

Smoothie Recipes

Follow these simple steps to make perfect Smoothies.

- Add the liquid to the blender first
- Start blender on low
- Add the protein powder.
- Add the fruit, flavor extracts and ice cubes.
- Blend on med-high to high
- Pour into an attractive tall glass, sit down and relax.

Drink or eat your shake with a spoon over ten to fifteen minutes if you can. By eating slowly you allow your system to digest your shake, and you practice eating more slowly for other meals throughout the day.

Banana Smoothie

1-2 Scoop protein power
1 cup plain soy, rice, Almond or low fat milk
½ medium banana
few drops vanilla extract
1 dash cinnamon
4 ice cubes

Strawberry Parfait Smoothies

1-2 Scoop protein power
1 cup strawberry flavored fat free yoghurt
1 cup strawberries
4 ice cubes

Orange Mango Smoothies

1-2 Scoop protein power
1 cup plain soy, rice, Almond or low fat milk
½ cup frozen or tinned mango chunks
½ cup canned mandarins, drained
4 ice cubes

Peach Almond Smoothie

1-2 Scoop protein power
1 cup plain soy, rice, Almond or low fat milk
1 cup frozen peach slices
few dashes ground ginger
¼ teaspoon almond extract
4 ice cubes

Cafe Mocha Smoothie

1-2 Scoop protein power
1 cup plain soy, rice, Almond or low fat milk
½ medium banana
2 teaspoons instant-coffee crystals
1 dash cinnamon
4 ice cubes

Apple Pie Surprise Smoothies

1-2 Scoop protein power
1 cup plain soy, rice, Almond or low fat milk
1 cup apple slices
few dashes each of cinnamon, nutmeg, cloves
¼ teaspoon vanilla extract
4 ice cubes

Pineapple Orange Coconut Smoothies

1-2 Scoop protein power
1 cup plain soy, rice, Almond or low fat milk
1 cup frozen or tinned pineapple chunks
1/8 teaspoon coconut extract
¼ teaspoon orange extract
4 ice cubes

Cranberry Blueberry Smoothies

1-2 Scoop protein power
1/3 cup low fat dry milk
½ cup low calorie cranberry juice
½ cup frozen blueberries
few drops orange extract
4 ice cubes

Chocolate Strawberry Smoothies

1-2 Scoop protein power
1 cup plain soy, rice, Almond or low fat milk
1 cup frozen strawberry
few drops vanilla extract
4 ice cubes

Cranberry-Orange Power Smoothie

1-2 Scoop protein power
1 cup cranberry juice
1 large banana
1 medium orange, peeled and segmented
½ cup strawberries, hulled
¼ cup raspberry sherbet
1 cup ice cubes

Cucumber-Honeydew Smoothie

1-2 Scoop protein power
1 cucumber, peeled, seeded and chopped
2 cups cubed honeydew melon
2 cups passion fruit juice
8 sprigs fresh mint, or amount to taste
2 cups crushed ice

Carnitine Lemonade Energy Drink – 1 Pitcher (8 cups)

4 tbsp. carnitine powder

Xylitol or stevia natural sugar – sweeten to desired taste

Sliced lemon wedges

Aqueous-Multi-Plus 2-4 Tbsp. can be added for additional minerals and taste during summer workouts

Add Ice and blend

Gamactapro drink: by Dr. Michelle Pouliot for Hormonal Issues

8 oz. of Organic Vanilla Soy Milk

1 tablespoon of Organic Pure Almond Extract

1-2 tablespoons ground flaxseed

2 tablespoons of Gamactapro

Mix in blender with ice and serve.

Chocolate Almond Milk Smiler – Almond milk does have some natural sugars but if used in small amounts, this one can be great on the run or at work as a mini-meal, by Daniel Bennings

6 oz purified water

2-4 oz of chocolate flavored almond milk

2 scoops of Nutra Clear

1-2 scoops of Whey Protein Isolate or Rice Protein (optional if you need more protein)

1 scoop NitroGreens

1-2 Tablespoons of the oil of your choice

Mixed EFA's (no taste, antiviral properties)

Optimal EFA's (slight fish taste, cell membrane, gut healer)

Ice as desired

Drink recipes can substitute rice for whey or vice versa. The rice is gritty and tends to sink to the bottom of the blender. Using things like bananas or coconut milk as a form of natural emulsifier will reduce this dramatically. Be creative and try different things like organic apples with the skin for the pectin. It is the highest quality rice protein on the market but the grit factor makes it difficult for some people. My preference is always the Isolated Whey, which is filtered to remove casein. The whey tastes better and has additional immune and gut healing benefits. Lecithin may be added to any of the above to make a creamier shake especially if it will not be drank right away it prevents separation of ingredients.