



Ashly Bines

GREEN SMOOTHIE

REVOLUTION

DRINK GREEN . EAT CLEAN . TRAIN MEAN



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Welcome!

My name is Ashy Bines and this is the... ASHY BINES GREEN SMOOTHIE REVOLUTION!

Athletes and health industry professionals have been utilising green smoothies for years, & with good reason! They're so much healthier than processed fruit juices and, when made correctly, green smoothies can offer our bodies pure nutrition.

When juiced, many fruits and vegetables can lose nutritional value as juices and pulps are removed. Smoothies are made with the entire fruit or vegetable, ensuring that we benefit from 100% of our ingredients!

Green smoothies are low in calories but high in energy and super filling thanks to the balanced sugar content provided by the mix of fruit and vegetables.

Green smoothies are also great for those who are slightly picky with their tastes – you can squeeze a lot of fruits or vegetables in there that you may not love the taste of as you won't even be able to taste them! It's surprising how many different fruits and vegetables complement each other when mixed together. Smoothies are quick to make and can be stored for a day or two afterwards, so there's no excuse for never having a yummy smoothie on hand!

Smoothies will help to keep you hydrated. The average recommended water intake is minimum 8 glasses a day – you could get over half of that just by adding extra water to your smoothie mixes and be hydrating yourself without even knowing it! It's a great bonus for those who don't like the taste of water.

In this plan you will find my Green Smoothie Philosophy, loads of Tips and Tricks, how you should go about Sourcing Ingredients and a huge variety of Recipes.

Make sure you take a good read through all the Tips and Tricks and the Green Smoothie Philosophy for everything you need to know about how to create, make and utilise green smoothies to your advantage!

If you have any questions, be sure to email support@cleaneatingdietplan.com for assistance. Don't forget to join the Facebook forum to share recipes, results and ideas with all your fellow smoothie drinkers.

The recipes are divided into 4 sections – Green Smoothies, Fruit Smoothies, Protein Smoothies and Creamy Smoothies to fill You Up!

Improving your skin, hair, teeth, nails, health and insides has never been so delicious!

Ashy Bines





GREEN SMOOTHIE



Philosophy

1. RAW FOODS

You may have heard about 'raw' foods, and like me you may think that lifestyle too extreme.

Green smoothies are a great way to take the first steps in getting more nutrients and good fibres into our systems without being exclusively 'raw'.

Raw is all about getting maximum benefits out of the foods we eat without heating them up. The food maintains all the goodness that nature intended it to have. The living enzymes and proteins in the food, along with the non-saturated and naturally beneficial fats, all retain their natural state so our bodies can benefit.

2. NATURAL EFFECTS & BENEFITS

It has been well documented that greens give us an amazing boost.

Energy, vitality and detoxification are all achieved using various fruits and vegetables combined. When combining the different elements within a green smoothie you can adjust ingredients to cater to what your body needs by adding proteins and oils that are absorbed quickly into our systems.

After a week you will notice the difference in your day to day energy levels, and will feel like you can change bad habits for the better.

3. REASONS FOR TRYING IT

When we're young we are told to 'eat our greens'. This was always a struggle, as most of us didn't know how to really cook greens well.

This is one of the easiest ways to eat lots of greens, and enjoy the taste too. Simply combining fruits as a base while adding dark green leafy vegetables boosts our ability to drink lots, and I mean LOTS, of greens. You feel incredible, feel full and avoid feeling bloated.

Cold or frozen additions to a smoothie help make it even better. Using ice or frozen berries cools the whole drink, making it taste even better. Frozen bananas are great too, just freeze them in an air tight container so they don't go brown.

With most greens, the 'bitter' taste is what people don't like. Too strong of a flavour will put you off eating lots of good clean food. This method takes away the bitter taste. Natural detox happens due to the high fibre content of the smoothie, improving digestion and bowel movements.



Tips & Tricks!

Boost your vitamin intake by adding a handful of kale or spinach!

INVEST IN A POWERFUL BLENDER.

If you use a juicer, you will lose a lot of the vitamins and minerals offered by the skins and pulps. A blender will mean that you are utilising and benefiting from the entirety of your ingredients.

Add immune boosters such as powdered probiotics, olive leaf extract, elderberry extract and wheatgrass!

If you do have leftover smoothies, store them in an airtight container to prevent oxidation. Green smoothies can safely last refrigerated for 24-48 hours.

Drink your smoothie right away for optimal nutritional benefit.

FOR A CHILLIER SMOOTHIE, FREEZE YOUR FAVOURITE FRUITS AND BLEND THEM IN!

Alkalised or purified water is great to use as it means that any incidental nasties in the water are removed, making it is as 'clean' as possible.

If you get tired of water as your smoothie base, mix it up and use coconut water or nut milks for a creamier texture. Ensure that it is unsweetened and natural when possible.

If you find your smoothie tasting too 'bitter' (green), simply add half a banana, half a mango, a table-spoon of natural or organic honey or some green apple slices to sweeten it up.

Tips & Tricks!

As you utilise green smoothies more and more, you will find that your tolerance to taste increases, meaning you'll be able to add more and more greens and gradually reduce sweeteners.

GREEN SMOOTHIES WILL IMPROVE YOUR DIGESTION AND BOWEL MOVEMENTS

ADD CHIA SEEDS AND BEE POLLEN FOR EXTRA PROTEIN, CALCIUM, FIBRE AND IRON

If you have a busy schedule, make your days' worth of smoothies in the morning and store them in the fridge in individual portions for easy consumption.

If at any point your smoothie is too thick, just add ¼ cup water or coconut water at a time to reach desired consistency.

FOR A SMOOTHER CONSISTENCY, FINELY CHOP YOUR INGREDIENTS BEFORE BLENDING

An apple corer can be a great investment as it will save time. Otherwise spend time cutting the apple to the core, this reduces the risk of seeds and stems ending up in your drink.

Ensure that all or as many as possible of your ingredients are fresh and/or organic. Check out the 'Sourcing Ingredients' page to find out why.

To maximise its benefits, drink your smoothie alone and not as part of a meal. This will allow your body to metabolism it faster. As a rule of thumb, avoid eating anything else 40 minutes before or after your smoothie.

Sourcing Ingredients

When making clean and healthy smoothies, the quality of ingredients is such a crucial aspect of taste and nutritional value.

If you have seen my Clean Eating Diet Plan, you will know that I wholeheartedly advocate for organic produce.

Organic foods are fresh and unprocessed and grown without chemicals, hormones or other additives. Many professionals within the hospitality industry have even gone so far as to claim that organic ingredients result in better tasting meals.

Aside from the many benefits organic foods have for our bodies, they are extraordinarily good for the environment. No harmful chemicals being used means less wear and tear on the environment and on our bodies as well.

The best places I've found to get organic ingredients from are farmers' markets, your local green grocer or the Macro aisle of your local supermarket. Questions, queries and comments can all be catered to by the Organic Federation of Australia (02) 9299 8016.

When purchasing your fruits and vegetables for your smoothies, be they organic or fresh, ensure the following -

- Your coloured foods should be colourful – not browning or faded.
- Your fruits and vegetables should not smell 'chlorinated' or like chemicals at all.
- Buy fresh fruit & vegetables, not frozen or pre-packaged ones.
- When possible, buy fresh herbs and spices instead of bottled.

If you purchase your fruits and vegetables from your green grocer or supermarket, take some time to speak with your grocer about the lifespan of your produce. They should be able to give you details on the best way to store and preserve your food as long as possible. Herbicides and pesticides have long been suspected by the National Cancer Research Institute as a probable cause of particular cancers (including cancers of the prostate, lip, brain and stomach). The absence of these in organic foods is definitely a nod in their favour.





FAQ'S

Q: What is included?

A: For your one time payment of \$19.95, you will receive 200 of Ashy's favourite smoothie recipes! Split into easy-to-read sections for you – Green Smoothies, Fruit Smoothies, Protein Smoothies and Cream Smoothies to Fill You Up.

Q: Do green smoothies act as a meal replacement?

A: Green smoothies are a great snack and great addition to an already clean diet to aid your nutrient intake. You should not, however, substitute solid foods and regular meals entirely with smoothies. Use in conjunction with a healthy, regular diet.

Q: I have some questions, who can I ask?

A: Simply email support@cleaneatingdietplan.com for all the help you need.

Q: What's the best way to mix my smoothies?

A: The best way to make your smoothies is with a blender as opposed to a juicer. A juicer will remove skins and pulps that offer vital nutrients, while a blender will allow all the nutrients from your ingredients to remain viable and mix your separate ingredients together more efficiently.

