

Healthy Smoothie Recipes

Lose Weight & Improve Gut Health



over
40
recipes

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HEALTHY SMOOTHIE RECIPES

Dear Friend,

If you love smoothies and you've been looking for a way to burn fat and get healthy, you are in luck.

Several years ago, I was overweight, suffering from inflammation, high-cholesterol, and insomnia. My body was exhausted and undernourished. Worst of all, I was battling depression and anxiety.

Thankfully I discovered an amazing diet secret, Smoothies! A healthy smoothie can help fortify your body, fill you up, and even lose weight. In this ebook, I'm going to share some of my favorite recipes. But first...

Nine Benefits of Smoothies

You may have heard about the benefits of smoothies, but what are they? Why are smoothies so healthy? And why should you incorporate them in your daily life?

- 1. Concentrated Nutrition:** For starters, if you don't eat many fruits or veggies, drinking a smoothie helps you invisibly get your "five a day" fruits and vegetables, while actually enjoying the taste, especially if you include a scoop or two of a green drink like [Daily Greens](#).
- 2. Easy Hydration:** Additionally, if you have trouble drinking at least eight glasses of water per day, smoothies can help keep your body hydrated. I like to add some ice cubes before blending for extra water intake (and to make it taste more like a milk shake).
- 3. Better Digestion:** When juicing, you get vitamins and minerals, but almost no fiber. Smoothies, however, are made out of the whole fruit and vegetable (and anything else you add). They are full of fiber, which is important for a healthy gut, as well as micronutrients, which feed your body on a cellular level.
- 4. Simple Prep:** If you don't have a lot of time in the morning, just throw whatever fruit or vegetables you have in the blender with protein powder or a green drink, and voilà, your breakfast is ready. You can also make packs of cut fruit and vegetables and freeze them, or even get them at Costco or Sam's Club. Then you are just a minute or two away from a healthy meal.
- 5. Low Cost:** Homemade smoothies are inexpensive. Forget about paying \$10 - \$12 at the health food store, you can make a healthy smoothie that replaces a complete meal for just a few dollars. And since you are the one who controls the ingredients, there will be no added sugar or junk.

6. Burns Fat: If you are trying to lose weight, smoothies, especially [green ones](#), are a perfect option. They are low in calories, and fill you up. Since they contain a lot of water and fiber, they make you feel as if you just ate a whole meal. Moreover, they also help fight cravings and hunger while consuming something that's good for you.

7. Increases Energy: Smoothies can boost your metabolism. As they are already blended, they are easy to digest and therefore, your body does not have to work hard to process the nutrients.

8. Increased Regularity: If you are suffering from constipation or feeling “stuck-up,” drinking smoothies can get things moving again so you are going to the bathroom every day. When you are fully eliminating your bowels, you feel lighter and more energetic.

9. Cleanse And Detox Friendly: Because you control the ingredients, smoothies are perfect for anyone doing a cleanse or detox regimen. You can easily add ingredients like herbs, tonics, even detox clay or a green drink.

How To Make A Smoothie

The beauty of smoothies is they are extremely versatile. You can make them with almost any fruit, vegetable, nut, grain, or supplement. They can be room temperature, or cool like a milkshake (but much healthier).

If you have a good blender, just toss everything in, turn it on, and in about a minute, you have a beautiful meal that's healthy and delicious.

- We like to use a Vitamix, but any blender will do, including an immersion blender or a single serve mixer like a Ninja or Magic Bullet.
- There are no rules. Feel free to alter these recipes to your own liking and remove or add anything you want, based on your own preferences. Many people include protein powder, [Daily Greens](#) (or other green drink), sweeteners like monk fruit or stevia, nut milk, even vitamins like liquid B complex, selenium, or magnesium.
- If your smoothie is too thick, add a liquid like water or nut milk. If it's too thin, add some almond butter, a few ice cubes, or a scoop of protein powder to thicken it up.
- You can alter the flavor by adding spices like cinnamon, cardamom, turmeric, and ginger, which not only have medicinal properties, but they are also delicious.
- All these recipes are plant based, but if you like, you can add yogurt, whey powder, milk, or other ingredients according to your own personal preferences and dietary needs.

Each recipe makes approximately two 10 - 12 oz smoothies. Feel free to adjust or increase amounts based on serving sizes. If you don't finish drinking it, just put in the fridge for later.

