

# Smoothie Create Your Own

## START with- 2 to 3 HEAPING Tablespoons

Whey/Pea Protein Powder (TerasWhey & Standard Process brands available at Stucky)

## Step 1 Choose Your Fruit – 1 to 2 cups fresh or frozen:

- Banana
- Strawberries
- Apple
- Kiwi
- Blackberries
- Raspberries
- Pear
- Peach
- Blueberries
- Mango



## Step 2 Choose Your Base – Pick One (Unsweetened) Liquid 1.5 cups

(Also may add ½ cup plain low fat Greek Yogurt):

- Almond Milk
- Coconut Water
- Green Tea
- Almond Milk (Chocolate)
- Coconut Milk
- Hemp Milk
- Iced Coffee
- Filtered Water

## Step 3 Choose Your Greens – 1 BIG HANDFUL:

- Kale
- Collards
- Beet Greens
- Dandelion Greens
- Spinach
- Swiss Chard
- Arugula

Products\* Available @ Stucky Chiropractic



\*Sample. Many flavors, & other products available

## Step 4 Supercharge It – (Use Dynamic Greens plus any other option):

- 1-2 Teaspoons **Dynamic Greens** (from Stucky)
- 2 Tablespoons Avocado
- 1 Tablespoon Bee Pollen
- 1 Tablespoon Hemp Seeds
- 1 Tablespoon Sprouts
- Probiotic
- 1 Teaspoon Fresh Herbs
- 1 Tablespoon Chia Seeds
- 1 Teaspoon – 1 Tablespoon Coconut Oil//Fish Oil
- 1 Tablespoon Almond/Cashew Butter
- 1 Tablespoon Wheatgrass
- 1 Tablespoon Ground Flaxseeds/Sesame Seeds
- 1 Tablespoon Raw Cocoa Powder

## Step 6 Add ONE Sweetener – Optional:

- 1 Teaspoon Stevia/Xylitol
- 1-2 Teaspoons Vanilla/Almont Extract etc.
- 1 Teaspoon Maple Syrup
- 1 Teaspoon Honey
- 1-2 Teaspoons Cinnamon/Nutmeg
- 1 Teaspoon Chopped Dates/Figs

## Step 7 Blend It Up – Serve it

Shake in shaker cup, Blend in mixer, juicer or Bullet style blender. Then drink smooth, or pour over ice. Another serving idea is to pour mixture into Popsicle makers and freeze – Enjoy later.

# Smoothie Recipes

**All recipes serve 1 person – To Supercharge any recipe...**

**Add 1-2 tsp. of your favorite Dynamic Greens**

1. **Black and Blue:** 2-3 cups organic spinach, 1 cup (unsweetened) almond/coconut milk, 1/2 banana, ¼ cup blueberries, ¼ cup blackberries, frozen 3 ice cubes
2. **Thin Mint:** 1 cup spinach (frozen or 2 cups fresh), 1 cup almond/coconut milk, 2 scoops chocolate whey protein powder, ¼ cup rolled oats, ⅛ teaspoon peppermint extract
3. **PKB (Pumpkin, Kale, Banana) :** 3 leaves kale, ½ cup vanilla almond/coconut milk, 1 tablespoon flax seed, 1 banana (frozen), 1/4 teaspoon cinnamon, ½ cup pumpkin, 3 ice cubes
4. **Spinach Flax:** ½ cup plain Greek yogurt, 1 cup coconut/almond milk, 1 tablespoon natural almond butter, 2 cups spinach, 1 banana (frozen), 3 strawberries, 1 teaspoon flaxseed, 1/4 teaspoon vanilla extract
5. **Dark Chocolate Blueberry:** 2 cups spinach, 1 cup blueberries (frozen), 1 scoop chocolate whey protein powder, 2 tablespoons dark cocoa powder, ½ cup unsweetened almond/coconut milk
6. **Killer Kale:** 1 ½ cups unsweetened almond/coconut milk, 1 ½ tablespoons almond butter, 1 banana (frozen), 2 cups kale, 1 tablespoon hemp seeds
7. **Carrot-Berry** (For a thicker smoothie, let the chia seeds soak in the water for ten minutes before blending): ½ cup almond milk, ½ cup water, 1 carrot, 2 cups spinach, ½ cup frozen berries, 1 tablespoon chia seeds, 1 tablespoon hemp protein, ½ teaspoon stevia
8. **Minty Swiss:** 1 bunch Swiss chard, ½ cup raspberries- frozen, ½ cup pineapple- frozen, ½ cup peaches- frozen, 3 tablespoons fresh mint- chopped, ¼ cup orange juice, 3 ice cubes
9. **Coconut Kale:** 1 cup kale- chopped, 1 banana, 1 ½ cups coconut milk, 1 tablespoon flaxseed, 1 tablespoon honey, ¼ teaspoon coconut extract, 3 ice cubes
10. **Trail Mix:** 1 scoop chocolate protein powder, 1 banana, 1 teaspoon cinnamon, 1 teaspoon honey, ¼ cup low fat plain Greek yogurt, ¼ cup nonfat milk, 10 almonds, 1 tablespoon raisins, 3 ice cubes
11. **Peachy Oat Smoothie:** ½ cup rolled oats, ⅓ cup plain Greek yogurt, ¼ cup milk (plus ¼ cup more to thin out the mixture after it sits overnight), 1 small peach, ½ medium banana, 1 tablespoon chia seeds, Pinch salt
12. **Banana Java:** 1 banana, ⅓ cup oats, 1 scoop vanilla whey protein, ¼ cup skim milk, 1 cup coffee
13. **Strawberry Banana:** 1 banana, ¾ cup frozen strawberries, ½ to 1 cup water or milk of your choice, 2 tablespoons chia seeds
14. **Oaty Banana:** 1 banana, ¼ cup rolled oats, ½ cup plain kefir, 1 tablespoon chia seeds, 1 tablespoon almond butter, ¼ teaspoon vanilla extract, 1 pinch of cinnamon
15. **Protein Creamcicle:** 1 scoop vanilla whey protein powder, 1 cup orange juice, 3 ice cubes