Q: Can I store my smoothies in the fridge?

A: Yes, green smoothies can be stored in a refrigerator in an airtight container for up to 48 hours.

Q: How many green smoothies can I drink in a day?

A: Approximately 1-2L of green smoothie a day will allow for you to consume the recommended amount of vitamins and nutrients. If that is too much to start off with, just have 2x smoothies a day and work on building up your intake.

Q: Will I lose weight drinking green smoothies?

A: Yes. Vegetable smoothies are naturally low calorie, high fibre and loaded up with essential vitamins and minerals. They help to speed up your metabolism and improve your bowel movements which will reduce bloating and aid in the burning of visceral fat. Please take a look at my answer on the next page regarding fruit and weight loss.



FAQ'S

Q: Should I be having a lot of fruit in my smoothies?

A: Remember that everyone's goals are different. There is a lot of fruit in some of my smoothie options- if you are on a weight loss journey I would keep these as a treat and have in the morning or just on the days you are really active.

The more vegetables you have in your juice the better. The fruit sweetens things up to make it more enjoyable but be mindful of how much you are consuming in one day. This is due to the high amount of natural sugars in fruit.

If you are maintaining your figure and not wanting to lose any weight, you can be more care-free about your daily intake of natural sugars. If you are super active every day then you do not need to be concerned with consuming some extra fruit.

I would avoid big servings of fruit on the days I'm not active but a green smoothie with fruit after a big workout is perfect timing to consume natural sugars and will refuel our energy tanks.

Q: How can I get more calcium in my smoothies without adding dairy?

A: Dark leafy greens are the best alternative source of calcium. One cup of kale offers approx. 9% of your recommended daily intake of calcium. One lemon offers approx. 7%.

Q: Why are smoothies so good at 'detoxing' the body?

A: Fruits and vegetables facilitate detox more efficiently than any other food group. Avoiding animal products and dried foods will successfully aid in ridding the body of unwanted toxins. Adding lemon, lime or grapefruit juices to your smoothies is also great for the metabolism.

Q: I'm getting tired of drinking green smoothies every day, what should I do?

A: Avoid getting stuck in a smoothie rut by mixing up your ingredients and combinations. Adding exotic fruits with a bit of a kick such as pineapple and cherry will make your smoothies more exciting, as will a tablespoon of natural cacao powder. If you want to spice it up a bit, try a pinch of cinnamon, nutmeg or even cayenne pepper in your smoothie for a new taste as well as a metabolism kick!

Section 1:

GREEN SMOOTHIES



VITAMIN C IMMUNITY BOOSTER

Makes 1

2 cups spinach (raw)
 $\frac{3}{4}$ cup orange juice (fresh)
 $\frac{3}{4}$ cup water (alkalised/purified if possible)
1 banana
 $\frac{1}{4}$ cup carrots
2 cups strawberries
 $\frac{1}{2}$ cup blueberries

Blend spinach, orange juice and water together first. Once creamy, add the remaining ingredients. Blend for additional 2 minutes.

If desired, add immunity boosters such as olive leaf extract and/or elderberry extract.

KIWI FRUIT MAGIC

Makes 1

2 cups kale (raw)
1 cup coconut water
1 cup water (alkalised/purified if possible)
1 avocado
2 kiwis
1 banana
1 cup mango
1 cup pineapple

Blend kale, coconut water and water together first. Once creamy, add the remaining ingredients. Blend for additional 2 minutes.

If you don't mind the taste, keep the skin on the kiwis. You'd be surprised how many vitamins and nutrients are in the skins of fruit and vegetables that we usually discard!

TROPICAL FIESTA

Makes 1

2 cups spinach (raw)
 1 cup coconut water
 1 cup water (alkalised/purified if possible)
 1 banana
 1 cup pineapple
 1½ cups mango
 1 tbsp. lime

Blend spinach, coconut water and water together first. Once creamy, add the remaining ingredients. Blend for additional 2 minutes.

For a cool refreshing smoothie, freeze your coconut water into icecube trays and mix frozen to cool your smoothie down.

PEACHY KEEN KALE DREAM

Makes 1

2 cups kale (raw)
 1 cup orange juice (fresh)
 1 cup water (alkalised/purified if possible)
 1 peach
 1 apple
 1 mango

Blend kale, fresh orange juice and water together first. Once creamy, add the remaining ingredients. Blend for additional 2 minutes.

Kale can be swapped with spinach and vice versa in recipes requiring either, both are healthy greens rich in iron and phytochemicals.

BERRY PROTEIN BALL

Makes 1

2 cups spinach (raw)
 2 cups almond milk (unsweetened)
 1 cup strawberries
 1 cup blueberries
 ½ cup almonds

Blend spinach and almond milk together first. Once creamy, add the remaining ingredients. Blend for additional 2 minutes.

Unsweetened almond milk is recommended as it is a great source of calcium, a nutrient we need for strong healthy bones.

ASHY'S DAILY DOSE OF MAGIC!

Makes 1

Large handful spinach (raw)
 Large handful kale (raw)
 2 tbsp. chia seeds
 Wedge lemon
 Ginger (as much as you can handle)
 Handful strawberries/mixed berries
 1 banana
 1 cup water (alkalised/purified if possible)

Blend all ingredients together. Add ¼ cup ice if you prefer your smoothies colder.

RAW GOODNESS

Makes 1

1 apple
 1 banana
 1 orange
 4-6 kale leaves (raw)
 2 cups water (alkalised/purified if possible)

Blend all ingredients together. Add ¼ cup ice if you prefer your smoothies colder.

RAW HULK SMOOTHIE

Makes 1

1 cup kale or spinach (raw)
 ½ cup parsley leaves
 1 pear (cored and chopped)
 1 banana
 2½ cups water (alkalised/purified if possible)
 Wedge lemon

Blend all ingredients together. Add ¼ cup ice if you prefer your smoothies colder.

ISLAND GREEN KALE DREAM

Makes 1

2-3 large handfuls kale (fresh)
 1 banana
 1 cup coconut water
 2 tsp. bee pollen

*Blend all ingredients together.
 Add ¼ cup ice if you prefer your smoothies colder.*

POWERFUL PINK PERFECTION

Makes 1

1 cup berries of your choice (fresh)
 ¼ beetroot
 ½ dragon fruit
 1 cup baby spinach
 Wedge of lemon or lime
 1-2 cups water (alkalised/purified if possible),
 depending how thick you want smoothie to be

*Blend all ingredients together.
 Add ¼ cup ice if you prefer your smoothies colder.*

LEAN GREEN MACHINE

Makes 1

2 cups spinach (raw)
 2 broccoli sticks
 Large handful kale (raw)
 1 cup cucumber (chopped)
 1 tbsp. chia seeds
 1 slice pineapple
 1 slice mango
 1 carrot
 Ginger (as much as you can handle)
 1-2 cups water (alkalised/purified if possible)

*Blend spinach and almond milk together first.
 Once creamy, add the remaining ingredients.
 Blend for additional 2 minutes.*

Unsweetened almond milk is recommended as it is a great source of calcium, a nutrient we need for strong healthy bones.

GREEN SPRING CLEAN

Makes 1

½ grapefruit
 Ginger (as much as you can handle)
 1 cup baby spinach (raw)
 Wedge of lemon/lime
 1 tbsp. chia seeds
 1-2 cups water (alkalised/purified if possible)

*Blend all ingredients together.
 Add ¼ cup ice if you prefer your smoothies colder.*

BASIC GREEN GOODNESS

Makes 3

1 pineapple
 2 mangoes
 1 bunch chard
 2 cups water (alkalised/purified if possible)

*Blend all ingredients together.
 Add ¼ cup ice if you prefer your smoothies colder.*

GREEN DETOXER

Makes 1

1 cup water (alkalised/purified if possible)
 ½ cup coconut milk (unsweetened)
 1½ cup kale or spinach (raw)
 3 large stalks celery
 1 apple (cored and chopped)
 1 banana
 ½ bunch cilantro
 Juice from ½ fresh lemon

*Blend water, coconut milk and greens first.
 Add remaining ingredients.
 Blend for additional 2 minutes.
 Add ¼ cup ice if you prefer your smoothies colder.*

POPEYE SPECIAL

Makes 1

½ banana
 ½ cup green grapes
 1 cup spinach (raw)
 ½ apple
 ¼ cup vanilla yoghurt (natural/organic)
 2 oz. pineapple
 1 cup ice

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies colder and thicker.*

WHEAT GRASS BLISS

Makes 1

1 cup green grapes
 ½ cup pineapple
 ½ cup wheat grass (fresh or powdered)
 ½ cup water (alkalised/purified if possible)
 1 cup ice

