



RAW POWER SMOOTHIE

energy boosting

SERVINGS: 1

Ingredients

1/2 cup nut milk
1/2 cup raw coconut water (my pick: Harmless Harvest Brand)
Large handful of spinach, washed
1 scoop plant-based vanilla protein powder (I prefer Sprout Living)
1/2-1 teaspoon match green tea powder
1 Tablespoon maca powder
1/2 frozen banana
1/2 avocado

Directions

Blend the nut milk, coconut water and spinach together until well-incorporated. Then add each of the next three ingredients, one at a time, making sure that each one is mixed well before you add the next one. Finally, add the frozen banana and the avocado and blend on high until smooth and creamy.

Pour and enjoy immediately!

#NOURISHINGSMOOTHIES



SAVORY GREEN ENERGY SMOOTHIE

energy boosting

SERVINGS: 3

Ingredients

1 cup water (or green juice)
1 cup raw coconut water (my pick: Harmless Harvest Brand)
Big handful of spinach (about 1 cup, packed)
1/2 cucumber, skin removed
1/2 red pepper
1 clove garlic, chopped
1" fresh chopped ginger, skin removed
1 1/2 cups sunflower sprouts
1/2 lime, juiced
optional: 1 teaspoon of dulse flakes

Directions

Blend first three ingredients until well-combined (be aware: the mixture won't yet look smooth). Then add each remaining ingredient, one at a time, blending well in between each addition until all ingredients have been incorporated. You can add more water if the smoothie feels too thick or to adjust the consistency to your preference.

Pour into chilled glasses. Top with an additional sprinkle of dulse flakes if desired. Refrigerate and use within 24 hours.

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MOVE OVER POPEYE SMOOTHIE

energy boosting

SERVINGS: 1

Ingredients

1/2 cup raw coconut water (my pick: Harmless Harvest Brand)
1/2 cup almond milk
1 handful organic spinach
1 serving spirulina
1 scoop plant-based vanilla protein powder (I prefer Sprout Living)
1/2 frozen banana
1 tablespoon hemp seeds
1/2 avocado
Optional topping: hemp seeds

Directions

Blend first three ingredients until well-combined. Then add remaining ingredients, one at a time, until each one is well blended. Optional: Top with hemp seeds.

Pour into a glass, serve immediately and enjoy!!

#NOURISHINGSMOOTHIES



BLUE MAJIK SMOOTHIE BOWL

anti-inflammatory

SERVINGS: 1

Ingredients

1 cup almond milk (or other nut milk of choice)
1 frozen banana
1 serving E3Live Blue Majik powder
1-2 tablespoons coconut (fresh if possible)
1 tablespoon white chia seeds
Optional: 1 scoop plant-based vanilla protein powder (I prefer Sprout Living)
Optional toppings: sliced kiwi, coconut shavings, blueberries, black raspberries.

Directions

Place the nut milk and frozen banana into a blender at medium speed until well-blended. Add each remaining ingredient one at a time until well-blended. Once all ingredients are combined, pour mixture into a bowl and decorate as desired using optional toppings, or experiment using toppings of your choice.

#NOURISHINGSMOOTHIES



PIÑA-COLADA TURMERIC SMOOTHIE

anti-inflammatory

SERVINGS: 2

Ingredients

1 cup raw coconut water (my pick: Harmless Harvest Brand)
1/2 cup almond milk
2" fresh turmeric, cut into small pieces (with skin removed)
1" fresh ginger, chopped (with skin removed)
3 scoops plant-based vanilla protein powder (I prefer Sprout Living)
1 frozen banana
1 cup pineapple (fresh if possible)
A pinch of black pepper

Directions

Place first three ingredients into a high speed blender and blend on high. Then add each of the remaining ingredients one at a time, blending each well before adding the next.

Once all ingredients are fully incorporated, pour into two glasses and enjoy!

#NOURISHINGSMOOTHIES



MINTY GREEN SMOOTHIE

anti-inflammatory

SERVINGS: 1

Ingredients

3/4 cup almond milk
8-10 strawberries (tops removed)
2-3 kale leaves (stems removed)
Lemon zest (about 1 teaspoon)
1-2 sprigs of mint leaves (set aside additional sprig for garnish)
1 peach, skin removed and pitted
1 tablespoon white chia seeds
Choices for sweetener: either 1-2 pitted dates (Vegan option) OR 1 tsp of honey
Optional garnish: shaved coconut, sprig of mint

Directions

Blend first 6 ingredients in blender on high until resulting mixture is smooth. Then add chia seeds and either dates OR honey and blend again for a minute, or until smooth.

