

# THE ULTIMATE *Smoothie* HANDBOOK



TIPS, TRICKS AND RECIPES FOR YOUR PERFECT SMOOTHIE!



# Hiya Gorgeous

Ok, first of all, let's see a show of hands: Who here loves a smoothie? Everyone? GREAT!

I love smoothies. I'll just say it. I love smoothies - not only are they a tremendously efficient way of getting complex and important nutrients into your body, but the combinations are infinite.

Seriously, I love that a smoothie can satisfy nearly every craving, because their flavors can be so diverse!

I have, however, found that there is an art to creating the perfect smoothie blend (pun very much intended) for both taste and texture. That perfect smoothie - one that looks great in pictures and is totally cravable - is harder than it seems, right?

Well, luckily for you, I have been experimenting with my well-used blender for over ten years, I've had some great smoothies and some not-so-great smoothies. I've tried smoothies for breakfast, smoothies for lunch, I tried to get my family to drink a dinner smoothie one time, and don't even get me started on dessert smoothies (because I love them).

But, after many years of whirring blenders and reusable straws, I've honed in on some classic, dare I say, perfect smoothie recipes, which I'm thrilled to share with you in this e-book. Think of these recipes as your smoothie staples - The combinations you'll turn to again and again. And once you're confident with smoothies as an art form, you'll branch out from these recipes!

Here's my one pro-tip from a master smoothie maker (I quite like that title, actually) - Don't get bored with your smoothies! Move out of your comfort zone and try a combo you've never tried before...because you probably will fall in love and wonder why you never tried it before.

As a holistic nutritionist, I try to balance each smoothie with both delicious and disease-preventing nutrients. Remember, variety is key to optimum nutrition, which is why I encourage you to try at least 4 of these smoothies over the course of the smoothie challenge.

More to come on every aspect of smoothie-making, but for now, spend some time picking out your the ones that speak to you, and prepare to do some beautiful blending!

Sophie xx



# Recipes

**GREENS CHALLENGE SMOOTHIE**  
(AKA THE GREEN MONSTER)

**PUMPKIN PIE SMOOTHIE USING PUMPKIN SEED MILK**  
(AKA YOUTH IN A GLASS)

**THIN MINT CHOCOLATE SMOOTHIE**  
(AKA THE CRAVING BUSTER)

**CRANBERRY CRUSH**  
(AKA YOUR ANTIOXIDANT SECRET)

**PEACH TURMERIC BLAST SMOOTHIE**  
(AKA SUMMER IN A GLASS)

**MAGIC MORINGA SMOOTHIE**  
(AKA THE SUPERFOOD SURFER)

**THE CANTALOUPE COOLER SMOOTHIE**  
(AKA THE BEAUTY SMOOTHIE)

**CITRUS SUNRISE**  
(AKA THE COLD BUSTER SMOOTHIE)

**ALMONDINE DESSERT FOR BREAKFAST**  
(AKA THE I-WANT-A-SLICE-OF-CAKE-BUT-I'M-TRYING-TO-BE-HEALTHY SMOOTHIE)

**BETTER THAN A BROWNIE**  
THIS DOES NOT NEED A NICKNAME

**SWEET PINEAPPLE KALE**

**MELON MOJITO**

**HEAL-YOUR-GUT SMOOTHIE**



# Greens Challenge Smoothie

(AKA The Green Monster)

This is my go-to smoothie. It is the gold standard of smoothie. It is the smoothie I make if I need to get back on track (real life), if I'm not feeling 100% (also real life) or if someone asks me "I need to get healthy - help!" (the realist life).

This is the recipe I use for most of my smoothie challenges. And it's really easy to customize. It contains a LOT of greens, which are great for most people (unless you are on blood thinners). I recommend you vary your greens by using baby kale, California-grown romaine (which is safe to eat still), and spinach.

This recipe makes a 64-ounces (that's the whole Vitamix jug) of smoothie. If you have a smaller blender, half the recipe accordingly. I love to make the full 64-ounces for a challenge because I'll drink about 32-ounces a day (divided between breakfast and an afternoon pick-me-up). I'll then save the second 32-ounces in glass canning bottles in the fridge for the next day. You can generally store smoothies in the fridge for up to 2 days. They will separate, but don't worry - a quick vigorous shake and you're good to go.



## INGREDIENTS (64 ounce serving)

4-6 cups of greens (kale, spinach, swiss chard, romaine, watercress, etc.)

Approx. 6 – cups filtered water

Handful raw almonds (about 8-10)

2 apples, cored (not peeled) and chopped  
or 1 cup frozen chopped pineapple

2 lemons, peeled & quartered

2 tbsp flax seeds

1 tsp. ginger, peeled and chopped

1/4 tsp turmeric

Grind of black pepper

4 dates or 1 dropper of liquid stevia

Crushed ice to taste

## ADD-ONS

2 tbsp hemp seed – This will give your smoothie an extra protein boost with up making it chalky in the way that protein powders do.