Meal Replacement Smoothies

The most important thing to remember when blending a meal replacement smoothie is to include proteins and healthy fats. This combination will guarantee that you are satisfied, and get enough energy until your next meal.

1. Yummy Nut Butter Banana Smoothie

Ingredients:

- 1 ripe banana
- 1 tablespoon peanut or almond butter
- 1/4 cup rolled oats
- 1 cup unsweetened nut milk
- 1 teaspoon honey (topping)
- 1 optional scoop of [Daily Greens](#)

Directions: Mix everything in a blender for at least a minute until smooth. Top with honey for a sweet garnish. Serve immediately!

2. Afternoon Kale Smoothie

Ingredients:

- 2 cups coconut or other unsweetened nut milk
- 2 cups frozen berries
- 1 cup fresh kale leaves
- 1 ripe banana
- 4 tablespoons chia seeds + 2 tablespoons coconut oil
- 1 optional scoop of [Daily Greens](#)

Directions: First remove kale leaves from their center stalk. Put the leaves and coconut milk into your blender and blend until smooth. Add remaining ingredients and blend once again until smooth. Serve immediately.

3. Pear Banana Kale Cardamom Smoothie

Ingredients:

- 1 cup fresh spinach leaves
- 1 cup chopped kale leaves
- 1/2 pear
- 1 fresh banana
- 1 1/2 cups unsweetened nut milk
- 1/2 cup rolled oats
- 1 tablespoon honey
- 1 pinch of cardamom
- 1 optional scoop of [Daily Greens](#)

Directions: First remove kale leaves from their center stalk. Put them into your blender with spinach leaves and nut milk. Blend for a few minutes until smooth. Add pear, banana, honey and rolled oats. Blend once again until smooth.

4. Berry Bomb Smoothie

Ingredients:

- 1 ½ cup frozen blueberries
- ½ cup frozen raspberries
- ½ cup frozen strawberries
- 1 tablespoon honey
- 2 tablespoon natural almond butter
- 1 tablespoon chia seeds
- 1 cup unsweetened almond milk
- 1 optional scoop of [Daily Greens](#)

Directions: Put everything into your blender and mix for few minutes until smooth. Sprinkle with some rolled oats and serve.

5. Healthy Snack Smoothie

Ingredients:

- ¾ cup nut yogurt
- 1 cup fresh baby spinach
- ¼ cup water
- ½ avocado (pitted)
- 1 tablespoon fresh lime juice
- 1 teaspoon honey
- 1 tablespoon hemp protein
- 1 optional scoop of [Daily Greens](#)

Directions: Put everything into your blender and mix until smooth. If it is too thick, add some more water.

6. Cinnamon Maple Oatmeal Smoothie

Perfect filling smoothie as a meal replacement, I love this as a post workout snack, but it's good anytime.

Ingredients:

- 1 banana
- ¼ cup old-fashioned oats
- ½ cup unsweetened almond milk
- 1 tablespoon creamy peanut or almond butter
- ½ tablespoon pure maple syrup

- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon kosher salt don't skip this, as it makes the oatmeal pop!
- Optional ice to make thicker
- 1 optional scoop of [Daily Greens](#)

Directions: Put everything into your blender and mix for a few minutes until smooth. Sprinkle with cinnamon.

7. Strawberry Banana Secret Cauliflower Smoothie

Frozen cauliflower is the secret ingredient of this sweet creamy strawberry smoothie. It adds protein and fiber but doesn't alter the taste.

Ingredients:

- 1 frozen banana
- 1 1/2 cup almond milk
- 1/2 cup frozen cauliflower (preferably riced cauliflower)
- 1 cup frozen strawberries
- 1 tablespoon almond butter
- 1 tablespoon avocado
- 2 teaspoons maple syrup or honey (optional)
- 1 optional scoop of [Daily Greens](#)

Directions: Put everything into your blender and mix until smooth.

8. Carrot Cake Smoothie

Who doesn't love carrot cake? This healthy take will fill you up and get you moving!

Ingredients:

- 1 small banana
- 1/2 cup unsweetened coconut milk
- 1 cup chopped spinach
- 1 cup chopped raw carrots
- 1/2 cup chopped pineapple
- 1/4 cup of mango or peeled tangerine
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon and/or nutmeg
- 1 optional scoop of [Daily Greens](#)

Directions: Put everything into your blender and mix until smooth.