Pour smoothie into chilled glass. Garnish as desired with shaved coconut and mint sprig. Enjoy!

#NOURISHINGSMOOTHIES



GREEN TEA SMOOTHIE

metabolism boosting

SERVINGS: 2

Ingredients

3/4 cup green tea, brewed and then chilled in the refrigerator
1 handful of spinach
1 sprig of mint (plus extra for garnish)
10 almonds
1 stalk of celery (cut into pieces)
1 tsp ground flax seed
1 small apple, cored
Optional: sprinkle of cinnamon, sprig of mint

Directions

Combine tea, spinach, almonds, apple, celery, mint and flax seeds into blender and blend on high until smooth.

Pour into a chilled glass, and if desired, add optional sprinkle of cinnamon and sprig of mint for a little extra zip! Enjoy!

#NOURISHINGSMOOTHIES



AÇAÍ BLUEBERRY SMOOTHIE

metabolism boosting

SERVINGS: 3

Ingredients

2 packets of frozen Açai Berry smoothie packs (individual servings)
1 cup cashew milk
1/2 cup raw coconut water (my pick: Harmless Harvest Brand)
2 cups frozen blueberries
2 packets E3Live Blue Majik (single serving powdered superfood concentrate)
1 tablespoon hemp seeds
2 tablespoons chia seeds

Directions

Place first two ingredients in a high powered blender and blend well. Then add remaining ingredients one at a time, blending each one well before adding the next. Add chia seeds last.

Pour into a large glass or mason jar and enjoy!

#NOURISHINGSMOOTHIES



PRETTY IN PINK SMOOTHIE

digestive dynamo

SERVINGS: 1

Ingredients

2 pitaya smoothie packs
12 strawberries, washed with stems removed
1 cup almond milk
1/2 cup raw coconut water
1 frozen banana
Juice of 1 lime
1/4 cup fresh pineapple
3/4" fresh ginger
pinch of sea salt
Optional: 1-2 tablespoons of raw almond butter
Toppings: chopped or diced pineapple, shredded coconut

Directions

Combine all ingredients in a high speed blender (except for optional toppings), and blend until fully incorporated.

Pour into chilled glasses and garnish with pineapple chunks and shredded coconut if desired. Enjoy!

#NOURISHINGSMOOTHIES



TROPICAL PARADISE SMOOTHIE

digestive dynamo

SERVINGS: 1

Ingredients

1 cup fresh papaya, cubed
1/2 cup cashew milk (or nut milk of your choice)
1/4 cup coconut water OR omit coconut water and use additional 1/4 cup cashew milk (or nut milk of your choice)
1/2 frozen banana
1" fresh ginger chunk, peeled
1 scoop plant-based vanilla protein powder (I prefer Sprout Living)
Optional: juice of 1/2 of a lime

Directions

Place papaya and liquid ingredients in a blender and blend until well-combined. Then add remaining ingredients one at a time, blending well after each addition until mixture is fully incorporated.

Pour into a chilled glass and enjoy!

#NOURISHINGSMOOTHIES



PEACH BERRY ALOE SMOOTHIE

digestive dynamo

SERVINGS: 1

Ingredients

1/2 cup almond milk
1 scoop plant-based vanilla protein powder (I prefer Sprout Living)
1" fresh aloe (or approx 2 tablespoons if using bottled version)
1 peach, pitted and skin removed
1 cup fresh or frozen organic raspberries
1/2 tablespoon maca powder
Optional toppings: raw cacao nibs, shredded coconut

Directions

Blend all ingredients on high until smooth and creamy.

Pour into a single serving glass and enjoy!

#NOURISHINGSMOOTHIES



BERRY FRESH SMOOTHIE

anti-aging

SERVINGS: 1

Ingredients

1/2 cup raw coconut water (my pick: Harmless Harvest Brand)
1/2 cup almond milk (or other nut milk of your choice)
1 large handful of spinach
1 cup fresh organic strawberries
1/2 fresh orange, peeled
1 heaping tablespoon hemp seeds
1/2-1 whole frozen banana
Optional topping: raw cacao nibs

Directions

Blend the coconut water and almond milk together well, then add each remaining ingredient one at a time, blending each one until smooth.

Pour into a glass, top with raw cacao nibs if desired, and drink up!