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

GREEN PEACH HEAVEN

Makes 1

2 cups peaches (frozen/fresh pitted)
 2 cups spinach (raw)
 1 apple
 1 cup soy milk
 1 cup ice

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

DARK GREEN MUSCLE MAKER

Makes 4

4 cups water (alkalised/purified if possible)
 2 bananas (frozen)
 1 mango
 ½ pineapple
 1 tbsp. Spirulina
 1 tsp. buchu powder or spring mint
 2 tsp. hemp oil

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

HARDCORE HEALTHY SHOT

Makes 3

1 head butter lettuce
 1 mango
 ¼ watermelon

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

LIQUID HEALTH

Makes 3

1 cup kale (raw), washed and chopped
 1 cup mint, washed and chopped
 Juice of 4 lemons/juice of 6 limes
 ½ cup honey (raw/organic)
 Pinch salt (unrefined)
 1-2 cups water (alkalised/purified if possible)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



FRUIT AND VEGETABLE MIX

Makes 1

- 1 small red beet
- 1 carrot
- 1 green apple (cored and chopped)
- 1 pear (chopped)
- 2 cups water (alkalised/purified if possible)
- 2 tbsp. lemon juice (fresh)
- 2 tsp. ginger (minced)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

ANTIOXIDANT AIDER

Makes 1

- 2 cups mixed frozen berries
- 1 cup pomegranate juice (fresh)
- 1 cup water (alkalised/purified if possible)
- ½ avocado

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PEACH, BERRY AND SPINACH DELIGHT

Makes 1

- 1 cup peach slices (fresh)
- ½ cup blackberries (fresh)
- 1 cup spinach leaves
- 1½ cups white grape juice (fresh)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

GREEN DESTROYER

Makes 1

- 1 cup spinach leaves (fresh)
- 1¼ cup white grape juice or pear juice (fresh)
- ½ avocado
- 1 green apple

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BLUEBERRY COCONUT SHAKE

Makes 1

- 1 cup blueberries (fresh)
- 2½ tbsp. almond butter (natural/organic)
- ½ cup coconut milk (unsweetened)
- 2 tbsp. water
- 1½ tbsp. honey/maple syrup (sugar free, natural/organic)
- ½ tsp. vanilla extract
- ½ cup spinach

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



SPINACH AND PEAR IN THERE

Makes 1

1 cup spinach leaves (raw)
1 cup kale (raw)
½ pear/green apple
1 banana
1½ cups almond milk (unsweetened)
1 tbsp. honey (raw/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

GREAT GREEN MONSTER

Makes 1

1½ cups almond milk (unsweetened)
½ cup coconut milk (unsweetened)
2 leaves kale (chopped)
¼ avocado
½ cup mango chunks

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

MANGO, SPINACH AND COCONUT

Makes 1

1 cup mango chunks
½ cup pineapple chunks
½ cup spinach leaves
1½ cups coconut milk (unsweetened)
1-2 tsp. maple syrup (sugar free, natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

ALMOND ENERGY

Makes 1

¼ cup almond butter (natural/organic)
1 tsp. ground cardamom
1½ cups water (alkalised/purified if possible)
1 cup peaches (frozen if desired)
1-2 tsp. maple syrup (sugar free, natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BERRY COCONUT CONCOCTION

Makes 1

2 cups mixed berries/raspberries
1½ cups coconut milk
¼ cup avocado
1 tsp. cinnamon
1-2 tsp. maple syrup (sugar free, natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

TROPICAL MADNESS

Makes 1

1½ cups pineapple or mango chunks
2 tbsp. passion fruit pureed
1½ cups almond/coconut milk (unsweetened)
1 cup kale (raw)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



MANGO SPLENDOUR

Makes 1

- 1 banana
- 1 mango
- 2 cups spinach
- 2 cups water (alkalised/purified if possible)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

GREEN ZINGER

Makes 1

- 1 banana
- 1 cup fresh berries (frozen if desired)
- 1 pear
- ½ head romaine lettuce/1 cup kale
- 1 tbsp. ginger (minced)
- 1 cups water (alkalised/purified if possible)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

APPLE SPINACH SMASH

Makes 2

- 1 cups apple sauce (natural/organic)
- 1 cup apple cider (natural/organic)
- 1 cup orange juice (fresh)
- 1 cup spinach (raw)
- 2 tbsp. maple syrup (sugar free, natural/organic)
- ½ tsp. nutmeg
- ½ tsp. cinnamon

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

COCONUT KALE CUP

Makes 1

- ¼ cup apple juice (fresh)
- 1 tsp. grated/shaved coconut
- ½ banana
- ¼ tsp. fresh ginger root (peeled)
- 1 cup kale (raw)

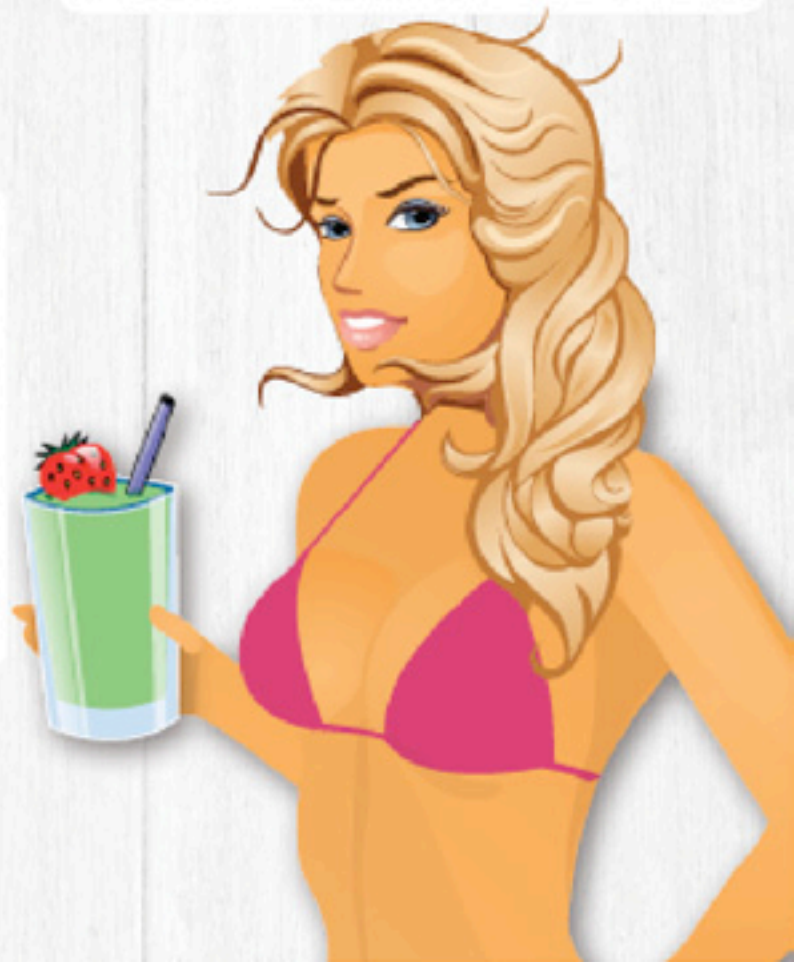
*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BAHAMA MAMA SMOOTHIE

Makes 1

- ¼ cup tofu
- ¼ cup yoghurt (natural/organic)
- ½ banana
- ½ cup strawberries
- ½ cup almond milk (unsweetened)
- ½ cup kale (raw)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



ULTIMATE CLEANSING SMOOTHIE

Makes 1

2 cups water (alkalised/purified if possible)
½ head romaine lettuce
2 stalks celery
1 green apple
1 banana
½ bunch parsley
½ bunch cilantro
Juice of ½ lemon
1 inch ginger, minced

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

ORANGE AND GREEN CREAMSICLE

Makes 1

1 banana
2 tbsp. tahini
½ tsp. Spirulina
1 cup almond milk (unsweetened)
1 cup orange juice (fresh)
2 cups ice

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

SIMPLY HONEYDEW

Makes 1

4 cups honeydew
½ head lettuce

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PEACHY DECADENCE

Makes 1

2 cups arugula
1 banana
2 peaches
1 cup almond milk (unsweetened)
1 cup water (alkalised/purified if possible)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

STRAWBERRY KALE KINDNESS

Makes 1

2 cups kale (fresh)
1 banana
1 pint fresh strawberries
1 cup almond milk (unsweetened)
1 cup water (alkalised/purified if possible)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