2. Protein smoothies

Even if you are not a bodybuilder, your body needs protein and you will benefit from these delicious protein smoothies! Protein helps your skin and hair and is necessary for muscle growth.

9. Protein Packed Smoothie

Ingredients:

- 1 cup nut yogurt
- 1 cup unsweetened almond milk
- ½ cup ice
- 1 whole banana
- 2 tablespoons protein powder
- 1 optional scoop of [Daily Greens](#)

Directions: Mix everything in a blender for at least one minute until smooth. Enjoy immediately.

10. Morning Protein Bomb Smoothie

Ingredients:

- 1 kiwi, peeled and sliced
- 1 pear, pitted
- ½ avocado, pitted
- 1 cup frozen blueberries
- 1 tablespoon rolled oats
- ½ teaspoon flax seeds
- 3 ounces nut yogurt
- 2 cups cold water
- 1 optional scoop of [Daily Greens](#)

Directions: Mix everything in a blender for at least one minute until smooth. Enjoy immediately.

11. Tofu Protein Smoothie

Ingredients:

- ½ cup soft tofu
- ¼ avocado, pitted
- 1 cup unsweetened nut milk (vanilla)
- 1 fresh banana
- 1 tablespoon peanut butter
- 1 optional scoop of [Daily Greens](#)

Directions: Mix everything in a blender for at least one minute until smooth. Enjoy immediately.

12. Banana Apple Protein Smoothie

Ingredients:

- 6 raw almonds, chopped
- 1 apple, chopped and pitted
- 1 fresh banana
- ½ cup nut yogurt
- ¼ cup unsweetened nut milk
- ¼ cup cold water
- 1 teaspoon honey
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into the blender and mix everything until smooth. Enjoy immediately.

13. Protein Fit Smoothie

Ingredients:

- 3 ounces nut yogurt
- ½ teaspoon vanilla extract
- ¼ cup frozen raspberries
- ¼ cup frozen blackberries
- 2 tablespoons almond butter
- ¼ cup frozen pineapple
- ½ cup fresh kale
- ½ cup water
- 1 optional scoop of [Daily Greens](#)

Directions: First remove kale leaves from their center stalk. Put them into your blender and add water. Blend for a few minutes until smooth. Add all the other ingredients. Blend once again until smooth.

14. Berry Vanilla Smoothie

Ingredients:

- 1 cup strawberries
- 1 cup blueberries, blackberries, or raspberries
- ½ cup spinach
- 1 cup vanilla unsweetened almond or soy milk
- ½ cup pineapple
- 1 tablespoon vanilla protein powder
- 1 optional scoop of [Daily Greens](#)

Directions: Mix everything in a blender for at least one minute until smooth. Enjoy immediately.

15. Protein Power Punch Smoothie

Great for before or after you do your daily movement, this also makes a nice dessert treat or afternoon snack. Feel free to add some unsweetened chocolate powder for extra flavor.

- 1 banana
- 1 cup unsweetened almond or soy milk
- ½ tablespoon honey or maple syrup
- ½ cup greens (kale, spinach, collard greens)
- 2 tablespoons protein powder
- 1 tablespoon ground flaxseed
- 2 ice cubes
- 1 optional scoop of [Daily Greens](#)

Directions: Mix everything in a blender for at least one minute until smooth. Enjoy immediately.

16. Chocolate Banana Protein Smoothie

This chocolate smoothie is packed with protein and tastes like a delicious chocolate shake. Perfect as a meal replacement, post workout, or whenever you need a healthy sweet snack.

- 1 medium frozen banana
- 1/4 cup chocolate plant based protein powder
- 1 tablespoon cocoa powder
- 1/4 cup coconut yogurt
- 2 tablespoons cashew butter
- 1/2 tablespoon ground flaxseed
- 1 cup unsweetened plain almond milk
- 1 optional scoop of [Daily Greens](#)

Instructions:

Directions: Put all the ingredients into a blender and blend until smooth. Add additional nut milk to thin if needed

17. Tahini Date Smoothie

Tahini is an excellent source of protein and makes a great smoothie addition. This Tahini smoothie is flavored with Dates and Cinnamon and is full of flavor. It's creamy and delicious and is great for breakfast or post workout.

