





SMOOTHIE MASTERY

LEARN THE ART OF MAKING
QUICK, NUTRITIOUS AND
DELICIOUS SMOOTHIES

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TOP 30 SMOOTHIE RECIPES INSIDE!
ALSO INCLUDES A BONUS MONTHLY
SMOOTHIE PLANNER

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CHAPTER 1

DRINK YOUR NUTRITION

It is no secret that healthy eating is the foundation for living a healthy life. Many of us understand this, but face challenges that still make eating healthy very difficult.

A lot of us find ourselves living relatively busy lives, which makes the dedication to healthy eating difficult. We instead find ourselves relying on easy to acquire fast foods that lack in nutrition.

What we truly need is to return to the path of natural fruits, vegetables, seeds and nuts which are the most filled with nutrients that keep the body healthy. So how do we fit them into our busy schedules?

Smoothies.

These simple mash-ups of various healthy super foods are the answer to a lot of nutritional prayers, and in this quick guide, I will show you the tools that you need to fit these delicious healthy drinks into your busy life! Making the perfect smoothies is an art, and it must be learned.

This is the reason why you hold this eBook in your hands. I will teach you the easiest and most effective ways to blend the best smoothies, so you can master this wonderful art right at home. I will also provide you 30 healthy smoothie recipes.

Excited? Let's get started!

Why smoothies are a wonderful nutrition choice?

The reason why smoothies fit so well into any dietary routine is because overall, they have many good qualities in their favor.

They are fresh

This is perhaps the best quality that smoothies have over countless other types of food. The ingredients commonly used for smoothies are raw vegetables, fruits, seeds and sometimes nuts. Researchers have done countless studies which have shown that food items are most nutritious in their whole form. Whole foods have been found to have many health benefits including reducing risk of diseases like diabetes, heart disease and obesity among many more.

All the foods going into smoothies are often in their whole unprocessed forms, meaning that you get the most in the way of vitamins and minerals.

They are easy to consume

A smoothie is simply a blended drink. Pour it in a glass and take a big sip. Put it in your favorite take-out bottle and you can drink it on your way to work, or while you work. There's no need to sit down with forks, spoons and knives, just drink it and you're good to go!

They are very easy to make

To make a smoothie, all you need to do is put the ingredients in a blender and blend everything until it's a nice consistency. There is no big prior preparation needed, and no slaving away in the kitchen to make it. Just a quick 10 minutes with your blender and that's it!



SMOOTHIE MASTERY

Knowing how easy it is to create a smoothie, what does it take for you to be great at making them? There are a few things you can do to take your smoothie making skills to the next level, allowing you to fully benefit from a healthy smoothie lifestyle. It is indeed an art that takes time and patience, but it's all worth it.

Tips to make you a smoothie expert!

1. Make good use of your freezer

The freezer makes for an amazing way to store your fruits and veggies for longer periods of time. Got some mason jars lying around? Make smoothies and freeze them in large batches for later. This makes it very easy to whip out a fresh smoothie every day no matter how busy you are!

You can also freeze fresh fruits and veggies in a bag for different smoothie recipes. Also, to ensure that milk (plain milk, or coconut or almond milk) does not turn sour in the fridge, you can freeze it in ice cube trays, and use it only when required.

2. Liquids in first

Liquids placed at the bottom of the blender first create space for the blender wheels to move more freely, which will blend your smoothie faster.

3. Spice things up once in a while

Spices are great not only for that extra punch of flavor, but also for some of their added wealth of health benefits.

4. Mix things up often!

The beauty in the diversity of the kinds of fruits and vegetables you can put together to make a great smoothie is great. Try something new each day. In fact, in this book I will start you off with one month's daily smoothie recipes!

5. Avoid sugar

While we want our smoothies to taste sweet and nice, it's always best to avoid using sugar. It's no surprise that excessive sugar can be harmful in the long run, making you obsess and diabetic. It's best to opt for natural sweeteners in your smoothies, such as dates, honey, bananas and other sweet fruits.

CHAPTER 3

THE ULTIMATE SMOOTHIE RECIPE GUIDE!

BREAKFAST SMOOTHIES



BERRY OAT SMOOTHIE

Total Serves – 2

Preparation Time – 6 minutes

INSTRUCTION

- 1 Add all of the mentioned ingredients in a blender and cover it tightly with the lid.
- 2 Blend them all until the ice is finely crushed and blend it further more until uniform and smooth mixture is formed.
- 3 Serve chilled & enjoy!

INGREDIENTS

- Rolled oats (old fashioned ones) – 1/2 cup
- Milk – 1 cup
- Berries (frozen) – 1/2 cup
- Honey – 2 tbsp.
- Vanilla yogurt – 1/3 cup
- Ice – 3/4 cup

TIP WHILE BLENDING

It is better and tastier when you use a mixture of different berries like blueberries, blackberries and raspberries. Also if you like Greek yogurt, you can use it in place of vanilla yogurt.