1/2 tsp cinnamon – I love the taste of cinnamon in a smoothie and it masks the green taste for sure. It can also help lower blood sugar.

1/2 avocado – This will add protein, fats, and give your smoothie a creamy consistency.

1/2 frozen banana – This will add potassium, magnesium, and make your smoothie extra creamy.

1/2 cup organic silken tofu – This will add a mega protein boost and make your smoothie silky/creamy.

Kiwi – Gives your smoothie a big Vitamin C boost

1 tbsp Amla powder - Gives your smoothie a mega Vitamin C boost.

1 handful of walnuts

4 Brazil nuts (contains selenium, which is vital for good thyroid function)

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Place all ingredients in your blender and blend on high until smooth and creamy.





# Pumpkin Pie Smoothie using Pumpkin Seed Milk

(AKA Youth In A Glass)

Canned pumpkin contains a bunch beta and alpha-carotene. Our bodies convert both forms of carotene into the Vitamin A precursor retinol, and then combines it with fat molecules to form Vitamin A, a skin-supporting nutrient essential for cell growth and development. Not only is this smoothie filling and sweet, but it's truly a great skin booster.

## INGREDIENTS (16 ounce serving)

- 1/4 cup organic, unsweetened pumpkin puree
- 1 cup coconut manna (optional)
- 1 cup ice
- 1/4 cup raw almond butter
- 1 tbsp ground flax seed
- 1/2 tsp of natural vanilla extract
- A pinch of ground Ceylon cinnamon
- A pinch of ground nutmeg
- A pinch of ground ginger
- 1/4 tsp ground turmeric
- A grind of black pepper
- 1 dropper of liquid stevia or 3-4 pitted dates
- 2 cups almond milk

Place all ingredients in your blender and blend on high until smooth and creamy.



# Thin Mint Chocolate Smoothie

(AKA The Craving Buster)

I love the combo of mint and chocolate. This is actually a flavor combination I crave late at night, it hits every sweet-tooth spot. If you can go the extra mile and get raw cacao nibs, it'll add a little crunch. And I highly recommend adding fresh mint, as it dials up the green phytonutrient factor, and tastes so delicious. Mint is also great for digestion. And if you have kids, this is an amazing starter smoothie. Give it to them as an after school snack, and be impressed with your ability to feed your kids such healthy food!

**TIP:** Add herbs like mint and parsley to your smoothies because you get an added boost of concentrated micronutrients



## INGREDIENTS (16 ounce serving)

2 cups of unsweetened almond milk

2 cups of raw baby spinach or kale

1 cup of ice

1 tbsp of raw coconut manna

1/2 cup raw cacao powder

1/4 cup [mint liquid chlorophyll](#)

1 scoop of chocolate protein powder (optional)

1 dropper of [peppermint liquid stevia](#)

A handful of fresh mint leaves

1 tbsp of [cacao nibs](#)

Place all ingredients in your blender and blend on high until smooth and creamy.





# Cranberry Crush

(AKA Your Antioxidant Secret)

Cranberries have the highest antioxidant value of any fruit (I bet you didn't know that), so whenever you can, make a smoothie with them! I recommend grabbing a few frozen bags of cranberries whenever you see them, and keep them to make this smoothie as least once a week.

I added optional Kyo-Greens, a greens supplement that I really like - it will help with both your digestion, and will give you energy.

**TIP:** Don't just save cranberries for Thanksgiving. Think of every which way you can incorporate them into your diet. However, a can of cranberries won't have the same antioxidant value. Always buy fresh or frozen and make sure they are organic.

## INGREDIENTS (16 ounce serving)

- 2 cups unsweetened plant milk
- 1 cup ice
- 1/2 cup organic frozen cranberries
- 1 cup organic red grapes
- 1 cup frozen pineapple
- 1/2 frozen banana
- 1 dropper vanilla liquid stevia (optional)
- 2 tsp [Kyo-Greens](#) (optional)

Place all ingredients in your blender and blend on high until smooth and creamy.



# Peach Turmeric Blast Smoothie

(AKA Summer in a Glass)



Peach and turmeric are a marriage made in sherbert-colored heaven! If you can still find a few fresh, organic peaches, grab them now. Or, if you live in a country where they are going to come into season soon, keep this recipe under your belt. My Peach Turmeric Blast Smoothie is so ridiculously delicious that even my teenage daughter (who despises the taste of plain turmeric), loved it!

I've packed it with fresh turmeric and ginger root, which are both powerful anti-inflammatory roots, and will help boost your immune system. The peaches give it a special sweetness, along with dates for all their minerals and fiber. I added some non-dairy yogurt for a creaminess. And then I decided to dial up the immunity factor by adding amla (Indian Gooseberry), which is VERY high in Vitamin C.