SUPERFOOD SMACKDOWN

Makes 1

2 cups fresh frozen fruit of choice
2 tbsp. hemp seeds
1 tbsp. cacao powder
2 cups coconut water
½ avocado
½ cucumber
2 cups lettuce/bok choy (chopped)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

MORNING SUNRISE SMOOTHIE

Makes 1

- 1 banana
- ½ cup strawberries
- ½ cup orange juice (fresh)
- 1 cup mint leaves
- ½ cup kale

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies colder.*

GREEN PINEAPPLE DELIGHT

Makes 1

- 2 cups almond milk (unsweetened)
- 2 bananas (frozen)
- 4 slices pineapple (fresh)
- 1 tbsp. honey (natural/organic)
- ½ cup spinach (raw)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies colder.*

GREEN GROOVE

Makes 1

- 1 cucumber
- 3 tbsp. mint leaves (chopped)
- 1½ cups apple juice (fresh)
- 1 cup ice cubes
- 1 cup yoghurt (natural/organic) frozen
- 1 cup kale (raw)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

MEGA MUNCH SMOOTHIE

Makes 2

- 1 mango
- 2 bananas
- 8 large strawberries
- 2 medium carrots
- 1 tbsp. honey (natural/organic)
- 1 cup kale
- 2 cups water (alkalised/purified if possible)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BLACK, BLUE AND GREEN MACHINE

Makes 1

- ¼ cup blueberries
- ¼ cup blackberries
- ½ cup kale
- ¼ avocado
- ½ cup apple juice (fresh)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BREAKFAST BLAST

Makes 1

- ½ cup orange juice (fresh)
- 1 banana
- 6-7 strawberries (frozen)
- 4-5 peach slices (frozen)
- ¼ cup blueberries
- Fresh mint (as much as you can handle)
- 4-5 leaves kale
- Pinch nutmeg
- 1 tsp. honey (fresh/organic)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

CARROT CRUSHER

Makes 1

- 2 cups carrot juice (fresh)
- 2 carrots (grated/mashed)
- ½ cup apple juice (fresh)
- 6 oz. yoghurt (natural/organic)
- 1 banana

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

CRANBERRY AND BEET BEAT

Makes 1

- 1 cup cranberry juice (fresh)
- 1½ cup orange sections
- ½ cup fresh cranberries
- 2 medium beets
- 2 cups water (alkalised/purified if possible)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

Enjoy!



Section 2:

FRUIT SMOOTHIES



APPLE MAGIC

Makes 2

1 apple
1 orange
1 tbsp. natural/organic sugar free maple syrup
½ tsp. nutmeg
½ tsp. cinnamon

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies
even colder and thicker.*

APPLE APRICOT GOODNESS

Makes 2

1 green apple (cored, peeled and chopped)
1 cup fresh apple juice
4 apricots (fresh, pitted)
1 banana (peeled)
¾ cup plain or vanilla yoghurt (natural/organic)
10 ice cubes
1 tbsp. organic honey

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies
even colder and thicker.*

APPLE BANANA SOY CONCOCTION

Makes 2

2 ripe bananas (peeled and halved)
 1 apple (peeled, cored and quartered)
 300mL natural or vanilla yoghurt (organic/natural)
 2 tbsp. sweetener (Natvia/Stevia)
 400mL organic soy milk

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

APPLE BERRY SUMMER SMOOTHIE

Makes 3

1 orange
 1 apple
 4-6 strawberries with stem
 1 frozen banana
 1 cup vanilla or plain yoghurt (natural/organic)
 ¼ cup almonds (unsalted)
 2 tbsp. wheat germ

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

APPLE CINNAMON SENSATION

Makes 2

1 apple
 2 tbsp. cinnamon
 2 scoops 'Toned' Protein Powder
 1½ cups crushed ice
 ¼ cup Greek yoghurt (full fat)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

APPLE COCONUT SUNSHINE

Makes 1

1 orange
 1 tbsp. grated/shaved coconut
 ½ banana
 ¼ tsp. fresh ginger
 2 small ice cubes

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

APPLE GINGER MADNESS

Makes 1

1 apple
 1 tbsp. coconut milk
 ½ banana
 ¼ tsp. ginger root (fresh, peeled, grated)
 ½ cup ice (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



SWEET AS APPLE PIE

Makes 2

2 cups frozen plain or vanilla yoghurt (natural/organic)
 ¼ cup fresh apple juice
 1 cup apple (peeled and diced)
 ½ tsp. cinnamon
 ¼ cup ground nutmeg

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies colder.*

APRICOT MANGO BREEZE

Makes 2

¾ cups full fat apricot yoghurt (natural/organic) (approx. 1 container serve)
 1 cup fresh lemon juice
 ½ banana
 5-6 apricot halves
 ½ mango

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies colder.*

APRICOT NECTARINE TASTINESS

Makes 1

½ nectarine
 1 apricot
 ¾ cups full fat peach flavoured yoghurt (natural/organic)
 ½ cup fresh lemon juice

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

APRICOT YUMMINESS

Makes 1

¼ cup fresh orange juice
 ½ cup plain or vanilla yoghurt (natural/organic)
 ½ cup fresh apricots (peeled and pitted)
 1 tbsp. organic honey

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

APPLE GINGER MADNESS

Makes 1

1 apple
 1 tbsp. coconut milk
 ½ banana
 ¼ tsp. ginger root (fresh, peeled, grated)
 ½ cup ice (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA APRICOT SHAKE

Makes 1

1 cup bananas (ripe, mashed)
 ½ cup almond/coconut milk (unsweetened)
 1 cup apricot nectar
 ¼ tsp. vanilla

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



BANANA BERRY BASH

Makes 1

- 2 bananas**
- ½ cup fresh blueberries**
- 1 cup plain or vanilla yoghurt (natural/organic)**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA POWER

Makes 1

- ¼ cup fresh orange juice**
- ½ cup plain or vanilla yoghurt (natural/organic)**
- ½ small banana (ripe, peeled)**
- ¼ cup strawberries (sliced, stemmed)**
- 1 tbsp. honey (organic)**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA CINNAMON SMOOTHNESS

Makes 1

- ¼ cup plain or vanilla yoghurt (natural/organic)**
- ¼ cup almond/coconut milk (unsweetened)**
- ½ banana**
- 1 tsp. vanilla**
- ½ tsp. cinnamon**
- 4 ice cubes**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA COFFEE CRAZE

Makes 2

- 2 small frozen bananas (peeled, sliced)**
- 1½ cups almond/coconut milk (unsweetened)**
- 1 cup full fat coffee flavoured yoghurt (natural/organic)**
- ¼ tsp. cinnamon**
- Pinch nutmeg**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA CREAMINESS

Makes 1

- 1 banana**
- ½ cup plain or vanilla yoghurt (natural/organic)**
- 2 cups almond/coconut milk (unsweetened)**
- 2 tsp. pure vanilla essence**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA FRUIT MIX

Makes 1

- 1 cup fresh orange juice**
- 2 cups plain or vanilla yoghurt (natural/organic)**
- 4 small bananas**
- 1 tbsp. honey (organic)**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



BANANA LIME SUBLIME

Makes 1

- 2 cups fresh lemon juice
- 1 banana
- 1 cup fresh lime rind
- 2 tbsp. coconut milk (unsweetened)
- 1 cup ice

Blend all ingredients together.

BANANA MOLASSES MADNESS

Makes 2

- 5 prunes (pitted)
- 1 banana (peeled, chopped)
- 2 cups full fat soy milk (unsweetened)
- 1 tbsp. black molasses
- ¼ tsp. cardamom
- 3 ice cubes

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies

BANANA OATS BREKKY

Makes 1

- 1 cup almond/coconut milk (unsweetened)
- 1 cup oats (unflavoured)
- 1 whole banana (chopped)
- 1 cup fresh orange juice

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

ORANGE BANANARAMA

Makes 1

- 1 cup full fat cherry flavoured yoghurt (natural/organic)
- 1 banana (peeled, cut)
- 1 orange (pitted, peeled)
- 8 dark cherries (frozen)
- 6 strawberries (frozen)

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

BANANA PEACH POWER

Makes 1

- 1 cup bananas (ripe, mashed)
- 1 cup peach nectar
- ½ cup almond/coconut milk (unsweetened)

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

BANANA PEANUT BUTTER BUZZ

Makes 1

- 1 cup almond/coconut milk (unsweetened)
- ½ small banana
- 1 tbsp. organic peanut butter
- 2 tsp. sweetener (Stevia/Natvia)
- 5 ice cubes

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.



