

Fresh Start Smoothies

21 Days of Delicious!

Here are **21 great smoothies** to kick start your new year's commitment to **eat well, think well and move well**. Even if you are not joining us for a **10 or 21 Day Cleanse** you can still **Change your Breakfast and Change your life** by adding these nutritious smoothies to your diet. **It only takes 21 days to create a new habit**. To turn any of these into a great meal, add whey protein powder such as our Dream Protein, Standard Process Whey Pro or SP Complete. **ENJOY!**



Cleanse & Detox Smoothie

Ingredients

1 organic apple with peeling, cored (Wash away harmful toxins in the body)

Juice of 1 lemon (This citrus fruit helps boost the digestive tract)

1 cup kale (Chlorophyll kick starts the digestive tract by ridding the body of pesticides and environmental toxins)

1 stalk or rib of celery (Thought to be a great blood cleanser)

1/3 cup flat leaf parsley or cilantro (Thought to help rid the body of mercury and other harmful minerals)

1 tablespoon ground flax seeds or chia seeds (Great source of Omega-3's and ridding the body of harmful toxins)

1/4 teaspoon ground cinnamon

1 1/4 cups chilled water

Directions

If using a juicer: Add all the ingredients and enjoy!

If using a blender: Add all the above ingredients to a blender and blend until smooth. Pour over ice. This recipe makes one serving.

-From skinnymys.com/cleanse-detox-smoothie

It takes 21 days.
21 days of healthy
eating and working
out and it will
become a habit.

Mocha Transition Smoothie

Ingredients

- 1 frozen banana
 - 1 cup strong-brewed coffee
 - 1 tablespoon unsweetened cocoa powder
 - 1/2 cup full fat coconut milk
 - 1 Tablespoon to 1 cup Vanilla or Chocolate Dream Protein
- Optional: Add a date if you need it sweeter



You all know how I feel about coffee. So, for those of you trying to make the transition from coffee to smoothies, I thought I would help you out. Don't forget to drink a glass of water before having coffee of any kind.

Instructions

Blend and enjoy!

Tropical Green Smoothie

Ingredients

- 1 cup chopped fresh pineapple
- 1 cup packed chopped kale
- 1 cup frozen green grapes
- 1 tablespoon fresh lemon juice
- 1 teaspoon finely grated fresh ginger
- 2 tablespoons grated organic coconut
- 1 Scoop Vanilla Dream Protein or Garden of Life FIT Vanilla
- 1 scoop green's Frist Vanilla Boost



Directions

Blend on high until very smooth. Add 1 to 2 tablespoons of water if needed to adjust consistency.

The Ultimate Green Smoothie Detox Recipe

Ingredients:

- 1 orange, peeled
- 1 medium banana, peeled
- 1/2 lime, peeled
- 1 tablespoon chia seeds soaked for 5 minutes
- small piece of ginger, grated
- 2 cups kale or dandelion greens, chopped
- 8 ounces of water or homemade almond milk



Directions:

Add all the ingredients except for the greens to your blender and hit the "pulse" button a few times. Next, add the greens and blend on high for 30 seconds or until the smoothie is creamy

From incrediblesmoothies.com

Cinnamon Berry Smoothie



Ingredients

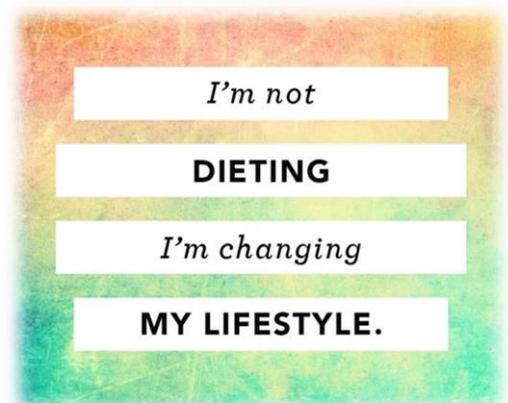
- 1½ cups dairy free milk
- ½ avocado
- 1 cup kale
- 1 cup frozen berries
- ¼ teaspoon cinnamon

5 drops vanilla extract (optional)

Optional: Add 1 scoop Protein Powder of choice

Instructions

Add ingredients to blender and blend until smooth.



Ultimate Gut Health Smoothie

Feel free to add a handful of berries to this probiotic-packed smoothie if you need some sweetness.