NUTRIENT INFORMATION

Berries are considered a superfood because they are jam-packed with antioxidants and are full of Vitamin C. Having them in your daily smoothie will boost your immune system and will make your skin glow.



SUPER AVOCADO SMOOTHIE

Total Serves – 1

Preparation Time – 5 minutes

INSTRUCTION

- 1 Add all ingredients into the blender and blend until smooth.
- 2 Serve with ice cubes. Enjoy!

INGREDIENTS

- Avocado (peeled and diced) — 1/2
- Banana (peeled and diced) — 1
- Milk — 1 cup
- Spinach — 1 cup

TIP WHILE BLENDING

For some taste variation, add a handful of your favorite berries in this smoothie before blending and enjoy.

NUTRIENT INFORMATION

Avocados are great for heart health, as they tend to increase your HDL and provide you ample energy to start your day. Bananas are a wonderful source of potassium and will add more flavor to this smoothie too.

CHERRY PIE SMOOTHIE

Total Serves – 2

Preparation Time – 5 minutes

INSTRUCTION

- 1 Add all ingredients in blender and blend for about 60 seconds until it is fully smooth.
- 2 If the smoothie is too thick add a little more milk to thin it out.
- 3 Serve and enjoy.

INGREDIENTS

- Cherries (frozen) – 1/2 cup
- Plain non-fat Greek yogurt – 1/2 cup
- Milk – 1/2 cup
- Oats - 3/4 cup
- Vanilla extract – 1/2 tsp
- Almond extract – 1/4 tsp
- Salt – 1 pinch

TIP WHILE BLENDING

Almond milk can be used in place of simple milk. Also, you can add two teaspoons of honey to make it sweeter.

NUTRIENT INFORMATION

Oats with cherries are really filling and delicious for a morning breakfast. You will get healthy carbs to keep you full till lunch time, and the Vitamin C and rich antioxidants will keep you healthier.



KEY LIME PIE BREAKFAST SMOOTHIE

Total Serves – 2

Preparation Time – 10 minutes

INSTRUCTION

- 1** Add all ingredients in a blender and blend for one or two minutes until and smooth desired mixture is formed.
- 2** Garnish with desired toppings.
- 3** Serve and enjoy at breakfast.

INGREDIENTS

- Key lime pie yogurt – 6 ounces
- Almond milk (unsweetened) – 1 cup
- Banana (frozen) – 1
- Ripe mango (frozen) – 1
- Vanilla extract – 1/2 tsp
- Honey – 1 tbsp
- Freshly squeezed lime juice – 1 tbsp
- Spinach – 1/2 cup

TIP WHILE BLENDING

If desired, you can add One cup of ice for a thicker and larger shake.

NUTRIENT INFORMATION

Mangos and spinach will boost your body's content of iron. Together, they will provide a nice punch of taste, and will pair really well with banana.



BANANA BLACKBERRY SMOOTHIE

Total Serves – 2

Preparation Time – 5 minutes

INSTRUCTION

- 1 Put all ingredients in a blender and blend on high speed until smooth.
- 2 Serve immediately in two glasses and enjoy.

INGREDIENTS

- Skimmed milk – 1 cup
- Plain non-fat Greek yogurt – 3/4 cup
- Fresh blackberries — 3/4 cup
- Banana (frozen) - 1
- Lime zest — 1/2 tsp
- Lime juice — 1 tbsp
- Honey – 1 tsp

TIP WHILE BLENDING

Use chunks of frozen berries instead of fresh if you want the juice to contain them as they are.

NUTRIENT INFORMATION

This is a super-smoothie to start your day. Blackberries are rich in antioxidants and many vitamins. They will keep your immunity strong, and banana will provide you will rich carbs to keep you going all day long.



RASPBERRY COCONUT SMOOTHIE

Total Serves – 1

Preparation Time – 10 minutes

INSTRUCTION

- 1** Include coconut milk, solidified banana slices and coconut concentrate to your blender. Blend for about 3 minutes.
- 2** Add solidified raspberries and keep on blending it until smooth.
- 3** Pour the smoothie in your serving glass, top with several raspberries and somewhat shredded coconut.
- 4** Serve and drink while chilled. Enjoy!

INGREDIENTS

- Raspberries (frozen) – 1 cup
- Coconut Milk – 1/2 cup
- Banana (medium sized) – 1
- Coconut extract – 2 tsp
- Chocolate syrups or fruits sprinkles – Optional

TIP WHILE BLENDING

Shredded coconut flakes will be a good topping, if available.