BANANA COLADA

Makes 1

- ½ banana (peeled)
- ½ cup pineapple chunks
- ½ cup fresh pineapple juice
- ½ cup ice cubes
- 1 tbsp. sweetener (Stevia/Natvia)
- ¼ tsp. coconut oil

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA SOY SMACKDOWN

Makes 1

- ¾ cup soy milk
- 4 bananas (frozen, peeled)
- 1 tbsp. honey (natural/organic)
- 1 tbsp. vanilla extract
- 1 tbsp. carob powder

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA STRAWBERRY ORANGE-NESS

Makes 2

- 1 banana
- 1 handful strawberries
- 1 cup vanilla or plain yoghurt (natural/organic)
- ½ cup almond/coconut milk (unsweetened)
- ½ cup fresh orange juice
- ½ cup ice

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANALICIOUS BANG

Makes 1

- 2 bananas (frozen)
- 1 cup strawberries
- 1 cup rice milk (unsweetened)
- 2 tsp. natural vanilla essence
- 4 tbsp. organic maple syrup
- Pinch nutmeg

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BERRY BASH

Makes 1

- 1 cup full fat yoghurt (natural/organic)
- 1 cup coconut milk (unsweetened)
- 1 cup frozen berries

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies colder.*

BERRY BANANA BONZAI

Makes 1

- 1 small banana (frozen, peeled, chopped)
- ¼ cup fresh berries of choice
- 1 cup fresh orange juice
- 3 tbsp. full fat vanilla yoghurt (natural/organic)
- ½ cup strawberries (sliced)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies colder.*



BERRY-PALOOZA

Makes 2

½ cup strawberries (frozen)
 ½ cup blueberries (frozen)
 ½ cup raspberries (frozen)
 ½ cup fresh apple juice
 ½ tsp. fresh lemon juice
 ½ cup full fat plain or vanilla yoghurt
 (natural/organic)
 ½ cup ice

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

BERRY BRAINSTORM

Makes 2

¼ cup fresh orange juice
 ½ cup plain or vanilla yoghurt (natural/organic)
 ¼ cup strawberries (stemmed, washed)
 ¼ cup blackberries (stemmed, washed)
 ¼ cup blueberries (stemmed, washed)
 ¼ cup raspberries (stemmed, washed)
 1 tsp. honey (natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

BERRY GOOD PEACH SMOOTHIE

Makes 2

½ cup fresh apple juice
 ½ cup full fat plain or vanilla yoghurt (natural/or-
 ganic)
 1 cup peaches (fresh, sliced, partially frozen)
 ½ cup raspberries (partially frozen)
 1½ cups ice

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

BLACK CHERRY CHOICE

Makes 1

5 tbsp. full fat plain or vanilla yoghurt (natural/or-
 ganic)
 ½ cup black cherries (frozen)
 1 tbsp. honey (natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

BLUEBERRY BRAIN BOOSTER

Makes 2

1 cup blueberries (frozen)
 1 cup full fat plain or vanilla yoghurt
 Coconut milk (unsweetened, desired amount to
 reach desired consistency)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

BLUEBERRY BANANA BANG

Makes 2

1 banana (medium, ripe)
 ¾ cup blueberries (frozen)
 ¼ cup full fat plain or vanilla yoghurt (natural/or-
 ganic)
 ¾ cup coconut/almond milk (unsweetened)
 Pinch cinnamon
 ½ cup crushed ice

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*



BLUEBERRY PINEAPPLE PUNCH

Makes 1

2 cups blueberries (frozen)
1 cup fresh pineapple or orange juice, chilled
1 cup full fat plain or vanilla yoghurt (natural/organic)
1 tbsp. sweetener (Stevia/Natvia)

Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

BLUEBERRY TASTE TWIST

Makes 1

2 cups blueberries (fresh)
1 cup fresh orange juice
1 cup plain or vanilla yoghurt (natural/organic)
2 tsp. honey (organic)

Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

ROCKMELON RADNESS

Makes 1

1 banana (ripe)
¼ rockmelon (ripe)
½ cup plain or vanilla yoghurt (natural/organic)
½ cup coconut milk (unsweetened)
1½ tbsp. orange juice concentrate
2 tsp. honey (natural/organic)

Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

CHERRY VANILLA TWIST

Makes 1

¼ cup cherries (frozen)
¼ cup organic vanilla syrup
2 scoops Vanilla Protein Powder
1½ cups crushed ice

Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

CRAZY CRANBERRY SMOOTHIE

Makes 2

1 ½ cups fresh cranberry or raspberry juice
2 cups mixed berries (frozen)
1½ cups full fat plain or vanilla yoghurt (natural/organic)

Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

CRAN-ORANGE SMOOTHIE

Makes 2

1 cup fresh cranberry juice
½ cup raspberries (fresh)
1½ cups orange sections
½ cup cranberries (fresh)

Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.



BLUEBERRY CREAM

Makes 1

- 1 cup full fat blueberry yoghurt (natural/organic)**
- 1 cup blueberries (fresh)**
- 1 cup almond/coconut milk (unsweetened)**

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

FAST BREKKY

Makes 4

- 2 cups full fat blueberry or strawberry flavoured yoghurt (natural/organic)**
- 1¼ cups almond/coconut milk (unsweetened)**
- ¾ cup blueberries or strawberries (fresh)**
- 2 tsp. honey (organic)**

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

ROCKMELON MIRACLE

Makes 2

- ½ rockmelon (ripe, seeded, peeled and chopped)**
- 1 cup almond/coconut milk (unsweetened)**
- 1 cup plain or vanilla yoghurt (natural/organic)**
- 1 cup ice (crushed)**
- 2 tbsp. sweetened (Stevia/Natvia)**

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

FRESH FRUIT FUN

Makes 6

- 1 cup watermelon**
- 1 cup cantaloupe or honeydew**
- 1 cup pineapple**
- 1 cup mango**
- 1 cup strawberries**
- 1 cup fresh orange juice**
- 1 tsp. sweetener (Stevia/Natvia)**
- ½ cup ice (crushed)**

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

FABULOUS FROSTY FRUITS

Makes 2

- ¾ cup fresh pineapple juice (chilled)**
- 1 cup strawberries (fresh)**
- 1 banana (ripe)**
- ½ cup ice (crushed)**

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

CHILLY BANANAS

Makes 2

- 2 bananas (frozen)**
- 1 tsp. vanilla extract**
- 1 cup seasonal fruit of choice (chopped)**

Blend all ingredients together.

Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.



Section 3:

PROTEIN SMOOTHIES



SIMPLE ENERGY QUICKIE

Makes 1

**¾ cup almond milk (unsweetened)
1 scoop 'Toned' Protein Powder
6 ice cubes**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies
even colder and thicker.*

FAT BURNING BOMB

Makes 1

**1½ cups water or almond milk (unsweetened)
2 scoops 'Toned' in Vanilla Coconut Crème
8 strawberries
1 tbsp. almond butter (organic)
6 ice cubes**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies
even colder and thicker.*

PRE-WORKOUT POWER

Makes 1

**1 – 1½ cups water (alkalised/purified if possible)
2 scoops Toned in Bananarama
1 banana
6 ice cubes**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies
even colder and thicker.*

PICK-ME-UP

Makes 1

1½ cups fresh orange juice
 2 scoops Toned in Bananarama
 1 banana
 2 tbsp. almond butter (organic)
 6 ice cubes

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

DELIGHTFULLY DELICIOUS SPICE

Makes 1

1½ cups water (alkalised/purified if possible)
 2 scoops Toned in Choc-cocolicious
 1 tsp. cinnamon
 Pinch nutmeg

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

TROPICAL TANG

Makes 1

1½ cup fresh orange juice or water (alkalised/
 purified is possible)
 1 scoop Toned in Vanilla Coconut Crème
 ¼ cup desired seasonal fruits
 1 banana
 6 ice cubes

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

SUNSHINE SMOOTHIE

Makes 1

1½ - 2 cups fresh orange juice
 2 scoops Toned in Vanilla Coconut Crème
 1 banana
 ¼ cup full fat Greek yoghurt
 2 tsp. vanilla extract (organic)
 1 tbsp. ground flaxseed meal
 1 tbsp. lecithin granules (optional)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

YUMMY BLUEBERRY CREATION

Makes 1

1 cup almond/coconut milk (unsweetened)
 1 banana (frozen, chopped)
 ½ cup blueberries (fresh)
 1 scoop Toned in Vanilla Coconut Crème

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

TROPICAL BURST

Makes 1

1 cup almond/coconut milk (unsweetened)
 1 cup pineapple (frozen, chopped)
 1 tsp. shredded coconut
 ½ cup blueberries (frozen)
 1 scoop Toned in Bananarama or Vanilla Coconut
 Crème