- 17. Blueberry-Lavender:** *½ cup almond milk, ¼ cup water, ½ cup frozen blueberries, ½ banana, 1 teaspoon hemp seeds, 1 scoop vanilla protein powder, 1 teaspoon dried lavender, ½ tablespoon maca powder, 1 teaspoon vanilla*
- 18. Neapolitan:** *¾ cup low-fat chocolate milk, 1/2 cup low-fat vanilla Greek yogurt, ¼ cup sliced strawberries, 1 teaspoon ground flaxseed, 1 scoop vanilla or chocolate whey-protein powder, 3 ice cubes*
- 19. Chunky Monkey:** *1 medium banana, 1 tablespoon peanut butter, 1 cup low-fat chocolate milk, 3 ice cubes*
- 20. Sweet Potato Pie:** *1 scoop cinnamon bun whey protein (or vanilla protein and 1 teaspoon cinnamon), ¼ cup sweet potato- peeled, cooked, and diced, 1 cup vanilla almond milk, 3 ice cubes*
- 21. Cherry Berry Tea:** *¾ cup rooibos tea (steep 2 tea bags for 5 minutes, then chill tea, 5 ounces silken tofu (about 1/3 of a block), 2 cups sweet cherries- frozen, 1 cup grapes- frozen, ½ cup blueberries- frozen*
- 22. Savory Surprise:** *¾ cup carrot juice, ½ cup avocado, 1 tablespoon fresh lemon juice, ¼ cup water, 1 tablespoon freshly grated ginger, 1 pinch of cayenne pepper*
- 23. Creamy Cantaloupe:** *½ cantaloupe- seeded & roughly chopped, ½ cup plain Greek yogurt, 1 tsp. honey, 3 ice cubes*
- 24. Strawberry-Peach Oatmeal:** *3-4 peach slices- frozen (or about half a peach, 7 strawberries- frozen, ¼ cup rolled oats, ½ cup fat- free plain Greek yogurt, ¼ cup orange juice, 1 tablespoon chia seeds, 3 ice cubes*
- 25. Pina Colada:** *½ cup unsweetened almond milk, ½ cup coconut water (or try coconut water ice cubes!), ½ cup pineapple- frozen, 1 teaspoon honey, 1 tablespoon shredded coconut, ¼ teaspoon vanilla extract*
- 26. Raspberry-Turmeric:** *1 cup water, 1 banana, ¼ cup raspberries- frozen, 2 tablespoons hemp seeds, ¼ teaspoon turmeric, ½ teaspoon cinnamon, 3 stalks collard greens*
- 27. Almond Butter and Jelly:** *¾ cup almond milk, 1 tablespoon almond butter, ½ scoop vanilla protein powder, ½ banana- frozen, 1 tablespoon jam, 2 tablespoons plain Greek yogurt, ½ teaspoon vanilla extract, 3 ice cubes*
- 28. Pumpkin Cranberry:** *½ cup almond milk, ½ cup pumpkin puree, ¼ cup cranberries- frozen, ¼ cup raw cashews, 1 small apple- diced, ¼ orange- peeled (or a splash of OJ), 2 tablespoons coconut butter, ¼ teaspoon cinnamon*
- 29. Pom-berry:** *1 cup pomegranate juice, 1 cup silken tofu, 2 cups assorted berries- frozen, 2 tablespoons honey*
- 30. Coconut-Lime:** *½ banana- sliced, ½ mango- diced, ½ cup coconut milk, 1 lime- zested and juiced, 1 pinch of ground cardamom, 3 ice cubes*
- 31. Strawberry Lemonade:** *½ cup fresh strawberries, 1 large date- pitted, ½ cup unsweetened almond milk, 1 tablespoon raw cashews, 1 tablespoon fresh lemon juice, ½ teaspoon finely grated lemon zest, 3 ice cubes*
- 32. Avocado n' Pear:** *¼ cup avocado, ¼ cup silken tofu, ¼ cup pear juice, 1 teaspoon honey, ¼ teaspoon pure vanilla extract, 3 ice cubes*
- 33. Pink Drink:** *½ English cucumber- peeled and diced, ½ small raw beet- peeled and diced, 1 apple- diced, 1 large grapefruit- juiced, 1 to 2 tsps. Pink Lemonade or Strawberry Kiwi Dynamic Greens, 3 ice cubes*
- 34. Chocolate-Almond-Date:** *¼ cup almonds, ½ cup dates- pitted, ¼ cup cocoa powder, ½ cup boiling water, ½ cup silken tofu, 3 ice cubes*
- 35. Purple Drank:** *1 small can beets- juice and all, 1 cup tofu or plain Greek yogurt (made from coconut milk, almond milk, or soy milk), 3 ice cubes*