NUTRIENT INFORMATION

This smoothie is a treat to enjoy! Raspberries contains high amount of vitamins, and have great anti-aging effects. They even prevent diabetes, arthritis and even cancer.

POST-WORKOUT SMOOTHIES

APPLE PIE PROTEIN SMOOTHIE

Total Serves – 1

Preparation Time – 6 minutes

INSTRUCTION

- 1 Add all ingredients into your blender without missing any of them and pulse them all at once to combined and smoothly for a couple of minutes.
- 2 Add a little sugar as sweetener if you cannot drink without it.
- 3 Serve immediately while chilled.

INGREDIENTS

- Red Apples – 2
- Banana (frozen) - 1
- Ice – One cup
- Almond milk (unsweetened) – 1 cup
- Greek yogurt – 1/2 cup
- Cinnamon (ground) – 1 tsp
- Nutmeg (ground) – 1 pinch
- Ginger (grounded) – 1 pinch
- Cloves (grounded) – 1 pinch

TIP WHILE BLENDING

You can add 1-2 pitted dates or 1-2 teaspoons honey to sweeten, if needed.

NUTRIENT INFORMATION

Apples are a great source of daily fiber and contain tons of flavonoids and antioxidants. They reduce the risk of hypertension and obesity. Having them daily in your smoothies is a delicious way to stay healthy!

FIG AND CHICKPEAS SMOOTHIE

Total Serves – 2

Preparation Time – 10 minutes

INSTRUCTION

- 1 Blend all ingredients smoothly in a blender.
- 2 Serve with a topping of cinnamon, flax seeds and ice cubes.
- 3 Enjoy!

INGREDIENTS

- Milk — 1 cup
- Banana — 1
- Chickpeas (boiled, drained and rinsed) — 1/4 cup
- Ground flax seeds — 1/2 tsp
- Cinnamon — 1/2 tsp
- Fig (peeled and cubed) — 1

TIP WHILE BLENDING

You can use any other sweet fruit, such as mango, instead of fig for this recipe.

NUTRIENT INFORMATION

Chickpeas are an excellent source of protein, and serve as a good replacement of meat for Vegan food. They are also rich in fiber, and reduce the risk of several diseases while improving digestion.



ALMOND BUTTER BANANA SMOOTHIE

Total Serves – 2

Preparation Time – 5 minutes

INSTRUCTION

- 1 Put all ingredients in a blender and blend on high speed for about 60 seconds until smooth.
- 2 Serve and enjoy.

INGREDIENTS

- Bananas – 2
- vanilla almond milk (unsweetened) – 1 cup
- Vanilla – 1 tsp
- Almond butter – 1 tbsp
- Chia seeds – 1 tsp

TIP WHILE BLENDING

You can use ice cubes in this smoothie to make it a summer drink.

NUTRIENT INFORMATION

Chia seeds provide iron, calcium and various minerals. They are a definite superfood and must be a part of your daily menu.



DATES AND OATS SMOOTHIE

Total Serves – 2

Preparation Time – 10 minutes

INSTRUCTION

- 1 Add all ingredients in blender.
- 2 Blend for two minutes
- 3 Serve and enjoy.

INGREDIENTS

- Milk – 2 cups
- Oats – 1/2 cup
- Bananas (frozen) - 2
- Cocoa powder – 1 tbsp
- Dates — 3
- Coffee grinds – 1 tbsp

TIP WHILE BLENDING

Feel free to throw in some baby spinach, hemp seeds, chia seeds or coconut oil.

NUTRIENT INFORMATION

This power-packed smoothie is rich in proteins and healthy carbs, thanks to its wonderful ingredients such as dates, oats and bananas. You will get your needed dose of energy while also enjoying a glass full of protein, minerals and vitamins.



CHOCOLATE CASHEW BUTTER BANANA SMOOTHIE

Total Serves – 1

Preparation Time – 7 minutes

INSTRUCTION

- 1 Put all ingredients in a blender and blend on high speed for about 50 seconds until smooth.
- 2 Serve and enjoy.

INGREDIENTS

- Banana (frozen) — 1
- almond milk (unsweetened) — 1 cup
- Creamy cashew butter — 1 tbsp
- dark chocolate (unsweetened) — 1/2 cup
- vanilla extract — 1/2 tsp

TIP WHILE BLENDING

You can add protein powder and ice cubes as you desire. Also, coconut milk can be used in place of almond milk.

NUTRIENT INFORMATION

Dark chocolate is great for cardiovascular health as it increases your HDL level in the body. It is full of antioxidants, and improves brain function too.