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**TIP:** Peaches are on the EWG's dirty dozen list, meaning they are sprayed with a lot of pesticide. Buy organic fresh peaches, or frozen peach slices.

## INGREDIENTS (16 ounce serving)

- 1 cup unsweetened almond milk
- 1 cup filtered water
- 1/4 cup non-dairy yogurt (I used [Forager's Cashewgurt](#))
- 1/2 cup crushed ice
- 2 or 3 dates, pitted
- 1 cup frozen or fresh organic peach slices
- 1 cup frozen mango chunks
- 1 inch of turmeric root, peeled (or 1/2 tsp ground turmeric)
- 1 inch of fresh ginger root, peeled
- 3 twists of black pepper
- 2-3 tsp [amla powder](#)
- 1 tbsp ground flax
- 1 Brazil nut (optional for selenium, which is great for your thyroid)

Place all ingredients in your blender and blend on high until smooth and creamy.





# Magic Moringa Smoothie

(AKA The Superfood Surfer)

Moringa can act as an anti-diabetic agent. Studies are also showing that moringa may also have anti-cancer, and neuroprotective effects. So, all in all, I'm pretty impressed with this humble plant. And this is the reason why I've called my smoothie a "super" smoothie.

Moringa can be typically purchased as an oil from the seed, or a powder. The oil can be used in place of olive oil. [Moringa oil](#) is very high in PUFAs, which can help control cholesterol. Moringa oil is a wonderful skin care ingredient too. You can also buy the powder, which is made from the raw leaves. This is very high in fiber, and thus an excellent additional benefit to your smoothie. I've included turmeric because of its anti-inflammatory compounds, black pepper, which helps the turmeric to be absorbed, and ground ginger to aid digestion and boost your immune system. I added chia seeds for your omega 3 fatty acids – you could sub with ground flax if you want. I've chosen sweet pineapple and mango to combat the slight bitterness of the moringa. And you could always add a couple of dates for extra sweetness.

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**TIP:** Mango contains calcium and tons of fiber. Since fresh Mangos are tough to cut up and peel, stock on up frozen mangos. You can also blend frozen mangos with a frozen banana to make a delicious gelato-like dessert.

## INGREDIENTS (16 ounce serving)

- 1 tsp moringa powder
- 1 cup frozen pineapple
- 1 cup frozen mango
- 1 frozen banana
- 1 cup ice
- 16 ounces plant-based milk or coconut water
- 1/4 tsp ground turmeric (or 1/2 inch of fresh turmeric root, peeled)
- 1/4 tsp ground ginger (or 1 inch of fresh ginger root, peeled)
- 1 tsp ground Ceylon cinnamon
- 1 pinch of ground black pepper
- 1 tbsp ground flax
- 3 pitted dates (optional)

**TIP:** Nothing to stop you adding in a handful of greens like baby spinach or kale.

Place all ingredients in your blender and blend on high until smooth and creamy.





# The Cantaloupe Cooler Smoothie

(AKA The Beauty Smoothie)

I love to make this smoothie in the spring and summer months because it's sweet and refreshing. Cantaloupe is an excellent source of Vitamin A, which is a powerful antioxidant and is essential for healthy vision. It is also required for maintaining healthy mucosa and skin. Cantaloupe is also rich in antioxidant flavonoids such as beta-carotene, lutein, zeaxanthin, and cryptoxanthin. These antioxidants have the ability to help protect cells and other structures in the body from oxygen-free radicals and hence; offer protection against colon, prostate, breast, endometrial, lung, and pancreatic cancers.

The pear gives your smoothie a fresh sweet tang, and the plant-based yogurt makes the whole thing creamy. I added hemp seeds for protein.

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**TIP:** A pear is a great addition to any smoothie because it is low in sugar. Make sure you wash it thoroughly, but do use the peel as that's where you'll find a lot of the nutrients. Same with apples!

## INGREDIENTS

(16 ounce serving)

1 cups of cubed cantaloupe

1 pear, cored

1 cup ice

2 cups filtered water

A handful of raw almonds

1/2 cup of plant-based yogurt  
(I love coconut yogurt)

1 tbsp hemp seeds

Place all ingredients in your blender and blend on high until smooth and creamy.





# Citrus Sunrise

(AKA The Cold Buster Smoothie)

When I feel a little tickle in my throat, or I feel run down, this is the smoothie I reach for. The citrus and kiwi will help knock any pesky virus on the head, or at least lessen the duration of symptoms. I added turmeric for added anti-inflammatory benefits. And, if you have little ones, this is the PERFECT smoothie for a sick kid on the couch.