**37. Blackberry and Basil:** 1 cup blackberries, 1 medium banana- frozen, 1 cup almond milk, ½ teaspoon vanilla extract, 1 small handful basil leaves

**38. Sunrise:** ¾ cup nonfat milk, ¾ cup plain Greek yogurt, plus ¼ cup quartered strawberries, 1 banana- frozen, ½ cup pineapple- frozen, ½ teaspoon coconut extract (or 1 teaspoon shredded coconut)

**39. Green Tea and Melon:** 1 banana- frozen, ½ a large- whole honeydew melon, ¾ cup strong-brewed green tea, 1 teaspoon honey, ¼ cup almond milk

**40. Mango Lassi:** ½ cup plain low-fat Greek yogurt, ½ ripe mango- diced, 1 teaspoon honey

**41. Mochanana:** ½ banana- frozen, 1 cup coffee- chilled, ½ cup milk, 1 scoop chocolate protein powder, ½ teaspoon sweetener of choice

**42. Raspberry-Avocado:** ½ cup avocado, ⅓ cup orange juice, ⅓ cup raspberry juice, ¼ cup frozen raspberries

**43. Zesty Honey Ricotta:** ¼ cup skim ricotta, ¼ cup plain low-fat Greek yogurt, 1 teaspoon honey, 1 teaspoon orange zest, ¼ orange- peeled and diced, ¼ cup apple juice, ½ teaspoon cinnamon

**44. Vanilla Date:** ½ cup plain nonfat Greek yogurt, ½ cup nonfat milk, ½ cup dates- pitted, ¼ teaspoon vanilla extract, 3 ice cubes

**45. Vanilla Chai:** 1 banana- frozen, 1 cup milk (of your choice), ½ teaspoon powdered ginger, ½ teaspoon cinnamon, 1 dash each of cardamom, cloves, and nutmeg, ¼ teaspoon vanilla

**46. Caramel Apple Cider:** 1 cup apple cider, ½ apple- peeled and diced, ½ cup low-fat vanilla frozen Greek yogurt, 1 tablespoon caramel sauce, ½ teaspoon cinnamon, 3 ice cubes

**47. Pumpkin Pie Smoothie:** 1 cup almond milk, ½ cup canned pumpkin puree, 1 teaspoon pumpkin pie spice, 1 teaspoon blackstrap molasses, ½ banana- frozen (or ½ scoop vanilla protein powder, 3 ice cubes)

**48. Cherry Pie:** 15 black cherries- pitted (fresh or frozen), ¼ cup cranberry juice, 2 scoops low-fat vanilla frozen Greek yogurt, ¼ teaspoon almond extract

**49. Chocolate Silk:** ¼ cup coconut milk, 3 dates- pitted, ¼ avocado, 1 tablespoon cocoa powder, 3 ice cubes

**50. Tiramisu:** ½ cup part-skim ricotta cheese, 2 tablespoons low-fat plain Greek yogurt, ½ tablespoon slivered almonds, 1 scoop chocolate whey protein powder, 1 teaspoon ground flaxseed, ½ teaspoon finely ground coffee, 3 ice cubes

**51. Apple Pie:** 1 apple- chopped, ½ banana- frozen, ¼ cup cashews, 1 scoop hemp protein, 2 dates- pitted, 1 cup almond milk, 1 teaspoon apple pie spice, 3 ice cubes

**52. Gingerbread:** 1 cup almond milk, 1 pear- diced, 1 scoop vanilla protein powder, ¼ teaspoon cinnamon, ¼ teaspoon ginger, 3 ice cubes

**53. Banana Cheesecake:** 1 banana, frozen ½ cup unsweetened vanilla almond milk, ½ cup vanilla Greek yogurt, ¼ cup low-fat cottage cheese, 2 Laughing Cow cinnamon cream cheese wedges (or other low-fat cinnamon cream cheese)

**54. Peanut Butter Bomb:** 1 cup almond milk, 1 banana- frozen, ½ tablespoon chia seeds, 1 ½ tablespoons natural peanut butter, ¼ teaspoon vanilla extract, 3 ice cubes