



The New Skinny Smoothies



MINDFUL IS THE NEW SKINNY

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.