

## **KB Smoothie**

1 serving

¼ cup of frozen berries  
4 oz coconut water or filtered water  
1½ TBS of collagen  
1 TBS ghee  
½ TBS coconut oil  
½ TBS nut butter  
1 TBS raw unsweetened cocoa powder  
1 date  
A tiny pinch of salt

Put all ingredients in a blender and blend.

## **BERRY SMOOTHIE**

2 servings

8 oz of coconut milk (unsweetened and full fat)  
1 cup of frozen berries  
1 date

Put all ingredients in a blender and blend until smooth. Adjust proportions to taste (thinner or thicker)

## **GINGER-MINT PEAR SMOOTHIE**

2 servings

2 pears  
1 avocado, flesh scooped out  
1½ cups / 35g firmly packed baby spinach  
1 TBS of collagen  
1 cup / 250 ml water  
2 tsp. minced ginger  
1 ½ Tbsp. freshly-squeezed lemon juice  
10-20 mint leaves (to your taste)

Place all ingredients in a blender and blend until smooth.

## **GREEN DETOX SMOOTHIE**

serves 2

2 large handfuls of spinach  
1/3 cup parsley or cilantro (stems OK)  
1 inch piece of ginger  
1 organic apple, cored (gala or pink lady, but really anything works)

1 celery stalk, cleaned and roughly chopped  
1 cup water  
juice of 1/2-1 lemon

Blend spinach, water, parsley/cilantro, and ginger until liquid and foamy. Add apple, celery, and lemon juice and blend until smooth, about 1-2 minutes. Adjust lemon juice, if needed. Serve over ice, if desired. Enjoy.

### **ANOTHER GREEN SMOOTHIE**

1 celery stalk roughly chopped  
1 banana, peeled and chopped  
1 large handful fresh spinach  
1 inch piece fresh ginger, peeled and grated  
10 mint leaves  
1 tablespoon of collagen  
1 cup of unsweetened coconut milk or water  
1 lime, juiced

Add all the ingredients to a blender and blend until smooth.

### **BEET/CHOCOLATE SMOOTHIE**

1 small beetroot, peeled and chopped  
2 TBS of raw unsweetened cacao powder  
2-3 dates, pitted  
½ avocado  
2 cups of unsweetened coconut milk  
⅓ cup frozen berries

Add all ingredients to a blender and blend until smooth. Taste and adjust to your liking.

### **MANGO SMOOTHIE**

1 cup frozen mango  
1 cup of unsweetened carrot juice (fresh not from concentrate)  
3 tablespoons of unsweetened dry coconut  
1 inch piece of ginger  
¼ tsp ground turmeric  
Juice of ½ lime or lemon

Add all ingredients to a blender and blend until smooth.