERTIFIED HEALTH COACH

# Hi There!

Thank you for downloading my smoothie recipe e-book.

My name is Janneke Last and I am a certified Health Coach.

I am a busy mom of two and smoothies are saving my life right now ;).

I am thrilled that you are checking out these smoothie recipes.

They will make your life easier and healthier!

Starting your day with a healthy smoothie is an excellent choice.

It is easy, fast and nutritious. No cooking, chopping, baking, waiting

or skipping breakfast.....all you need is a high quality blender

(I prefer the Vitamix). I love that you can feed your body important

nutrients in this easy way. These smoothies are created to keep you full

and energized all morning.

Each smoothie recipe contains fat, protein, fiber and greens.

The smoothies are a well balanced meal and give you maximum nutrition.

The smoothie recipes serve one person, however it's easy to double or triple the recipe.

The amount of liquid in the recipe is a guideline, add more or less to create your preferred consistency. Add a handful of ice cubes to make it more refreshing.

ps. Check out a fun bonus recipe on the last page!

*Enjoy!*

# *Some tips and guidelines*

Have fun and be creative with the recipes, it is easy to swap one fruit or vegetable for another. You will find that as you make these smoothie recipes regularly you can adjust them to your liking or with whatever you have on hand.

The recipes include "super" foods like Chia seed and Raw Cacao. However feel free to add whatever you think your body needs.

## *Super food suggestions:*

- Spirulina powder
- Maca powder
- Flax seed
- Chia seed
- Matcha green tea powder
- Acai
- Nuts
- Kale
- Herbs
- Spices (like ginger or turmeric)

In order to fuel your body properly and have this smoothie be a true balanced meal, it is important to always add a protein and a fat.

Often smoothies contain just fruits (and some vegetables) and our body doesn't need an overload of fruits because it will make your blood sugar spike and you will be hungry again in no time. Fats are important for energy, absorption of nutrients, cell growth and much more! Protein has many roles in your body like repairing and building your body's tissues and keeping your immune system strong.

Here are some suggestions for fat and protein in smoothies.

## *Fat*

- Avocado
- Coconut oil
- Olive oil
- Avocado oil
- Ghee
- nut butter
- Walnuts
- Seeds

## *Protein*

Use your preferred protein powder from the health food store in the smoothies. Choose a plant based or animal based powder depending on your preference. Collagen Peptide protein powder from Vital Proteins is an option that I like, it has no flavor. I also use a vanilla protein powder in some of the recipes. Check the ingredient list to see if your protein powder contains added sugars or chemicals. The smaller the ingredient list the better.

*Try to use Organic Ingredients as much as you can*

# *Basic Green Smoothie*

1/4 avocado  
1/4 cucumber  
2 tablespoons chia seeds  
1 Serving protein powder  
Handful of spinach  
1 cup whole milk or your choice of nut milk  
1 cup filtered water  
ice

# *Detox Smoothie*

1/4 avocado  
Juice of 1/2 lemon  
1/2 cucumber  
6 fresh mint leaves  
1/4 inch of ginger  
Handful of spinach  
1/2 apple  
1 serving of protein powder  
1 tablespoon of chia seeds  
2 cups of filtered water

# *Berry Delicious*

1/2 cup frozen blueberries

Handful of spinach or mix of leafy greens

1/4 cucumber

1 tablespoon of coconut oil

1 serving of vanilla protein powder

Small handful of parsley

1/4 inch of ginger root

1 tablespoon chia seeds or flaxseeds

1/2 apple or pear

2 cups of filtered water

# *Tropical Island*

1 cup frozen mango

1/4 avocado

1/2 orange

Handful of spinach

1 serving of vanilla protein powder

1 tablespoon chia seeds

2 cups of whole milk or your choice of nut milk



## *Strawberry Basil*

1/4 cup frozen or fresh strawberries

Handful of spinach

Handful of fresh basil

2 tablespoons chia seeds

1 serving of protein powder

1 tablespoon of coconut oil

2 cups unsweetened almond milk

## *Summer Peach*

1/4 frozen or fresh sliced peaches

Handful of spinach or baby kale

1 tablespoon coconut oil

1/2 cup coconut cream or milk (optional)

1 serving of vanilla protein powder

1 tablespoon of chia seeds

2/3 cups of whole milk or nut milk of your choice

# *Chocolate Date shake*

1/2 frozen banana

1 to 2 dates

1 serving of vanilla protein powder

1/2 to 1 tablespoon of organic Raw Cacao powder (Navitas Organics)

small handful of spinach or frozen broccoli florets

1 tablespoon of almond butter

2 cups of whole milk or your choice of nut milk

Handful of ice cubes

# *Comfort Smoothie*

1 apple

1 tablespoon nut butter

1 tablespoon chia seed

3 frozen broccoli florets or spinach

2 cups of unsweetened nut milk

1 teaspoon of cinnamon

pinch of nutmeg

Handful of ice cubes

Handful of chopped walnuts or pecans for garnish

# *Smoothie Bowl*

Turn your favorite smoothie into a lunch or breakfast bowl!

Pour your favorite smoothie into a bowl.

Make sure the consistency of your smoothie is thick.

To make it thicker you can add more ice before you blend it.

Another option is add more fruit, vegetables or nut butter.

*Add toppings of your choice*

Chopped nuts

Chia seeds

Sliced fruit

Berries

Chopped dates

Granola

Pomegranate seeds

Local honey

Coconut flakes

Greek yoghurt

Nut butter

*Enjoy this healthy and fun meal!*