PEANUT BUTTER AND JELLY PROTEIN SMOOTHIE

Total Serves – 1

Preparation Time – 7 minutes

INSTRUCTION

- 1 Put all ingredients in a blender and blend on high speed until smooth.
- 2 Serve immediately and enjoy.

INGREDIENTS

- Berries (frozen) – 1 cup
- Peanut butter – 1 tbsp
- Vanilla beans – 1 tsp
- Oats – 2 tbsp
- Milk – 1 cup

TIP WHILE BLENDING

You can also use soy milk instead of simple plain milk. Also add extra protein powder to make it a post workout smoothie.

NUTRIENT INFORMATION

Berries are great for your immunity. They boost your system's overall function, keeping you young and healthy due to their high content of antioxidants and vitamins.



BANANA CINNAMON SMOOTHIE

Total Serves – 1

Preparation Time – 5 minutes

INSTRUCTION

- 1** To make the walnut milk add soaked walnuts and water in a blender and blend for about one and a half minute. Put the liquid prepared in a large bowl and refrigerate it until it is ready to be used.
- 2** Now for the smoothie, combine the walnut milk, bananas, cinnamon, nutmeg, vanilla powder, and maple syrup in a blender and blend until you get a uniform creamy and smooth mixture. Add the nibs of cacao and blend for a few more seconds.
- 3** Serve & enjoy while chilled!

INGREDIENTS

- Walnut milk – 3 cups
- Bananas (Sliced properly and fresh or frozen) – 2 cups
- Cinnamon (ground) – 1 tbsp
- Nutmeg (fresh grated) – 1 pinch
- Vanilla powder – 1/2 tbsp
- Maple Syrup (optional) – 1 tbsp
- Ice – 2/3 cup
- Cacao nibs – 2 tbsp

TIP WHILE BLENDING

You can also use a bit of protein powder if you are working out and using this smoothie as a post workout shake.

NUTRIENT INFORMATION

Banana not only gives you instant energy, but also provides you ample potassium and manganese. Together with walnut milk, this smoothie will improve your mental health, cognition and thinking capability.



RAW CHOCOLATE SMOOTHIE

Total Serves – 2

Preparation Time – 7 minutes

INSTRUCTION

- 1 Warm up the honey for 20 seconds in the microwave to make it thinner.
- 2 Put all of the ingredients in your blender and blender for 3 minutes until it forms a uniform liquid.
- 3 Serve & enjoy!

INGREDIENTS

- Raw honey - 1 tsp
- Banana – 1
- Raw peanut butter – 2 tbsp
- Raw cacao powder – 2 tbsp
- Almond milk – 1/2 cup

TIP WHILE BLENDING

You can also use a non-raw version of a few ingredients in the smoothies to make it look a little conventional such as honey, peanut butter or cocoa powder.

NUTRIENT INFORMATION

This delicious smoothie is your go-to choice for quick healthy carbs. Peanut butter and cacao powder will give you vitamin E, and will improve your heart health and digestion.

SMOOTHIES FOR WEIGHT LOSS

Total Serves – 2

Preparation Time – 10 minutes

INSTRUCTION

- 1 Put all ingredients in a blender and blend on high speed until smooth.
- 2 Add more liquid if it is too thick.
- 3 Add banana or apple to sweeten it.
- 4 Serve & enjoy!

INGREDIENTS

- Grapefruit (peeled with seeds removed) — 1
- Sweet apple (skin removed) – 1
- Spinach – 2 cups
- Ripe banana (sliced and frozen) – 1
- Ice cubes — 2-3
- Unsweetened almond milk – 1/2 cup

TIP WHILE BLENDING

Water or orange juice can be used in place of almond milk. Also, feel free to add 1/2 tsp. fresh ginger, peeled and chopped.

NUTRIENT INFORMATION

This smoothie has all the ingredients, such as spinach, to improve your HDL level, prevent obesity and keep you active and slim. Not only will this prevent weight gain, it will also keep your insulin level controlled to avoid any risk of diabetes.



GRAPEFRUIT GREEN SMOOTHIE



TEA-INFUSED PUMPKIN PIE SMOOTHIE

Total Serves – 1

Preparation Time – 6 minutes

INSTRUCTION

- 1** Add all of the ingredients in the blender except the banana and blend for a few minutes until the tea has been finely crushed.
- 2** Once it is blended finely, add the frozen banana in form of small chunks. This will keep them frosty till the end. Blend for a few seconds.
- 3** Serve & enjoy!

INGREDIENTS

- Almond milk (unsweetened) – 2/3 cup
- Tea bag – 1 tsp
- Pumpkin puree - 3 tsp
- Vanilla extract – 1 tsp
- Pumpkin pie spice – 1/2 tsp
- Bananas (frozen) — 2

TIP WHILE BLENDING

You can also use tea leaves crushed as a replacement for the tea bag.

