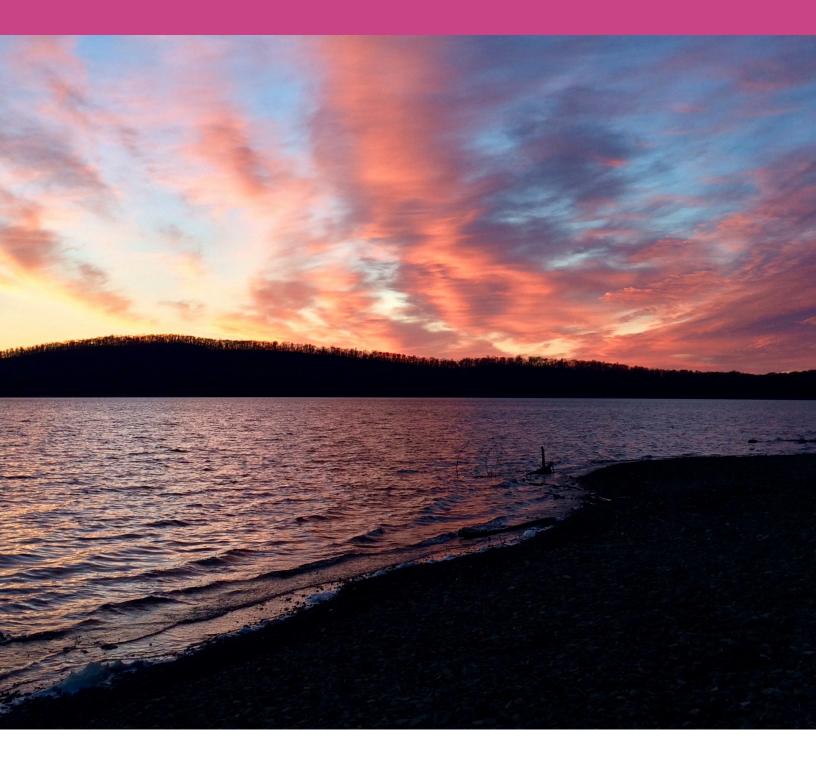


# The New Skinny Smoothies



## The Stay in the Moment Smoothie Formula

### Make your own. Mix and match.

Experiment with your smoothie and try some new superfoods, which are full of nutrients!

:Step 1: Pick a base: 1- 2 cups of unsweetened coconut or almond milk, water, herbal tea, coconut water

**Step 2:** Pick a fruit: 1/2-1 cup of fruit (frozen is fine) Berries are low in sugar and high in anti-oxidants

**Step 3:** Pick a protein: 1-2 Tbsp of protein- hemp, flax chia seeds/powder or oil, nut butters, Greek yogurt, egg yolks, good quality protein powder

**Step 4:** Pick a fat: 1-2 Tbsp of fat- Coconut oil, nut butters, seeds, 1/4 avocado (creamy texture)

**Optional (A)** Greens- Up to 1 cup of greens (spinach, kale, Swiss chard, an organic mix) to taste (start slow) – Spinach/pear, and Kale/Mango are good combinations.

**Bonus (B)** Add-ins- Cacao (for chocolate flavor- full of nutrients), spirulina, bee pollen, ginger, parsley, 1/2 cucumber

**Step 5:** Blend with crushed ice and serve immediately.

# The Mindful Meal Smoothie

## This is a hearty meal replacement and great on the go.

- 1 cup unsweetened almond or coconut milk
- 1/3 cup almond butter
- 1 banana, peeled
- 2 Tbsp. cacao powder
- 2 cup ice cubes

#### **Directions:**

Add coffee for a mocha latte! Add stevia or honey if needed, and blend and serve!

## The Fearless Warrior Smoothie

#### Full of antioxidants, good fat and greens!

- 1 cup unsweetened almond or coconut milk
- 3/4 cup frozen berries
- Scoop of protein powder (can try Nativas brand-Hemp, cacao, and maca)
- 1/2 avocado
- Spinach or Kale to taste (up to 1 cup) optional

#### **Directions:**

Blend until smooth.