#NOURISHINGSMOOTHIES



STRAWBERRY FIELDS SMOOTHIE BOWL

anti-aging

SERVINGS: 1

Ingredients

1 single serving frozen Acai smoothie pack
12 organic fresh strawberries
1/2 cup almond milk (or other nut milk of your choice)
1/2 tablespoon hemp seeds
1 tablespoon cashews
1/2 frozen banana
Optional Toppings: shaved coconut, raw cacao nibs, fresh organic strawberries

Directions

Blend first three ingredients until smooth. Then add each remaining ingredient one at a time, taking a minute to blend each one well before adding the next. Pour fully incorporated mixture into your favorite bowl.

Top with suggested optional toppings or anything else you like.

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PEACH DRAGON SMOOTHIE BOWL

anti-aging

SERVINGS: 2

Ingredients

1 fresh dragon fruit (available seasonally)
1 cup almond milk
1 1/2 frozen bananas
1 tablespoon white chia seeds
1 peach (skin and pit removed)
Optional toppings: shredded coconut, raw cacao nibs

Directions

Cut the dragon fruit in half and scoop out the center flesh. Discard the shell. Blend together the dragon fruit and the almond milk on high speed until combined. Then add each remaining ingredient one at a time until each is incorporated. Smoothie mixture is complete when all ingredients are well blended.

Pour into two bowls. Add optional toppings and enjoy!

#NOURISHINGSMOOTHIES



CHOCOLATE CHERRY BROWNIE SMOOTHIE

immune boosting

SERVINGS: 2

Ingredients

1 1/2 cups almond milk
2 kale leaves, stems removed
1 frozen banana
1 cup frozen cherries
1/2 avocado
1/8 teaspoon vanilla powder (or scrapings from one vanilla bean)
1 tablespoon raw cacao powder
2 scoops plant-based chocolate protein powder (I prefer Sprout Living)
Optional toppings: sliced banana, fresh cherries, shredded coconut

Directions

Blend almond milk and kale leaves until well-combined. Then add each remaining ingredient, one at a time, until mixture is smooth and creamy.

Pour into a bowl and top with optional toppings.

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AÇAÍ MANGO SMOOTHIE

immune boosting

SERVINGS: 1

Ingredients

1 Açaí berry frozen smoothie pack
1 small mango, peeled and cubed (about 1/2 cup) or 1/2 cup frozen
1/2 cup raw coconut water (you can substitute nut milk)
Spinach- one large handful
1 scoop plant-based vanilla protein powder (I prefer Sprout Living)
1/2 frozen banana
Optional: fresh blueberries, raw cacao nibs, shredded coconut

Directions

Put first three ingredients in a high speed blender and blend until well-incorporated. Then add each remaining ingredient, one at a time, blending well in between. Continue to blend until smooth.

Pour into a glass, top with blueberries, cacao nibs or shredded coconut as desired, and enjoy!

#NOURISHINGSMOOTHIES



ALMOND MILK

Ingredients

One cup of raw almonds
Three cups of water plus water to soak almonds
1/4 tsp Vanilla powder or the scrapings from one vanilla bean
1 Medjool date (pitted)

Directions

Soak almonds overnight (or for 8 hours) to soften. Rinse Almonds and put them into the blender. Add the rest of the ingredients. Blend, start slow and build up to high speed for a few minutes, or until completely blended. Strain blended milk through a nut bag, squeezing all the milk out before discarding the pulp.

Experiment with adding ingredients like raw cacao to make a chocolate milk.

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HEMP MILK

Ingredients

3 1/2 cups water
1/2 cup hemp seeds
3 dates (pitted)
1/4 teaspoon vanilla powder (or vanilla scrapings from one bean)

Directions

Place all above ingredients into a high speed blender, and blend progressively, increasing speed from slow to high until mixture is well-blended. Put milk through a nut milk bag, squeezing out the liquid. Discard the pulp.

Keep in a sealed glass bottle for up 4 days.

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CASHEW MILK

Ingredients

1 cup raw cashews
3 cups water
1 tablespoon honey OR yacon syrup
1 teaspoon vanilla OR vanilla seeds from one vanilla bean
1/2 teaspoon cinnamon
1 pinch fine sea salt (celtic or pink Himalayan preferred)

Directions

Place all ingredients into a blender on high until mixture is well-blended (about 45 seconds).

Pour into a bottle to store in the fridge for up to 5 days. Shake bottle well before each use.

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