Ingredients

- ½ cup dairy free milk such as coconut or almond
- ½ cup dairy free kefir or dairy free yogurt (unsweetened)
- 1 cup spinach or any leafy green
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 ounce aloe vera juice



Directions

Add all ingredients to blender. Blend until smooth, adding more cinnamon or vanilla if you like it sweeter.

-from Hello Glow

Blood Orange Green Smoothie

Ingredients

- 1 small ripe banana, previously peeled, sliced + frozen
- ¾ cup frozen pineapple (or sub more banana)
- 2 blood oranges, juiced
- ¾ cup light coconut milk (carton beverage *or* canned)
- 2-3 Tbsp. fresh lime juice
- 2 big handfuls fresh or frozen greens (kale + spinach are best / organic when possible)



Directions

Add all ingredients to a blender and blend until creamy and smooth, scraping down sides as needed.

Add more liquid if it has trouble blending. Add ice to thicken. Taste and adjust flavor as needed, adding more banana to sweeten, or lime juice for tartness.

Best when fresh, though leftovers keep well-covered in the refrigerator up to 2 days.

-Dana from The Minimalist Baker

Clementine Green Smoothie



Ingredients

4-5 clementines, peeled, strings mostly removed

1 ripe banana, previously sliced and frozen

1/2 cup light coconut milk (sub other non-dairy milk with varied results)

1 big handful greens (I love spinach)

3-4 ice cubes

OPTIONAL: A few fresh mint or cilantro leaves and 1 scoop favorite Protein powder

Directions

Add all ingredients to a blender and blend until creamy and smooth. Adjust flavor as needed, adding more banana for sweetness, ice for thickness, and herbs for a bit of earthiness.

-Dana from the Minimalist Baker

Clear Skin Smoothie

This smoothie is packed with Vitamin E-rich Spinach and Avocado and anti-inflammatory antioxidants, which help give the skin a nice glow.

Ingredients

2 cups raw spinach

1/4 avocado

1/2 cup red grapes (fresh or frozen)

1/2 cup frozen strawberries

1 tablespoon almond butter

1 teaspoon flax meal

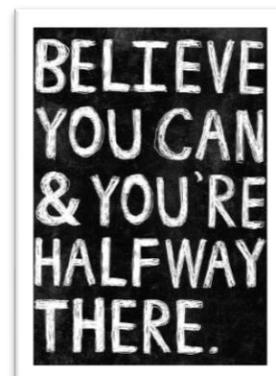
1 cup coconut water



Directions

Place all ingredients in a blender and mix well. Enjoy immediately.

-from Jenny Sugar



Apple-Dandelion Green Smoothie with Pear & Fresh Cranberries

Ingredients

1 medium pear, cored

1 medium apple, cored

1 banana, peeled

1/2 cup cranberries (fresh or frozen)

4 cups of dandelion greens

8 ounces of filtered water

Optional: Add Vanilla Dream protein or Whey Pro or garden of Life Fit Vanilla

Directions

Start by adding the liquid to your blender followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.



Tropical Green Goddess Smoothie

Ingredients

1/2 cup of chopped mango (fresh or frozen),

1/2 of a medium mango

1/2 frozen banana, chopped

1/2 cup of chopped pineapple (fresh or frozen)

1 Tbsp. shredded coconut

1/4 of a ripe avocado, cubed and mashed

1/2 cup of almond or coconut milk

Drizzle of honey, if needed

Option: 1 scoop Protein powder of choice

1 scoop Green's First Vanilla Boost

-From Frugal Mama



Deb's Walk out to Winter Smoothie

Ingredients

- ½ avocado
- 1 banana
- 2 T shredded coconut or 1 T coconut oil
- ½ cup organic pumpkin
- ½-1 tsp pumpkin spice
- 1 scoop Vanilla Dream Protein
- 1 scoop Greens First Vanilla Boost



Directions

As always, just blend and enjoy!

Pomelo Ginger Green Smoothie Recipe

Ingredients

- 1 pomelo, peeled
- 1 banana, peeled
- 3 cups of fresh baby spinach
- 1 teaspoon fresh ginger
- 1 teaspoon of soaked chia seeds
- 8 ounces of filtered water
- Optional: Add Vanilla Dream protein or Whey Pro



Directions

Start by adding the liquid to your blender, followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.