NUTRIENT INFORMATION

Pumpkin is rich in antioxidants and fibre. It will improve your digestion, helping you get rid of unneeded fat and toxins, and this preventing obesity.



TRIPLE SEEDS SMOOTHIE

Total Serves — 2

Preparation Time — 10 minutes

INSTRUCTION

- 1 Pour all ingredients together and blend until a smooth consistency is achieved.
- 2 Serve chilled & enjoy!

INGREDIENTS

- Chia seeds — 1/4 cup
- Flax seeds — 1/4 cup
- Hemp seeds — 1/4 cup
- Almond milk — 2 cups
- Banana — 1
- Cacao nibs — 1 tbsp
- Cocoa powder — 2 tbsp

TIP WHILE BLENDING

Feel free to add more almond milk, or water, to blend this smoothie more smoothly. Add few drops of vanilla extract, if you desire.

NUTRIENT INFORMATION

This smoothie is jam-packed with good protein. It will provide you the needed calories without any extra fat to add to your weight. It's perfect for gym-goers and Vegans as well.



Total Serves – 2

Preparation Time – 5 minutes

INSTRUCTION

- 1 Simply blend all ingredients well.
- 2 Pour the smoothie into tall glasses and decorate with extra coconut flakes on top.
- 3 Serve & enjoy this chilled refreshing drink!

INGREDIENTS

- Coconut milk — 1/2 cup
- Banana (peeled and diced) — 1
- Pineapple (peeled and diced) — 1 cup
- Coconut flakes — 1/2 cup

TIP WHILE BLENDING

The same tropical smoothie can be tried with citrus fruits, such as oranges and limes, instead of pineapples.

NUTRIENT INFORMATION

Pineapples is a rich source of vitamins, minerals and fibre and drastically sheds extra weight. Have this smoothie daily to lose weight effectively and gain your daily dose of Vitamin C.

Total Serves – 1

Preparation Time – 5 minutes

INSTRUCTION

- 1 Put all ingredients into the blender and blend until smooth.
- 2 Serve fresh and chilled. Enjoy!

INGREDIENTS

- Coconut milk — 1/2 cup
- Honey — 2 tbsp
- Papaya (peeled and cubed) — 1/2 cup

TIP WHILE BLENDING

Add your favorite protein powder to power up the protein content in this delicious smoothie.

NUTRIENT INFORMATION

Papaya is famous for its weight loss effects. With almond milk, you are sure to get only needed calories, and with an active lifestyle, you'll lose extra weight soon.

PAPAYA COCONUT SMOOTHIE





KIWI PINEAPPLE SMOOTHIE

Total Serves – 3 or 4

Preparation Time – 10 minutes

INSTRUCTION

- 1 Add pineapple juice, avocados and mangoes into the blender and blend until it is smooth. Pour juice into 3 or 4 glasses.
- 2 Rinse the blender and add coconut milk as well strawberries in the blender and blend till smooth mixture is formed. Pour it over the smoothies present in glass.
- 3 Serve & enjoy!

INGREDIENTS

- Pineapple juice – 1 1/2 cup
- Mango chunks (frozen) – 1 cup
- Kiwis - 2
- Ripe avocado (peeled and cored) – 1/2
- Coconut milk beverage – 1 cup
- Strawberries (frozen) – 1 cup

TIP WHILE BLENDING

You can also add honey or caramel as toppings to give it a better taste and texture.

NUTRIENT INFORMATION

Kiwi is a sweet and tangy source of vitamin A, E and K, also providing you folate and potassium. It rejuvenates your immune systems, keeps you active and gradually helps you lose weight.



WILD BERRY SMOOTHIE

Total Serves – 2

Preparation Time – 6 minutes

INSTRUCTION

- 1 Add all ingredients in blender and blend until smooth.
- 2 Add kale and honey and blend again.
- 3 Add ice cubes if desired and blend for a little more to make it chilled.
- 4 Serve & enjoy!

INGREDIENTS

- Banana (frozen) – 1
- Mango chunks – 1 cup
- Wild blueberries – 1/2 cup
- Plain nonfat Greek yogurt – 1/2 cup
- Milk – 1/2 cup
- Raw honey – 1 tbsp
- Kale – 1/2 cup

TIP WHILE BLENDING

Almond milk can be used in place of simple milk.

NUTRIENT INFORMATION

Blueberries are famous for their effects on our basal metabolic rate, meaning that they increase your body energy expenditure to help you lose weight effectively. With mangoes and bananas, you'll get good carbs to stay active too.



RICH KALE SMOOTHIE

Total Serves – 1

Preparation Time – 5 minutes

INSTRUCTION

- 1 Just place all the ingredients in a blender and blend until all is sufficiently smooth. You can add a little water to help balance the consistency, and serve in a tall glass.
- 2 Serve chilled & enjoy!