Ingredients:

- 1 frozen banana
- 1 cup nut milk of choice (we suggest vanilla almond)
- 1 Medjool date, pitted
- 1 teaspoon cinnamon
- 1 teaspoon flax seed
- 1 tablespoon tahini

- 1 tablespoon protein powder
- Optional pinch of salt
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth.

3. Morning/Snack Smoothie Recipes

These morning smoothies are delicious, easy to make, and only take a few minutes of your time. They are an amazing way to start your day.

18. Cherry Green Smoothie

Ingredients:

- 1 cup fresh or frozen cherries (pitted)
- 1 cup nut unsweetened almond milk
- 1 tbsp. natural almond butter
- 1 tsp. flax seeds
- 1 tbsp. rolled oats
- 4 fresh kale leaves
- 1 tsp. vanilla extract
- 1 optional scoop of [Daily Greens](#)

Directions: First remove kale leaves from their center stalk. Put them into your blender and add almond milk. Blend for a few minutes until smooth. Add all the other ingredients. Blend once again for at least a minute until smooth.

19. Green Parsley Smoothie

Ingredients:

- ¼ cup fresh parsley (chopped)
- 2 fresh or frozen mangos (pitted and sliced)
- ½ fresh cucumber
- 1 cup unsweetened coconut water
- 1 tbsp. lime juice (freshly squeezed)
- 1 tbsp. unsweetened coconut flakes
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth. Sprinkle with some extra coconut flakes.

20. Green Ginger Smoothie

Ingredients:

- 1 handful fresh spinach (chopped)
- 1 inch fresh ginger (chopped)
- 1 ¼ cup fresh or frozen peaches
- ½ cup fresh or frozen cherries (pitted)
- ½ cup cold water
- 1 cup orange juice (freshly squeezed)
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into your blender and blend until smooth.

21. Basic Blueberry Smoothie

Ingredients:

- 1 cup fresh or frozen blueberries
- ½ cup fresh baby spinach
- ½ cup dried cranberries
- 5 fresh basil leaves
- 1 ½ cup unsweetened almond milk
- 1 tbsp. natural almond butter
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into your blender and blend until smooth.

22. Morning Green Breakfast

Ingredients:

- 1 cup fresh spinach
- ½ cup chopped kale (stems removed)
- ½ cup fresh cucumber (diced)
- fistful fresh parsley (chopped)
- ½ avocado (pitted)
- 1 pear (cored)
- 1 tbsp. fresh orange juice
- 1 tbsp. fresh lemon juice
- 1 optional scoop of [Daily Greens](#)

Directions: First remove kale leaves from their center stalk. Put them into your blender and add almond milk. Blend for a few minutes until smooth. Put the rest of the ingredients in your blender and blend until smooth.

23. Morning Glory Smoothie

Ingredients:

- ½ banana
- ½ papaya, seeded and peeled
- 1 cup of fresh or frozen berries (strawberries, blueberries, or blackberries)
- ½ cup greens (kale, spinach, collard greens)*
- ½ cup water
- 1 tablespoon ground flaxseed
- ½ thumb sized portion of ginger root
- 1 optional scoop of [Daily Greens](#)

Directions: First remove kale or collard leaves from their center stalk. Put them into your blender and add almond milk. Blend for a few minutes until smooth. Put the rest of the ingredients in your blender and blend until smooth.

24. Delicious Pear Morning Smoothie

Ingredients:

- 1 ripe banana
- ½ pear (pitted)
- ½ cup spinach
- ½ cup cold water
- ½ cup almond milk (unsweetened)
- 1 tbsp. chia seeds
- 1 tbsp. flaxseed (ground)
- ½ tbsp. hemp seeds
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into your blender and blend until smooth.

25. Refresh-Me Morning Mango Smoothie

Ingredients:

- ½ cup unsweetened almond milk
- ½ tbsp. natural almond butter
- ½ cup cold water
- 1 ripe banana
- ½ cup mango (fresh or frozen, diced)
- ½ lime, freshly squeezed
- 1 tbsp. hemp seeds
- ½ tsp. chilli powder
- 1 optional scoop of [Daily Greens](#)

Directions: First squeeze ½ lime to make fresh lime juice. Put it into the blender and then add all the other ingredients. Blend until smooth.

26. Antioxidant Blueberry Green Tea Smoothie

Ingredients:

- 1 ½ cup green tea (chilled)
- 1 cup blueberries (fresh or frozen)
- 1 ripe banana
- 1 tbsp. hemp protein powder
- ½ tbsp. hemp seeds
- 1 tbsp. chia seeds
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into your blender and blend until smooth.