## INGREDIENTS (16 ounce serving)

- 1 whole lemon, cut up with pips removed
- 1/2 cup fresh mango or orange juice (unsweetened)
- 1 kiwi, peeled
- 1 inch of fresh ginger, peeled
- 1 cup ice
- 1/2 tsp ground turmeric
- 1 grind of ground black pepper
- 1 dropper of [orange liquid stevia](#)
- 2 cups filtered water

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**TIP:** If you can ever find fresh turmeric root, buy it! It looks very similar to ginger, and many stores now carry it. Substitute your 1/4 tsp of ground turmeric for one inch of turmeric root, peeled.

Place all ingredients in your blender and blend on high until smooth and creamy.





# Almondine Dessert For Breakfast

(AKA The I-Want-A-Slice-Of-Cake-But-I'm-Trying-To-Be-Healthy Smoothie)

Real talk: Sometimes I just fancy a creamy, dessert-like treat for breakfast! And I'm not ashamed of it. This smoothie is like oatmeal + dessert. It is very filling, so you won't want anything else for breakfast. This is my husband's favorite, because it's a welcome respite for our usual green fare!

## INGREDIENTS (16 ounce serving)

- 2 cups unsweetened hemp or organic soy milk
- 1/2 cup ice
- 1/2 frozen banana
- 1 tsp ground flax
- 1 tbsp almond butter
- 1 tbsp organic rolled oats
- 1 tbsp coconut manna
- 4 dates, pitted
- 1/2 tsp ceylon cinnamon

Place all ingredients in your blender and blend on high until smooth and creamy. If the smoothie is too thick add a little more milk, or 1/2 cup of filtered water.





# Better Than a Brownie

## This does not need a nickname

I make this as an afternoon treat for me and my daughter. We used to go to a juice bar where they made a similar version, and charged an arm and a leg for it. I love that we are feeding ourselves with healthy protein, and walnuts, which are protective against many diseases (specifically breast cancer).

## INGREDIENTS (16 ounce serving)

2 cups unsweetened almond milk

1 cup ice

2 tsp raw cacao powder

Handful of raw walnuts

3-4 dates, pitted

1/2 tsp ground Ceylon Cinnamon

1 tbsp hemp seeds

Place all ingredients in your blender and blend on high until smooth and creamy.





# Sweet Pineapple Kale

If you're in the mood for a sweet and very refreshing smoothie, this is my favorite. I love to drink this post workout when I'm hot, sweaty, and in need of some seriously sweet hydration

## **INGREDIENTS** (16 ounce serving)

- 1 cup pineapple\*
- 2 cups kale (either Dino or Curly), packed
- ½ lemon, peeled & de-seeded
- 1 Granny Smith apple (core and pips removed, but keep skin on)
- 1.5 cups coconut water or filtered water

Place all ingredients in your blender and blend on high until smooth and creamy. Place all the ingredients in your blender and blend until smooth. If you want it thinner, add more coconut water. If you want it chilled and crunchy, add ½ - 1 cup of crushed ice before blending.

\*As an extra special treat, I like to roast the pineapple the night or day before. I either toss it on the grill, pop it in my air-fryer, or lay out slices on a baking sheet in a hot oven. The roasting caramelizes it and makes it even sweeter!





## Melon Mojito

I love this smoothie so much that I now make it year around. It's creamy, sweet, and refreshing. And it takes me back to lying poolside in Mexico with a virgin Mojito (only this is waaaaaaay better). It's a lovely Fall or Winter treat when you get tired of Pumpkin Spice in everything!

\*Whenever I find Melons at the farmers market, I always cube a bunch of it and stick it in reusable bags in the freezer for up to 3 months. Simply de-seed and peel the Melon and cut into large chunks.

Place in the ingredients in the blender, and blend until smooth.

### INGREDIENTS (16 ounce serving)

1 cup of frozen Honeydew Melon\*

½ avocado

1 kiwi, peeled

A handful of fresh mint leaves

2 cups coconut water or filtered water

2 tbsp hemp seeds





# Heal-Your-Gut Smoothie

Whenever my clients complain of bloating or any kind of gut discomfort, I always recommend this beautiful gut-soothing smoothie

\*Cultured coconut yogurt is very trendy in the U.S. right now. You can find it at most health food stores. It is pretty expensive, so I tend to have it as a treat as it's so delicious, and good for your belly too.

Place all the ingredients in your blender, and blend until smooth and creamy.

## INGREDIENTS (16 ounce serving)

2 cups unsweetened coconut milk

3 stalks Dino kale

½ cup frozen blueberries

½ tsp [Slippery Elm](#) powder (very soothing for your gut)

½ tbsp or 1 scoop probiotic powder (I love [Ora](#))

2 tbsp coconut yogurt or cultured coconut yogurt\*



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