Pink Power Smoothie

Ingredients:

- 1 cup water or coconut water
- 1/2 medium avocado, pitted
- 2 celery stalks, roughly chopped
- 1 cup strawberries (frozen preferred)
- 1 small/medium beet, ends trimmed and roughly chopped

1 lemon, juiced (about 3 tablespoons or so)

1 tablespoon coconut oil

4 large ice cubes

1 apple (if sweeter smoothie is desired - optional), cored and roughly chopped

Directions

Just blend and enjoy!

-From Oh She Glows

Chocolate Peanut Butter Green Smoothie with Hazelnut Milk

Ingredients

1 small banana, peeled

1 tablespoon all natural unsweetened peanut butter

1 tablespoon raw cacao powder (or unsweetened cocoa or carob)

3 cups fresh baby spinach

8 oz. of hazelnut milk

1 Scoop Chocolate Dream Protein or Amazing Grass Chocolate & Kale

1 scoop Greens First Chocolate or Vanilla Boost



**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

Directions Here's a delicious chocolate-peanut butter green smoothie accented with the flavors of hazelnut. Start by adding the liquid to your blender, followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

Strawberry Pomegranate Green Smoothie

Ingredients (pink layer):

- 1 frozen banana
- 1 cup frozen strawberries (or fresh!)
- 1/2 cup coconut water (from a can of coconut milk, cream skimmed)

Ingredients (green layer):

- 1 cup fresh spinach
- 1/2 frozen banana
- 1/4 cup pomegranate arils
- 1/4 cup coconut water (from a can of coconut milk, cream skimmed)

Directions

Blend pink layer and pour into jar, followed by green layer and pour on top.

-from 3boysunprocessed.com



Deb's No Fruit Smoothie

Ingredients

- 1 organic or peeled cucumber
- 1/2 organic or peeled lemon
- 1/2 organic or peeled lime
- 1/2 avocado
- 1 stalk celery
- 1 carrot
- 2 Tbsp. shredded organic coconut
- 1 cup coconut water
- 1 scoop Vanilla Dream Protein
- 1 scoop Greens First Vanilla Boost
- Optional: Handful of spinach or other leafy green

Directions Blend and enjoy!



Greens First Berry Fountain of Youth

Ingredients

- 1 scoop of Greens First Berry
- 1 cup of frozen mixed berries
- 8 ounces coconut water
- Option: add ½ avocado or 1 Tbsp. coconut oil and a Banana



Don't have the time to make a smoothie? Just add water or coconut water to a scoop of Greens First Greens or Berry and you'll have 15 servings of anti-oxidant rich veggies and 54 super foods!

Directions

Blend and enjoy!

Alkaline Lime Green Smoothie

Ingredients

- 3/4 cup raw coconut water or filtered water
- 1/2 cup raw coconut meat or 1 tablespoon 2 cups spinach
- 1 medium avocado, peeled and pitted
- 1/2 medium cucumber, chopped
- 2 teaspoons finely grated lime zest
- 2 limes, peeled and halved
- alcohol-free liquid stevia to taste
- pinch Celtic sea salt
- 1 teaspoon 1 1/2 cups ice, plus more if needed
- minced ginger (optional)



Directions

Throw all of your ingredients in your Blender and blast on high for 30 to 60 seconds until smooth and creamy.

Adjust sweetener to taste.

Makes two 16-ounce glasses.

-From The Blender Girl

Simple Grapefruit Smoothie

Ingredients

- 1 Grapefruit juiced
- 1 cup coconut milk
- 1 cup organic spinach
- Pinch Stevia or add Greens First Vanilla Boost

Directions

Blend and enjoy!



Peanut Butter In Your Cup Shake

Ingredients

- 1/2 Frozen Banana
- 1/2 C. Unsweetened Almond Milk
- 1 T. Peanut Butter or Almond Butter
- 1 Scoop Chocolate Protein Powder of choice
- 1/2-1/4 of a Peanut butter Larabar
- A few cubes of ice
- Optional: Add Greens First Chocolate Boost

Directions

Blend and enjoy

Adapted and modified From liveanddiet.com



So it takes
21 days to
form a
habit...
ARE YOU READY?

You can do it! Try making a smoothie every day for 21 days and see what happens. **It is a great way to start the new year off with a simple path to eating (or drinking) real food.** Check out the **Promotion section of our website for great savings** for help in making your smoothies or to support any of your health goals.