27. Energizing Coffee Smoothie

Ingredients:

- ¼ cup coffee (cooled)
- ¼ cup ice cubes or cold water
- 1 cup natural coconut or almond milk (unsweetened)
- 1 ripe banana
- ¼ cup cashews (soaked for at least six hours)
- 1 tbsp. cacao nibs
- 1 tsp. cacao powder (as a topping)
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth. Top with cacao powder and enjoy.

28. Best Berry Smoothie

Ingredients:

- ½ cup natural fresh cranberry juice
- ½ cup coconut or rice milk (unsweetened)
- 1 ripe banana
- ¼ cup strawberries (fresh or frozen)
- ¼ cup blueberries (fresh or frozen)
- ¼ cup cranberries (fresh, dried or frozen)
- ¼ cup raspberries (fresh or frozen)
- 2 tbsp. natural almond butter
- ½ tbsp. honey (as a sweetener, if needed)
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth. Add some honey if the smoothie is not sweet enough.

28. Pumpkin Spice Smoothie

This pumpkin smoothie tastes like pumpkin ice cream but is dairy-free and packed with healthy protein.

Ingredients:

- 2 medium frozen bananas
- 1/2 cup unsweetened pumpkin puree
- 1/2 cup coffee, cold (I just used leftover from the morning's pot!)
- 3/4 cup nut milk, any kind
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon vanilla protein powder
- 1 teaspoon maple syrup
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth.

29. Apple Pie Smoothie

If you love apple pie, you are going to love this guilt-free smoothie.

Ingredients:

- 1 frozen banana, small
- 1/2 cup almond milk, unsweetened
- 1/2 cup coconut yogurt
- 2/3 cup apple sauce, unsweetened
- 1/4 cup rolled oats**
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

5. Detox Smoothies

We have all been there – especially after holidays, before summer or whenever we have been neglecting our body and need to start treating it better. At that point, we usually think of starting a detox diet to clean our body from the inside out.

Detoxing, when done right, means eliminating toxins and then feeding our body healthy nutrients, which helps us maintain optimum health.

30. Morning Kale Smoothie

Ingredients:

- 4 to 5 leaves of fresh or frozen kale
- 1 whole banana
- 1 cup of frozen blueberries

- ½ of diced avocado
- 1 cup of cold unsweetened nut milk
- 1 optional scoop of [Daily Greens](#)

Directions: First remove kale leaves from their center stalk. Put them into your blender and add almond milk. Blend for a few minutes until smooth. Put the rest of the ingredients in your blender and blend until smooth.

31. Antioxidant Tomato Smoothie

Ingredients:

- 2 cups of fresh tomatoes
- ¼ green apple
- ½ cup of diced carrots
- ¼ cup of celery
- 2 cups of ice
- 1 optional scoop of [Daily Greens](#)

Directions: Blend all the ingredients and decorate with celery.

32. Turmeric Tonic Smoothie

Ingredients:

- 1 small red apple
- 1 orange
- 1 cup coconut water
- 1/4 cup almond milk
- 1 1/2 scoops vanilla protein powder, preferably plant-based
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 cup ice
- 1 optional scoop of [Daily Greens](#)

Directions: Blend all the ingredients and decorate with ground turmeric and cinnamon.

33. Summer Mango Papaya Smoothie

Mangoes are a great sources of vitamin and are rich in iron and antioxidants. Like mangoes, papayas also contain enzymes that boost digestion, while also being a good source of fiber.

Ingredients:

- 1 mango
- 1 papaya
- 2 cups of nut yogurt
- 2 tbsp. of fresh lime juice

- 2–3 tbsp. of honey (to taste)
- ¼ tsp. of almond extract (or a bit of almond milk)
- 1 optional scoop of [Daily Greens](#)

Directions: Peel and pit the mango and papaya and blend all the ingredients together and enjoy.

34. Berry Mix Antioxidant Smoothie

Ingredients:

- ½ cup blueberries (fresh or frozen)
- ½ cup strawberries (fresh or frozen)
- ½ cup nut yogurt
- ¼ cup cold water
- 1 tbsp. natural almond butter
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth.