INGREDIENTS

- Fresh kale — 1 cup
- Skimmed milk — 1 cup
- Banana (peeled and diced) — 1
- Honey — 1 tbsp
- Salt — 1 pinch

TIP WHILE BLENDING

Add a pinch of salt to your smoothie to enhance the flavor overall. You will feel a massive difference in taste.

NUTRIENT INFORMATION

Kale is full of iron and antioxidants. It provides a good detox to your digestive system due to high fiber content. With a limited carb content, it serves as a good smoothie choice for weight loss.

DETOX SMOOTHIES

Total Serves – 1

Preparation Time – 8 minutes

INSTRUCTION

- 1 Combines all ingredients in the blender in an order and blend hardy for one or two minutes.
- 2 One all ingredients are fully incorporated and no chunks are left, it is ready.
- 3 Serve and enjoy.

INGREDIENTS

- Cold coconut water or filtered water – 1 cup
- Lime (juice) – 1
- Rough chopped greens – 1 1/2 cup
- Flat leaf parsley or mint leaves – A handful
- Cucumber (diced) - 1/2
- Apple (diced) - 1
- Peaches or mango (frozen and diced) – 1/2 cup
- Peeled ginger (optional) – 1 little piece

TIP WHILE BLENDING

Add a little more fruits if you like it to be sweeter.

NUTRIENT INFORMATION

This green smoothie is an elixir of health. The greens will detoxify the system, and cucumber will keep your hydrated.



THE GREEN SMOOTHIE

PINEAPPLE DETOX SMOOTHIE

Total Serves – 1

Preparation Time – 10 minutes

INSTRUCTION

- 1 Add frozen banana and frozen pineapple chunks to the blender. Add all other ingredients in the blender afterwards.
- 2 Add half cup of water in start and turn on the blender, continue to add more time to time.
- 3 Serve and top with diced pineapples and cayenne pepper. Enjoy!

INGREDIENTS

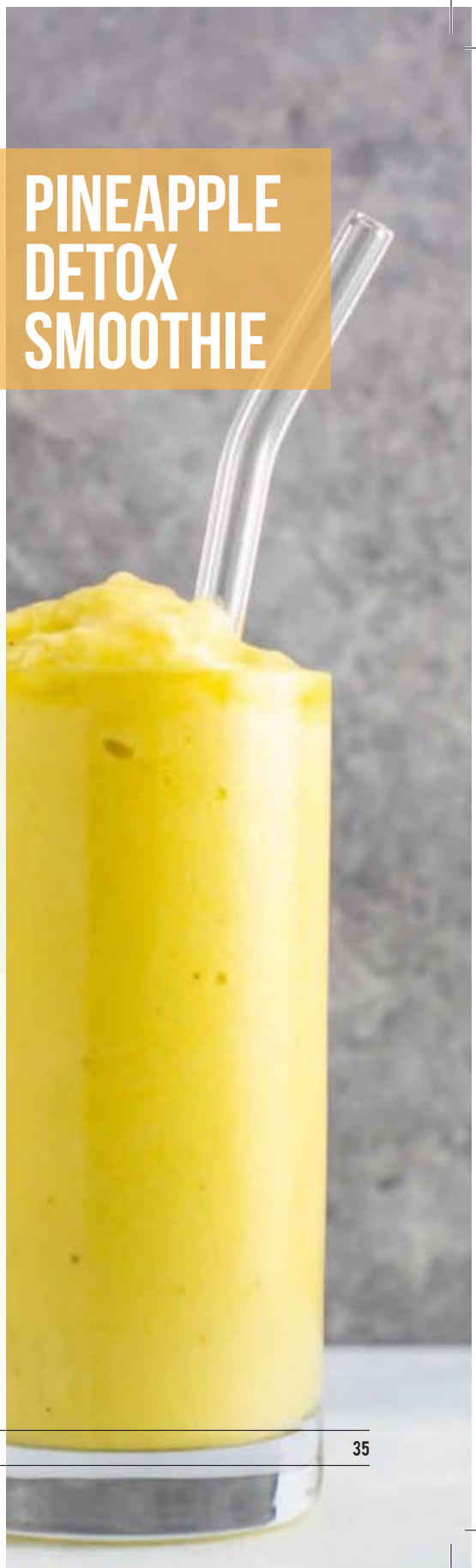
- Water – 1 cup
- Banana (frozen) - 1
- Pineapple (chunks) – 1 cup
- Fresh ginger – 1 tbsp.
- Lemon juice – 2 tbsp.
- Cayenne pepper – 1 pinch
- Flaxseed (optional) – 1 tbsp

TIP WHILE BLENDING

Always remember to add banana and pineapple chunks before everything else to give it a better blend and texture.

