

SUPERSMOOTHIE GUIDE + RECIPES



#1 SUPERSMOOTHIE: GOJI BERRY PINEAPPLE ORANGE SUPERFOOD SMOOTHIE

2 servings

1 cup chia seeds pre-soaked
1/2 cup soy beans cooked
1 cup goji berries pre-soaked (1/2 cup dry berries soaked in 1 cup mason jar ~ use all the water and berries)
1 ginger ice cube OR thumb of fresh ginger
1 date soaked + 2 tbsp date water

1 whole orange
1 cup fresh OR frozen pineapple

Superfood Supplements

2 tsp bee pollen
1 tsp moringa leaf powder
1 scoop L-glutamine (1 tsp)



Blend all ingredients on high, adding enough water to desired consistency and flavor intensity (I add ~ 1/2 cup).

SUPERSMOOTHIE GUIDE + RECIPES

#2 SUPERSMOOTHIE: SUPER GREENS CLEANING ENERGIZING SMOOTHIE

2 servings

Prepped Players

1 lemon ice cube
frozen avocado - equivalent to half an avocado OR 1/4
cup raw cashews soaked in 1/2 c water
6 tbsp or 1/2 cup chia seeds pre-soaked
applesauce ~ 1/2 cup heaping
1 ginger ice cube OR see below fresh foods
1/4 cup water

Fresh Foods

3 kiwis quartered
ginger ~ thumb

Superfood Supplements

~ 1 teaspoon each of:
bee pollen
moringa leaf powder
~ 1 tbsp each of:
spirulina and/or chlorella powder
super 5 grass juice blend powder



SUPERSMOOTHIE GUIDE + RECIPES



#3 SUPERSMOOTHIE: CHOCOLATE WHEY PROTEIN MOOD & HORMONE BALANCE SMOOTHIE

2 servings

Prepped Players

- 1 cup chia seeds pre-soaked
- 1/3 cup soy beans cooked
- 2 tbsp date juice
- 3 soaked medjool dates
-

Fresh Foods

- 2 cups oat milk vanilla unsweetened
- 1/4 cup water
- 1/4 of ripe avocado or equivalent frozen

Superfood Supplements

- 1 scoop vanilla whey protein powder
- 2 heaping tbsp Cocoa powder
- ~ 1 teaspoon each of:
- bee pollen
- Ashwaganda powder
- 2 tbsp of 5 Mushroom Chocolate Mix
- 1 scoop L glutamine
-



Blend all ingredients on high, adding enough water to desired consistency and flavor intensity (I add ~ 1/4 cup).

SUPERSMOOTHIE GUIDE + RECIPES

#4 SUPERSMOOTHIE: BERRY WHEY PROTEIN SMOOTHIE

2 servings

Prepped Players

- 1 cup chia seeds pre-soaked
- 1/2 cup soy beans cooked
- 2 tbsp yogurt (I use vanilla)

Fresh Foods

- 1/4 of ripe avocado or equivalent frozen
- 1 cup frozen or fresh blueberries
- 1/2 cup frozen or fresh raspberries

Superfood Supplements

- ~ 1 teaspoon each of:
- bee pollen
- moringa leaf powder
- 1 scoop vanilla whey protein powder



Blend all ingredients on high, adding enough water to desired consistency and flavor intensity (I add ~ 1/4 cup).