

12 Days of Holiday Smoothies

Deb's Vanilla Dream Smoothie

- 2 bananas
- 2 cups Unsweetened vanilla almond milk
- 4 T Unsweetened organic shredded coconut
- 1 scoop Vanilla Dream Protein
- 1 scoop Vanilla Boost
- 1 date (remove pit)
- 1 T peanut butter



Blend! Serves 2

Chocolate Peppermint Smoothie

- 1 cup unsweetened Coconut milk
- 1 frozen banana
- 2 tbsp. unsweetened dark cocoa powder
- 1 scoop Vanilla Dream Protein powder
- ¼ tsp. pure peppermint extract



Just Blend!

Optional: Add Chocolate Dream Protein/ or Chocolate Boost

Deb's Chocolate Pumpkin Smoothie

(This is basically an adaptation of my *Awesome* Chocolate Peanut butter Smoothie)

- 1 banana
- 1 cup frozen organic cherries
- 1 cup unsweetened vanilla almond milk
- 1/2 cup organic canned pumpkin (unsweetened)
- 1 T carob
- 1 T unsweetened cocoa or raw cacao
- 2 T shredded coconut
- 1 scoop Chocolate Dream Protein
- 1 scoop Chocolate Boost
- 1 tsp pumpkin allspice



Blend and enjoy! This is a very thick smoothie so I eat it with a spoon. Yummy!

Healthy Eggnog

(Single-serving and high in protein!)

- 1 cup milk of choice (Use thicker milk for best taste. (Coconut milk the full-fat kind that comes in a can works well.)
- 1/2 cup Mori-Nu silken-firm tofu
- 1/2 tsp lemon juice (omit if desired)
- 1/8 tsp salt
- 1-2 dates or
- 1 stevia packet or to taste
- 1/2 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp each nutmeg and ginger
- 1/16 tsp (tiny dash) cloves



Combine all ingredients and blend until smooth. Drink cold, or heat if desired.

Orange Cranberry Zinger

- 1 cup fresh squeezed orange juice (about 3 oranges)
- 1/2 mango (peeled and cored)
- 1 banana
- 1/4-1/2 cup frozen fresh cranberries

Omit cranberries and add 1 banana for a different twist

Combine in blender for 30 seconds and enjoy! This tastes like a holiday Orange Julius!

Pumpkin Chai Smoothie

- 1/2 cup organic pumpkin puree (fresh or canned)
- 1 frozen organic banana
- 1 cup unsweetened almond milk or milk of your choice
- 1 or 2 medjool dates (or 1 tablespoon maple syrup or raw honey)
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon ginger
- dash each of black pepper, ground cloves and ground cardamom



Add all of the ingredients to your blender and blend until smooth and creamy. Serve immediately.

Fig Pie Dessert Smoothie Thickie

Ingredients

- 2 cups water
- 2 cups almond milk (oat, rice, hemp, coconut milk)
- 2 bananas
- 1 cup dried figs
- ¼ cup pecans
- pinch of nutmeg
- ½ teaspoon cinnamon
- 1 T lemon juice

Optional: 1 cup oats

Optional: 1 cup spinach or other leafy greens

Optional: 1 scoop Dream Protein/Boost



Blend the ingredients in the following order:

1. Blend the **dry ingredients** and **liquid** first for a short time.
2. Blend the **greens** next for a short time
3. Blend the **fruit** and the **rest of the ingredients** until smooth (or as smooth as your blender will allow. High speed blenders may need 2 minutes for a green thickie, less powerful blenders may need a lot more, sometimes 5-10 minutes)

Homemade Cookie Dough: Green Smoothie

- 2 cups almond milk or milk of your choice
- 2 Bananas
- 2 cups kale, tightly packed or 2 cups loosely packed.

(Or Spinach or any other mild greens) or use Greens First Greens



- 1 cup oats (if you don't have a powerful blender you can soak the oats in one of the cups of liquid for an hour if you want to make it smoother)
- 2 T almond butter
- ½ cup dates (or any other dried fruit)
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- ¼ teaspoon nutmeg
- juice of half a lemon

Blend the ingredients in the order listed.

Blend the ingredients a few at a time so that your blender can cope with the work, unless you've got a high powered blender, then you might be able to add them all in at once. Add water to thin.

Gingerbread Dessert Smoothie



Ingredients

- 1 cup water
- 1 cup almond milk (or rice, hemp, coconut or raw nut or seed milk)
- 4 bananas
- ¼ cup almonds (use ground almonds if you don't have a powerful blender)
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 teaspoon of fresh or ground ginger
- ¼ cup dates or raisins (or 1 Tablespoon raw honey) If it gets too thick, add a little bit more water.
- 1 T lemon juice
- 1 cup spinach

- Optional: 1 cup oats
- Optional: 1 scoop Vanilla Dream Protein

Blend the ingredients in the following order:

1. Blend the dry ingredients and liquid first for a short time
2. Blend the greens next.
3. Blend the fruit and the rest of the ingredients until smooth (or as smooth as your blender will allow. High speed blenders may need 2 minutes for a green thick smoothie, less powerful blenders may need a lot more, sometimes 5-10 minutes)

Tropical Green Smoothie Escape



- ½ frozen banana
- ½ cup frozen mango
- 1 orange
- 1 cup almond- coconut milk
- 1-2 cups baby spinach
- 1 scoop Vanilla Dream Protein
- ½ T chia seeds
- 1 teaspoon unsweetened shredded coconut (optional)

Optional: Add Vanilla Boost

Instructions

Place all ingredients except the shredded coconut into a high-powered blender and blend until smooth. Sprinkle a few extra chia seeds and the unsweetened coconut on top. Enjoy!

Pistachio Ice Cream Smoothie

A green smoothie that tastes like ice cream - you have to try it to believe it!



Ingredients

- 1 cup curly green kale leaves (about 3 large leaves)
- 2 ripe bananas - fresh or frozen
- 2 cups ice (a little less ice if using frozen bananas)
- 1/2 cup filtered water
- 1/2 cup raw cashews
- 1 scoop vanilla Boost (or use Stevia)
- 1 teaspoon pure alcohol-free vanilla extract
- 1/2 teaspoon finely minced ginger
- pinch of Celtic sea salt

Instructions

Throw all of the ingredients in your high speed blender (I use a Vitamix) and puree until smooth and creamy. For a regular blender you may want to soak the cashews in water first.

Winter Green Smoothie

- 2 apples, cored and cut into large chunks
- 2 pears, cored and cut into large chunks
- handful of fresh or frozen cranberries
- 1-2 inch pieces of ginger
- handful of fresh parsley
- 6-7 large kale leaves
- 4-5 large collard greens
- 2 cups of water
- large chunk of green cabbage (about 1-2 cups chopped)



Place apples, pears, cranberries, ginger, and water into a high-powered blender and blend until smooth. Stuff in the greens and blend again until smooth. Add more water for a thinner smoothie.