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*



CHOCOLATE ICE CREAM SMOOTHIE

Makes 1

1 cup almond milk (unsweetened), chocolate flavoured if desired
 1 tbsp. almond/nut butter (natural/organic)
 1 banana (frozen, chopped)
 1 tbsp. cacao nibs (raw)
 1 scoop Toned in Choc-cocolicious

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

REESE'S PIECES PROTEIN

Makes 1

1 cup almond/coconut milk (unsweetened)
 1 cup egg whites
 1 tsp. peanut butter (natural/organic)
 2½ scoops Toned in Choc-cocolicious
 1 tbsp. raw cacao powder

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

MINT CHOCOLATE GOODNESS

Makes 1

1½ cups almond/coconut milk (unsweetened)
 Handful ice
 2 scoops Toned in Choc-cocolicious
 Handful mint leaves

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

CREAM BERRY BAKE

Makes 1

1 scoop Toned in Vanilla Coconut Crème
 1 scoop ice
 1 cup fresh pineapple juice
 1 cup mixed berries (fresh)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA BREAD MIX

Makes 1

2 scoops Toned in Bananarama
 1 banana (frozen)
 ½ cup rolled oats
 ¾ cup bran flakes
 4 cups water (alkalised/purified if possible)
 1 tsp. sweetener (Stevia/Natvia)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA PROTEIN HIT

Makes 1

30g Toned in Bananarama
 1 cup almond/coconut milk (unsweetened)
 1 tbsp. linseed/almond meal
 1 tsp. organic maple syrup (sugar free)
 1 tsp. vanilla essence (organic)
 3-4 ice cubes
 1 tbsp. full fat plain or vanilla yoghurt (natural/organic)
 1 banana (frozen)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



ORANGES AND CREAM

Makes 1

2 scoops Toned in Vanilla Coconut Crème
 4-5 ice cubes
 1 tsp. vanilla extract (organic)
 ½ banana (frozen)
 2-3 strawberries (frozen)
 1 tsp. sweetener (Stevia/Natvia)
 ½ orange

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

BERRY GOOD GOODNESS SMOOTHIE

Makes 2

2 scoops full fat yoghurt (natural/yoghurt), berry
 flavoured if desired
 2 scoops Toned in Bananarama
 4 strawberries
 15 blueberries
 2 cups almond/coconut milk (unsweetened)
 ½ cup ice cubes

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

ALMOND PROTEIN PASSION

Makes 1

2 scoops Toned in Vanilla Coconut Crème
 1½ cups almond milk (unsweetened)
 ½ cup rolled oats
 ½ cup raisins
 12 almonds (unsalted)
 1 tbsp. peanut butter (organic/almond)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

STRAWBERRY NUTELLA YUM

Makes 1

2 scoops Toned in Choc-cocolicious
 1 cup full fat yoghurt (natural/organic), strawberry
 flavoured if possible
 6 macadamias, shredded
 1 cup strawberries (fresh)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

PLUM ICICLE

Makes 1

2 scoops Toned in Vanilla Coconut Crème
 1 plum (ripe, pitted)
 1 lemon, juiced
 2 cups water (alkalised/purified if possible)
 ½ cup ice cubes (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

MINTY OATMEAL OH-YEAH

Makes 2

2 scoops Toned in Choc-cocolicious
 1 cup frozen plain or vanilla yoghurt (natural/or-
 ganic)
 1 cup rolled oats
 2 cups almond milk (unsweetened)
 ½ cup water (alkalised/purified if possible)
 2-3 peppermint leaves

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*



MOCHACINO SHAKE

Makes 1

2 scoops Toned in Choc-cocolicious
 1 cup coconut milk (unsweetened)
 4-5 ice cubes (crushed)
 1 cup water (alkalised/purified)
 1 spoonful instant coffee
 ½ cup plain or vanilla yoghurt (natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

LEMON PLUM PLEASANTRIES

Makes 1

2 scoops Toned in Vanilla Coconut Crème
 1 plum (ripe, pitted)
 1 lemon (juiced)
 1 tbsp. almond meal
 2 cups water (alkalised/purified)
 ½ cup ice (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

WILD BERRY BONANZA

Makes 1

2 scoops Toned in Vanilla Coconut Crème
 8 raspberries (fresh)
 4 strawberries (fresh)
 15 blueberries (fresh)
 2 cups coconut milk (unsweetened)
 ½ cup ice (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

CHOC-NUT TRUFFLE

Makes 1

2 scoops Toned in Choc-cocolicious
 1 tsp. peanut butter (natural/organic)
 2 cups coconut milk (unsweetened)
 ½ cup ice (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

PEANUT PROTEIN SMOOTHIE

Makes 1

2 scoops Toned in Vanilla Coconut Crème
 1 tbsp. sugar-free butterscotch pudding mix
 1 tbsp. peanut butter (organic)
 1 cup almond milk (unsweetened)
 3-4 ice cubes (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

HULK IT UP

Makes 1

2 scoops Toned in Vanilla Coconut Crème
 ¼ cup pistachios
 2-3 mint leaves
 1 cup coconut milk (unsweetened)
 3-5 ice cubes (crushed)
 *2 drops green food colouring just for fun
 (optional)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*



OATMEAL ANSWER

Makes 1

- 1 cup rolled oats
- 2 scoops Toned in Bananarama
- 2 tsp. cinnamon
- 1 tbsp. maple syrup (sugar free, organic)
- 1 tbsp. chopped almonds
- 1½ cups almond milk (unsweetened)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

SWEET CINNAMON ROLL

Makes 1

- 2 scoops Toned in Choc-cocolicious
- ½ tsp. cinnamon
- ¼ tsp. vanilla extract (natural/organic)
- 1 tsp. sweetener (Stevia/Natvia)
- 1 cup water (alkalised/purified)
- 3-4 ice cubes (crushed)
- ½ cup almond milk (unsweetened)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

NADA COLADA PROTEIN POWER

Makes 1

- 2 scoops Toned in Vanilla Coconut Crème
- 1 orange
- ¼ tsp. vanilla extract (organic/natural)
- 2 tbsp. shredded coconut
- 1 tsp. sweetener (Stevia/Natvia)
- ½ cup coconut milk (unsweetened)
- 3-6 ice cubes (crushed)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

COLD BREAKFAST FILL-ME-UP

Makes 1

- 1 cup coconut/almond milk (unsweetened)
- 2 tsp. coconut oil
- 3-5 ice cubes (crushed)
- 1 banana
- 1 scoop Toned in Bananarama

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA DELIGHT

Makes 1

- 1 cup water (alkalised/purified if possible)
- ½ banana (frozen)
- ¼ cup Toned in Bananarama
- 2 tsp. flaxseed meal

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

STRAWBERRY CHEESECAKE

Makes 1

- 1¼ cups water (alkalised/purified if possible)
- 8 strawberries (frozen)
- 4 tbsp. full fat sour cream
- 2 tbsp. sweetener (Natvia/Stevia)
- ½ cup Toned in Vanilla Coconut Crème

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



BONZA BLUEBERRIES

Makes 1

1¼ cups water (alkalised/purified if possible)
 ½ cup blueberries (fresh)
 1 scoop Toned in Bananarama
 2 tsp. flaxseed oil
 1 tsp. sweetener (Stevia/Natvia)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PEACH POWER

Makes 1

2 cups water (alkalised/purified if possible)
 1 peach (ripe, pitted)
 2 tbsp. full fat sour cream
 1 tsp. sweetener (Stevia/Natvia)
 1 scoop Toned in Bananarama

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

EARLY START QUICK START

Makes 1

3 oranges
 1 tsp. sweetener (Stevia/Natvia)
 1 scoop Toned in Vanilla Coconut Crème

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

TROPICAL TREAT

Makes 1

2 cups water (alkalised/purified if possible)
 ½ banana (frozen)
 2 tbsp. vanilla or plain yoghurt (natural/organic)
 2 tbsp. shredded coconut
 2 tsp. sweetener (Stevia/Natvia)
 1 scoop Toned in Bananarama

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

TANTALISINGLY TROPICAL

Makes 1

2 cups water (alkalised/purified if possible)
 ½ cup pineapple (fresh)
 2 tbsp. shredded coconut
 1 tbsp. plain or vanilla yoghurt (natural/organic)
 ½ banana (frozen)
 1 scoop Toned in Bananarama
 2-3 ice cubes (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

CHOC-MOND MANIA

Makes 1

2 cups water (alkalised/purified is possible)
 15 almonds (unsalted)
 1 tbsp. shredded coconut
 1 scoop Toned in Choc-cocolicious
 1 tsp. sweetener (Stevia/Natvia)
 3-5 ice cubes (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies colder.*