35. Orange Sun Smoothie

Ingredients:

- 1 ripe banana
- ½ inch fresh ginger
- ½ cup mango (fresh or frozen, sliced)
- ½ cup orange juice (freshly squeezed)
- ¼ cup water
- ½ tsp. chilli powder
- Few ice cubes (optional)
- 1 optional scoop of [Daily Greens](#)

Directions: First peel and mince ginger. Put it into the blender and then add all the other ingredients. Blend until smooth.

35. Kale Detox Smoothie

Ingredients:

- 1/2 avocado (pitted)
- 1/4 fresh cucumber
- 1 cup fresh or frozen kale
- 1 ripe banana
- 1/2 cup cold water
- 1/2 lemon
- 1/2 inch fresh ginger
- 1 tbsp. hemp protein powder
- 1 optional scoop of [Daily Greens](#)

Directions: Remove kale leaves from center stalk. Squeeze lemon to make fresh juice. Peel and mince ginger, add to remaining ingredients, and blend until smooth.

36. Amazing Mango Mint Smoothie

Ingredients:

- 1/2 cup almond milk (unsweetened)
- 1/4 cup coconut milk (unsweetened)
- 1/2 cup nut yogurt
- 2 tbsp. natural almond butter
- 2 mangoes (fresh or frozen, pitted)
- 1/2 cup blueberries (fresh or frozen)
- 2 tbsp. fresh mint leaves
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth.

37. Beautiful Berry Blast

Ingredients:

- 1 cup strawberries
- 1 cup blueberries, pitted cherries, or raspberries
- 1/2 green apple
- 1/2 cup greens (kale, spinach, collard greens)
- 1/2 cup water
- 1 tablespoon fresh lemon juice
- 1 tablespoon ground flaxseed
- 1 thumb sized portion of turmeric
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth.

38. Banana Ginger Smoothie

Great for a snack or anytime you are having digestive issues. Soothes stomach trouble using fresh ginger, nut milk, and cinnamon.

- 1 banana
- 10 oz unsweetened almond or soy milk
- 1/2 tablespoon honey or maple syrup
- 1/2 teaspoon of cinnamon
- 2 ice cubes
- 1 thumb sized portion of ginger root
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth.

39. Blackberry Lime Smoothie

We love the flavor profile of this sweet and sour smoothie. It's filling and makes for a great morning or afternoon snack. Full of antioxidants and vitamins

Ingredients:

- 1 frozen banana
- 1 cup fresh or frozen blackberries
- 1/2 cup unsweetened almond milk
- 1/2 cup coconut yogurt
- 1/2 teaspoon lime zest
- Juice of one large lime
- 1 cup fresh spinach or optional [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth.

40. Savory Keto Green Smoothie

Low-carb, high fat, plant-based Keto Smoothie. No sugar or sweeteners, just veggies, high fat avocado, ginger, lemon and cilantro for a special savory flavor!

Ingredients:

- 1 cup cold water
- 1 cup frozen avocado
- 1 cup baby spinach
- 1/4 cup cilantro
- 1 inch ginger peeled
- 3/4 English cucumber peeled
- 1/2 lemon peeled
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth.

41. Avocado Antioxidant Smoothie

Ingredients:

- 1 avocado (pitted)
- 1/2 cup fresh or frozen raspberries
- 1/2 cup fresh or frozen blueberries
- 1/2 cup water
- 1/4 cup fresh orange juice
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth.

42. Pineapple Mojito Green Smoothie

An antioxidant-rich take on a classic mojito. Full of fresh fruits and veggies with a refreshing mint flavor.

Ingredients:

- 1/2 cup coconut milk or other non-dairy milk
- 1/8 cup fresh mint
- 1 1/2 cups chopped pineapple (fresh or frozen)
- 1 cups baby spinach
- 1 lime, zest and juice
- 1/2 tsp freshly grated ginger
- 1 cup ice
- 1 optional scoop of [Daily Greens](#)

Directions: Put all the ingredients into a blender and blend until smooth. Top with chia seeds, shredded coconut, or hemp seeds.

Have Fun With These!

I hope you enjoy making these amazing smoothie recipes as much as we did. If you have any to add, send them to us and we'll include them in the next update of this ebook.

And remember, you can easily boost the nutrition of any smoothie, juice, or nutritional shake by adding a scoop of a green drink like Daily Greens. Click the discount link for the lowest price...

<https://www.DailyGreens.co/save>

Talk soon, and be healthy.

Sincerely,

Healthy Living Team

Healthy Living Team