NUTRIENT INFORMATION

Pineapple is rich in vitamins and antioxidants that fight free radical damage in your body. With lemon and flaxseeds, this smoothie will surely make you instantly fresh and active.





CRANBERRY SAUCE SMOOTHIE

Total Serves – 1

Preparation Time – 5 minutes

INSTRUCTION

- 1 Put all ingredients in a blender and blend on high speed until smooth.
- 2 Serve & enjoy!

INGREDIENTS

- Almond milk or coconut milk (unsweetened) – 1 cup
- Cranberry sauce – 1/2 cup
- Plain non-fat Greek yogurt – 1/2 cup
- Honey – 1/2 tsp
- Vanilla extract – 1/2 tsp
- Ice – 1 cup

TIP WHILE BLENDING

Use caramel sauce instead of honey if honey is not available.

NUTRIENT INFORMATION

Cranberries are rich in manganese which tends to speed up your metabolism. They will steadily get rid of toxins, keep your active and will fight free radicals because of their high antioxidants too.



AVOCADO AND LIME GREEN TEA SMOOTHIE

Total Serves – 2

Preparation Time – 10 minutes

INSTRUCTION

- 1 Put all ingredients in a blender and blend on high speed until smooth.
- 2 Pour into two glasses and add a teaspoon of chia seeds into each.
- 3 Allow to stand for half an hour.
- 4 Serve & enjoy!

INGREDIENTS

- Avocado - 1
- Apples (roughly chopped) - 2
- Zucchini (chopped) - 1/2
- Broccoli florets (chopped) - 1/2 cup
- Peeled ginger (small) - 1
- Parsley - 1/2 cup
- Lime Juice — 1 tbsp
- Kale - 2 leaves
- Cooled green tea - 1 cup
- Almond milk - 1 cup
- Chia seeds (optional) — 2 tbsp

TIP WHILE BLENDING

Water can be used in place of almond milk.

NUTRIENT INFORMATION

This smoothie is full of detoxifying ingredients. Green tea clears your digestive system and makes your skin glow. Chia seeds are great as a lean protein source, similar to apples and avocado.

MANGO CINNAMON SMOOTHIE

Total Serves – 1

Preparation Time – 5 minutes

INSTRUCTION

- 1 Blend all three ingredients into the blender.
- 2 Serve with mint leaves & enjoy!

INGREDIENTS

- Mangoes (peeled and stoned) — 2
- Banana (peeled and diced) — 1
- Cinnamon powder — 1/2 tsp
- Mint leaves (chopped) — few

TIP WHILE BLENDING

Feel free to add some chia seeds or some greens, such as baby spinach, to increase nutritional value of this wonderful quick smoothie.

NUTRIENT INFORMATION

This quiz smoothie is a delicious way to detox your system. The vitamins, minerals and high fiber content of mangoes boost your immunity. Mint leaves provide a refreshing effect while clearing the toxins from your body.



DIGESTIVE AID SMOOTHIE

Total Serves – 1

Preparation Time – 10 minutes

INSTRUCTION

- 1 Put all ingredients in a blender and blend on high speed until smooth.
- 2 Serve & enjoy!

INGREDIENTS

- Cucumber – 1/2
- Banana (frozen) - 1/2
- Mint leaves - 4
- Spirulina – 1/2 tsp
- Minced ginger – 1 tbsp
- Chopped fennel bulb – 3 tbsp
- Coconut water – 1/2 cup

TIP WHILE BLENDING

Use stevia to taste for any additional sweetness.

NUTRIENT INFORMATION

Just as a name suggests, this smoothie will clear your digestive system by getting rid of all the toxins. Spirulina is a superfood that is known for aiding in digestive wellness. Cucumber will keep you hydrated and toxin-free.



CLEMENTINE SUNSHINE SMOOTHIE

Total Serves – 1

Preparation Time – 10 minutes

INSTRUCTION

- 1 Peel the clementines and pull each one in half.
- 2 Add yogurt to the blender followed by adding the prepared clementines, ice and sea salt.
- 3 Blend until smooth.
- 4 Serve & enjoy!

INGREDIENTS

- Clementines (chilled) — 4
- Ice — 1/2 cup
- Yogurt — 3/4 cup
- Sea salt — 1pinch

TIP WHILE BLENDING

Add chunks of frozen banana for extra creaminess and also honey to make it extra sweet.

NUTRIENT INFORMATION

This citrus smoothie is full of vitamins that improve your metabolism and supply the body with needed hydration to clear your body of toxins and free-radicals. Yogurt improves digestive health and is full of probiotics too.