CHOCIE LOVERS DELIGHT

Makes 1

2½ cups water (alkalised/purified if possible)
 1 tsp. cocoa powder (pure/raw)
 2 tbsp. plain or vanilla yoghurt (natural/organic)
 1 tsp. sweetener (Stevia/Natvia)
 1 scoop Toned in Choc-cocolicious'
 2 tsp. flaxseed oil

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

GIMME GIMME ENERGY

Makes 1

2 cups water (alkalised/purified if possible)
 10 strawberries (frozen)
 1 tbsp. flaxseed oil
 ½ tsp. vanilla extract (natural/organic)
 1 scoop Toned in Choc-cocolicious
 1 tsp. sweetener (Stevia/Natvia)
 2-3 ice cubes (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

SUPER SLIMMER

Makes 1

2 cups water (alkalised/purified if possible)
 1 tbsp. flaxseed oil
 ½ peach (ripe, pitted)
 6 strawberries (frozen)
 1 scoop Toned in Choc-cocolicious
 1 tsp. sweetener (Stevia/Natvia)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

MINERAL MAGIC

Makes 1

1½ cups water (alkalised/purified if possible)
 1 tbsp. flaxseed oil
 1 scoop Toned in Choc-cocolicious
 2 tbsp. shredded coconut
 2 tbsp. cacao powder (raw/natural)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

HEALTHY HONEY BANANARAMA

Makes 1

1 cup water (alkalised/purified if possible)
 1 scoop Toned in Bananarama
 ¾ cup plain or vanilla yoghurt (natural/organic)
 1 banana
 1 tsp. flaxseed oil
 2 tsp. honey (raw/natural)
 1 tsp. spirulina

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*

BANANA ALMOND ATTACHMENT

Makes 1

1 banana
 1 cup almond milk (unsweetened)
 10 almonds
 1 scoop Toned in Bananarama
 4-6 ice cubes (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies
 even colder and thicker.*



FRUIT FANCY

Makes 1

2 scoops Toned in Bananarama
 4 strawberries (fresh)
 ½ cup blueberries (fresh)
 ½ cup ice (crushed)
 ½ tsp. sweetener (Stevia/Natvia)

Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

PINEAPPLE PRINCESS

Makes 1

1 cup fresh pineapple juice
 3 strawberries (fresh)
 1 banana
 1 tsp. plain or vanilla yoghurt (natural/organic)
 1 scoop Toned in Vanilla Coconut Crème

Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

MY STRAWBERRY SAVIOUR

Makes 1

4 scoops Toned in Vanilla Coconut Crème
 1½ cups water (alkalised/purified if possible)
 4 strawberries (fresh)
 1 tsp. flaxseed oil
 ½ cup yoghurt (natural/organic)

Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

VANILLA COCONUT COFFEE

Makes 1

2 cups coconut milk (unsweetened)
 2 scoops Toned in Vanilla Coconut Crème
 ½ cup full fat plain or vanilla yoghurt (natural/organic)
 1 tbsp. instant coffee

Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.

PROTEIN HEAVY POWER SHAKE

Makes 1

2 scoops Toned in Choc-cocolicious
 8-10 ice cubes (crushed)
 1½ cups almond/coconut milk (unsweetened)
 2 tbsp. full fat plain or vanilla yoghurt (natural/organic)
 1 tbsp. peanut butter (organic)

Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.



Section 4:

CREAMY SMOOTHIES



CREAMY DATE SMOOTHIE

Makes 1

- ¾ cup almond milk (unsweetened)**
- ½ cup dates (pitted, halved)**
- ½ cup ice (crushed)**
- ½ cup vanilla yoghurt (natural/organic)**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

SPICEY PUMPKIN CREAM

Makes 1

- 1 cup ice**
- ½ cup almond milk (unsweetened)**
- 1/3 cup pumpkin purée (fresh)**
- 1 tbsp. honey (natural/organic)**
- ½ tsp. nutmeg**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

GINGER BERRY OAT DELIGHT

Makes 1

- ¼ cup rolled oats**
- ½ cup blueberries (fresh)**
- ½ cup full fat plain or vanilla yoghurt (natural/organic)**
- ½ cup ice**
- 2 tsp. cinnamon**
- ½ tbsp. ginger (ground)**

Blend all ingredients together.

CREAMY MANGO MOMENT

Makes 1

- 1 cup mango (chopped, raw)**
- ½ cup almond/coconut milk (unsweetened)**
- ½ cup ice (crushed)**
- ¼ cup full fat plain or vanilla yoghurt (natural/organic)**
- 1 tbsp. honey (organic)**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

KALE APPLE AMAZEMENT

Makes 1

- ¾ cup kale (chopped, stemmed)**
- 1 small stalk celery (chopped)**
- ½ banana**
- ½ cup fresh apple juice**
- ½ cup ice (crushed)**
- 1 tbsp. fresh lemon juice**
- ½ cup natural or vanilla yoghurt (natural/organic)**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA CASHEW CREAM DELIGHT

Makes 1

- ¼ cup cashews (raw, unsalted)**
- 1 cup ice (crushed)**
- ½ banana**
- 1 tbsp. maple syrup (sugar free, organic)**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

CARROT CREME

Makes 1

- ¾ cup pineapple (chopped)**
- ½ cup ice (crushed)**
- 1/3 cup fresh orange juice**
- ¼ cup carrot (fresh, chopped)**
- ½ banana**
- ½ cup full fat Greek yoghurt**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

RASPBERRY AND NUT NOUGAT

Makes 1

- ¾ cup almond milk (unsweetened)**
- ¾ cup raspberries (fresh)**
- ½ banana**
- 1 tbsp. almond butter (organic)**
- 2 tbsp. honey**
- ½ cup full fat Greek yoghurt**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

STRAWBERRY FLAX FLAVOURS

Makes 1

- 1 cup strawberries (fresh)**
- ¾ cup plain or vanilla yoghurt (natural/organic)**
- ½ cup fresh orange juice**
- 1 tbsp. honey (natural/organic)**
- 1 tbsp. flaxseed meal**

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



GORGEOUS GREEN CREAM

Makes 1

1 cup grapes (green, seedless)
1 cup baby spinach (packed cup)
½ cup ice (crushed)
¼ cup coconut milk (unsweetened)
¼ cup full fat Greek Yoghurt

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA HONEY MADNESS

Makes 1

1 cup plain full fat yoghurt (natural/organic)
½ cup blueberries (fresh)
1 tbsp. honey (natural/organic)
1 banana (chilled, sliced)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

FRUIT UPON FRUIT

Makes 2

1 mango (peeled, pitted)
1¼ cups full fat plain yoghurt
4 tbsp. honey (organic/natural)
1 tbsp. fresh lime juice
¼ tsp. freshly grated lime zest
1 banana (peeled, chopped)
10 strawberries (fresh)
1 tbsp. fresh lemon juice
¼ tsp. freshly grated lemon zest

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

COCONUT MOMENT

Makes 4

1¼ cups berries of choice (fresh)
3 bananas (ripe)
1 cup plain yoghurt (natural/organic)
1 cup coconut milk (unsweetened)
1 tbsp. shaved coconut
2 tbsp. honey (natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

CITRUS SCREAMER

Makes 2

1 banana (frozen)
2 tbsp. fresh lemon juice
2 oranges
2 tbsp. honey (natural/organic)
½ cup full fat Greek yoghurt
½ cup ice (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

MANGO ESSENCE

Makes 4

1½ cups mango (chopped, peeled)
1½ cups coconut milk (unsweetened)
¼ cup fresh lime juice
1 tbsp. cinnamon
½ cup full fat Greek yoghurt

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

MANGO SURPRISE

Makes 2

- 1½ cups mango cubes
- ¼ cup ripe avocado (mashed)
- ½ cup fresh mango juice
- ¼ cup full fat vanilla yoghurt (natural/organic)
- 1 tbsp. fresh lime juice
- 1 tbsp. cinnamon
- 6 ice cubes (crushed)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BLUEBERRY BREAK

Makes 1

- 1 cup coconut milk (unsweetened)
- 1 cup blueberries (fresh)
- 1 tbsp. flaxseed oil
- ½ cup full fat Greek yoghurt

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PEANUT BUTTER COOKIES

Makes 1

- 1½ cups almond milk (unsweetened)
- ½ cup full fat vanilla yoghurt (natural/organic)
- 2 tbsp. Peanut butter (organic) – 100% Peanuts
- ¼ banana (ripe)
- 1 tbsp. honey (organic)
- 4 ice cubes (crushed)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

