



Liquid Love

Your Guide to Divine Smoothies

Smoothie making is an art that when refined can make our blender experiences into one that will not only inspire your taste buds, but also fuel yourself with super-foods, proteins, and everything you need to energize, satisfy, and nourish your cells for optimal energy.

Recipes for **Liquid Love** are made of 6 solid components. Choose one or more of each (or invent your own) for a complete meal smoothie. Keep the sugars down and the LOVE up. (and don't forget to see the recipes below)

Smoothness

Milk, coconut milk, coconut water, herbal tea, diluted juice (I recommend cautious use of juice and it can create a sharp spike in blood sugar)

Protein

Protein powder (whey, hemp, rice, pea), raw egg (to explore), whole milk yogurt, nut butter.

Super-foods

Chia seeds, flax seeds, acai berry, goji berry, cacao nibs or powder, bee pollen, coconut oil, ginseng, raw honey





Something green

Green powder, leaf of kale, spinach, lettuce, Swiss chard

Character

Strawberry, blueberry, banana, peach, mango, avocado

Flavor

Cinnamon, vanilla, cacao powder, ginger





Recipes:

Macadamia Bliss

2-3 T macadamia nut butter
1 small banana
1-2 T raw cacao nibs
1-2 T flax seeds
2 scoops chocolate whey protein
coconut water to blend until smooth

Strawberry Spinach Sensation

¼ cup strawberries
1 small banana
1 cup spinach (fresh or frozen)
1 cup plain whole milk yogurt
2 T raw agave nectar
water to blend

Tropical Thunder

½ cup frozen mango
½ avocado
½ - 1 cup coconut milk/ coconut water to blend
2 scoops vanilla whey protein or 1 raw egg (if tolerated)
½ tsp vanilla extract
1 Tbsp unheated Raw Honey
2 leafs lettuce or 2 scoops green powder
2 Tbs chia seeds