CARROT CINNAMON SMOOTHIE

Total Serves – 2

Preparation Time – 6 minutes

INSTRUCTION

- 1 Add all ingredients in blender and blend for about 60 seconds until it is fully smooth.
- 2 If the smoothie is too thick add a little more almond milk to thin it out.
- 3 Serve & enjoy!

INGREDIENTS

- Banana (diced and frozen) – 1
- Carrots (diced) - 1 cup
- Almond milk – 1 cup
- Plain yogurt – 1/2 cup
- Maple syrup – 2 tsp
- Cinnamon (grounded) – 1/4 tsp
- Ginger (grounded) — 1 pinch
- Nutmeg (grounded) — 1 pinch

TIP WHILE BLENDING

You can also use Greek or vanilla yogurt instead of plain yogurt. Extra grated carrots, toasted coconut and toasted walnuts can be great toppings for this smoothie.

NUTRIENT INFORMATION

This is a great smoothie for instant energy and detoxification. Ginger, nutmeg and cinnamon boost your immunity and carrots provide you with essential vitamins that keep you healthy and glowing.

BONUS

Monthly Smoothie Planner

Now that you have mastered the art of making perfect smoothies, it's time to get into some action and adopt a healthy lifestyle. To keep you on track, I have provided you a simple monthly planner below.

Print out this page, and plan your daily smoothies on the provided calendar using the 30 valuable smoothie recipes I have provided previously. I am sure that by Day 30, you'd not only be healthier but also a true smoothie master!

Start planning...

SAT	SUN	MON	TUES	WED	THURS	FRI
Day 01	Day 02	Day 03	Day 04	Day 05	Day 06	Day 07
Day 08	Day 09	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					

CHAPTER 4

ENJOY A HEALTHIER LIFESTYLE

Living a healthy lifestyle is the best goal you can have in order to live a content, happy and fulfilling life. Luckily enough, it's easy to transform your lifestyle if you're committed and mindful. Of course, being good at the art of making smoothies is part of a healthier lifestyle because it's an effortless and fun way to gulp down your daily dose of nutrition without making any mess or wasting time for cooking anything. Below are some quick ways to turn your art of smoothie making into a complete lifestyle:

1. **Stay hydrated.**

Of course, having smoothies daily is one way to keep hydrated, but having ample amount of water is also essential. Keep a check on your daily consumption of liquids in all forms to stay active, healthy and glowing.

2. **Walk more.**

Part of a healthy lifestyle is about staying active too, so walking and working out is definitely important. Try to go for a 20-minute brisk walking or jogging, and incorporate a morning stretch or exercise routine in your life.

3. **Avoid stress.**

In today's busy life, it's almost impossible to stay stress-free but you can also try to prevent such situations at best. Try some good breathing exercises to calm down, and learn to meditate or start to pray and express your thankfulness. This practice will change your focus and will bring peace to your mind.

4. **Value your relationships.**

We are social animals and we need company to thrive in our environment. Do not isolate yourself, although some me-time is always great — and value the people in your life.

5. **Spend mindfully.**

Budgeting and keep track of your finances is part of your daily life. It's best to mindfully sort out these things instead of worrying about debt, loans and going broke. Do not spend on anything uselessly. Always consume well and make healthier, better choices in all walks of life.

CONCLUSION

By now, smoothies must be your best friend! Making smoothies is the easiest, quickest and most effortless way to consume rich nutrients right away. It's almost magical, right?

Well, congratulations on mastering this wonderful art.

Try to make smoothies with freshest ingredients and keep experimenting to modify any recipe at any day! Keep it light, fun and interesting.

Even more importantly, never put that blender away. Making smoothies daily will save your time and will be your best go-to hack for using any bits of fruits and veggies in your fridge.

Enjoy the 30 recipes I provided, plan your month using the printable and treasure this eBook until the next time you want to come back and borrow any recipe.

Keep blending!



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SMOOTHIE MASTERY

**LEARN THE ART OF MAKING QUICK,
NUTRITIOUS AND DELICIOUS SMOOTHIES**

I believe you enjoyed this recipe book and became a true smoothie artist by now. The application of this valuable information will help you progress in living a healthy lifestyle and enjoy life to the fullest.

If this book was helpful for you and you liked it, kindly give it a ★★★★★ Five Star rating and a compelling review to help others see and want to buy this recipe book.

If you have any feedback or proposals to improve or extend the content of this book, or suggested themes for a follow-up book, let me know at: smoothymastery@gmail.com

Find, blend and enjoy a refreshing glass of nutritious vitality...

Yours

KAREN KELLY

**TOP 30 SMOOTHIE RECIPES INSIDE!
ALSO INCLUDES A BONUS MONTHLY SMOOTHIE PLANNER**