VANILLA-BERRY BLAST

Makes 1

- 1 cup coconut milk (unsweetened)
- ¾ cup vanilla yoghurt (natural/organic)
- 1 cup blueberries (fresh)
- 1 tbsp. flaxseed oil
- ½ cup ice (crushed)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PEACH PIT

Makes 1

- 1 cup coconut milk (unsweetened)
- 1 cup peaches (pitted, frozen)
- 2 tsp. flaxseed oil
- ½ cup full fat Greek yoghurt

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

CHOC-RASPBERRY ROUNDUP

Makes 1

- 1½ cups coconut/almond milk (natural/organic)
- 1¼ cups vanilla yoghurt (natural/organic)
- ¼ cup dark chocolate chips (natural/organic if possible)
- 1 cup raspberries

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*



LEMON ORANGE LARK

Makes 1

1 cup almond/coconut milk (unsweetened)
½ cup full fat yoghurt (natural/organic), lemon flavoured if desired
1 medium orange (peeled, sectioned)
1 tbsp. flaxseed oil
½ cup ice (crushed)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

APPLE ANTIGS

Makes 1

1½ cups coconut milk (unsweetened)
¾ cup vanilla yoghurt (natural/organic)
1 medium green apple (cored, sliced)
2 tbsp. almond butter (natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PINEAPPLE POSSE

Makes 1

1 cup coconut/almond milk (unsweetened)
½ cup pineapple chunks (fresh)
1 tbsp. flaxseed oil
½ cup ice (crushed)
½ cup full fat Greek yoghurt

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

STRAWBERRY KISSES

Makes 1

1 cup coconut milk (unsweetened)
1 cup strawberries (fresh)
2 tsp. flaxseed oil
½ cup full fat vanilla yoghurt (natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

RICH N' CREAMY FRUIT STACK

Makes 1

1 cup coconut milk (unsweetened)
1 banana (frozen)
1 tsp. nutmeg
¼ cup strawberry slices (fresh)
½ cup blueberries (fresh)
½ cup full fat Greek yoghurt

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

FRUIT BLEND

Makes 1

½ cup mango (fresh, chopped)
1 cup strawberries (fresh, stemmed, shopped)
¾ cup peach slices (fresh)
1½ cups fresh pineapple juice
¾ cup full fat vanilla yoghurt (natural/organic)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

VERY BERRY BRAIN BOOST

Makes 1

2 cups fresh orange juice
1 cup full fat vanilla yoghurt (natural/organic)
2 small bananas (ripe, sliced)
1 cup berries (fresh)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

STRAWBERRY EXTREME ENERGY

Makes 1

½ cup strawberries (fresh)
1 small banana (ripe, peeled, sliced)
½ cup fresh orange juice
½ cup full fat frozen Greek yoghurt
1 tsp. cinnamon
1 tsp. nutmeg
½ cup water (alkalised/purified if possible), if thinner consistency is required

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

ORANGE-BERRY CREATION

Makes 1

1 orange (fresh, peeled, sectioned)
½ cup strawberries (fresh, sliced)
½ cup full fat Greek yoghurt
½ cup blueberries (fresh)
½ cup coconut milk (unsweetened)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

TROPI-COLADA

Makes 1

½ cup pineapple chunks (fresh)
2 tbsp. shredded coconut
½ cup full fat Greek yoghurt
2 tbsp. fresh lime juice
½ cup coconut milk (unsweetened)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

DAIRY-FREE DIVA-LICIOUS

Makes 1

1 cup strawberries (fresh, stemmed, sliced)
2 bananas (ripe, peeled, frozen)
1 cup fresh orange juice
½ cup coconut milk (unsweetened)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

POMEGRAN-BERRY BLAST

Makes 1

1 pomegranate
½ cup strawberries (fresh, sliced)
½ raspberries (fresh)
1 cup full fat frozen Greek yoghurt

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

TRIPLEBERRY TWIST

Makes 1

1½ cups strawberries (stemmed, sliced)
1½ cups blueberries (fresh)
1½ cups raspberries (fresh)
1 cup Greek yoghurt
2 tbsp. shaved coconut

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

STRAWBERRY BANANARAMA

Makes 1

2 bananas (peeled, frozen)
1½ cups strawberries
1 cup full fat Greek yoghurt
½ cup shaved coconut
½ cup coconut milk (unsweetened)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

FRUIT POM POM

Makes 1

½ cup blackberries
½ cup blueberries
½ cup strawberries
1 banana (frozen)
1 cup mango chunks (fresh)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

SIMPLE PINE-BERRY PASSION

Makes 1

½ pineapple (fresh, sliced)
1 cup strawberries (fresh, stemmed, sliced)
1 cup fresh orange juice

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

HOT LIKE A SUNRISE

Makes 1

½ pineapple (fresh, sliced)
2 passionfruit (hollowed)
1 orange (fresh, sectioned)
1 tsp. sweetener (Stevia/Natvia)
1 tsp. chilli flakes (if desired, gives it a 'kick')
1 cup water (alkalised/purified if possible)

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

LYCHEE-MINT MANIA

Makes 1

9 lychees (deseeded, peeled)
1 medium banana (peeled)
10-15 mint leaves
2 cups fresh spinach leaves
1 cup water (alkalised/purified if possible)
½ cup full fat Greek yoghurt

*Blend all ingredients together.
 Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PINE-LYCHEE LUSCIOUSNESS

Makes 1

- 9 lychees (deseeded, peeled)
- 1 medium banana (peeled)
- ½ cup fresh pineapple (cubed)
- 2 cups fresh baby spinach
- 1 cup water (alkalised/purified if possible)
- ½ cup full fat Greek yoghurt

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PAPAYA POWER

Makes 1

- 2 cups papayas (chopped, seeded, peeled)
- 1 cup fresh pineapple juice
- ½ cup coconut milk (unsweetened)
- ½ cup banana (peeled, sliced)
- 4 ice cubes (crushed)
- 1 tbsp. honey (organic/natural)
- 2 tsp. fresh lime juice
- ¼ cup full fat Greek yoghurt

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PAPAYA-ORANGE AWESOMENESS

Makes 1

- 2½ cups papaya (peeled, deseeded)
- 1 orange (peeled, sectioned)
- 1 pear (cored)
- 1 celery stalk
- ½ cup water (alkalised/purified is possible)
- ¼ cup vanilla yoghurt (natural/organic)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

PAPAYAPPLE PRIMER

Makes 1

- 2½ cups papaya (peeled, deseeded)
- 1 apple (cored)
- 2 cups baby spinach (fresh)
- ½ cup water (alkalised/purified if possible)
- ¼ cup full fat Greek yoghurt

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

WATERMELON-BANANA SNACK

Makes 1

- 2 cups watermelon (seedless)
- 1 whole banana (peeled)
- ½ cup water (alkalised/purified if possible)
- ½ cup plain or vanilla yoghurt (natural/organic)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

STRAWMELON MANIA

Makes 1

- 2 cups watermelon (seedless)
- 2 cups strawberries (fresh, sliced, stemmed)
- ½ cup water (alkalised/purified if possible)
- ½ cup full fat vanilla yoghurt (natural/organic)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

APRICOT SPLENDOUR

Makes 1

- 1 cup apricots (fresh, sliced)
- 6 ice cubes (crushed)
- 1 cup plain yoghurt (natural/organic)
- 3 tbsp. cinnamon

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

BANANA MUFFIN MANIA

Makes 1

- 2 bananas (ripe, sliced)
- 2 cups vanilla yoghurt (natural/organic)
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- 12 ice cubes (crushed)
- ½ cup full fat Greek yoghurt

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

COFFEE BANANA BLAST

Makes 1

- 1¼ cups coconut milk (unsweetened)
- 1 banana (ripe, sliced)
- 1 tbsp. cinnamon
- 2 tsp. instant coffee
- 2 ice cubes (crushed)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

GREEN TEA, BLUEBERRY AND BANANA

- 3 tbsp. water (alkalised/purified if possible)
- 1 green teabag (contents only)
- 2 tsp. honey (natural/organic)
- 1½ cups blueberries (fresh)
- ½ medium banana
- ¾ cup almond milk (unsweetened)
- ½ cup vanilla yoghurt (natural/organic)

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*

STRAWBERRY KIWI KREATION

Makes 1

- 1 apple
- 1 banana (ripe, sliced)
- 1 kiwifruit (fresh, sliced)
- 5 strawberries (fresh, sliced)
- 1 tsp. honey (natural/organic)
- ¼ cup full fat Greek yoghurt

*Blend all ingredients together.
Add ¼ cup ice to mixture if you prefer your smoothies even colder and thicker.*





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