



SMOOTHIE

THE
ULTIMATE

BOOK

170 everyday and next- level recipes to
boost your smoothie game, and overall
wellbeing



KELLY MAH

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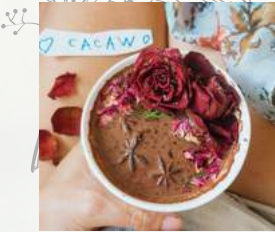
81 BOOK SUMMARY

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Recipes & Photography : Kelly Mah

STAY CONNECTED



Experience elevated nourishment with living foods and healing vibrations on Instagram. Connect with love for a journey of holistic well-being

 **KELLYCONSCIOUS**



ABOUT ME

Hi, i'm Kelly! I am a plant based chef, recipe creator, photographer, and mom raising two amazing young children. Living a vegan lifestyle since 2015, we are raising our family vegan eating a whole food, plant based diet (and absolutely love it)

I left my career as a finance manager to have babies and embark on an adventure of a lifetime. We sold everything we owned to travel and raise our babies around the world. We've lived throughout SE Asia, Mexico, Canada and the United States in the past three years. We've slept in over 30 air b&bs, taken buses, taxis, tuk tuks, motorcycles, planes and trains.

We've ate at hundreds of vegan restaurants- and local eateries all over the world, and was able to experience all the local vegetables, fruit, spices, traditional food, and superfoods in a handful of diverse cultures.

Throughout our travels, I wrote my first cookbook, PlantFÜD vol. 1, and now The Ultimate Smoothie Book. I obtained my chef certification through Crystal Dawn Culinary while living out of suitcases, and trained with wonderful vegan chefs throughout Asia and North America. I casually work as a freelance recipe creator for restaurants, individuals and bloggers.

I love nourishing my family with delicious plant foods, and sharing all of my knowledge with YOU!

My other passions are tandem and extended breastfeeding, home birthing, helping other families leave the 9-5, world-schooling/ unschooling, establishing a healthy gut microbiome using high vibrational foods, no product and makeup free beauty and holistic health.

We are just cracking the surface over here, and I am so grateful you are on this wonderful ride with me!

MY SMOOTHIE STORY

2006, and deep into a bad relationship with food, and body image. My mom had a book called The Smoothie Bible which I picked up and started reading a page that explained the benefits of blueberries. I was fascinated that blueberries had health benefits to your body (I was young) I began to search the internet, quickly realizing that food is a vehicle of nourishment, and can help me feel better. I read the whole Smoothie Bible and made some of the smoothies with my mom's blender, her 18 year old wedding gift. Every time I had a smoothie, I would feel so energized and satisfied. I was excited and inspired!

The book was pretty old school- I remember a recipe- raw garlic and onion with a tomato and some water! The heartburn! But it opened my eyes to how great I can make my body feel just by incorporating blended fruits and vegetables as a non negotiable addition to my day.

My relationship with food changed completely. I became passionate about creating nutrient dense meals and experimenting with every healthy ingredient I could get my hands on. This began a lifelong love of creating nourishing food. In 2009, busy with career- and life. I had brutal cystic acne and did not feel great. A friend mentioned to me "remember how much you loved smoothies?" and it brought me back to how this was medicine for me! I got back on smoothies- my energy levels increased, my skin began to look better, and it jump started my journey toward optimal health.

Since then I have consistently used smoothies as a vehicle to get in more fruits and veggies into my day.

Smoothies brought me to a whole foods diet in 2009, and in 2015 into a whole foods plant based diet which was the final piece to healing from various health problems like acne, IBS, endometriosis, headaches, chronic bladder infections and anxiety.

It is now 2023, travelling the world for the past 4 years with our children- and our blender enjoying *at least one* smoothie a day!

I feel my absolute best with my smoothies. I am so excited to be able to share my love and family staple for the past 17 years with this book! A huge dream of mine- to create my own Smoothie Bible (but better)

Over the years, I have mastered the art of properly planning, creating, nutrient packing and flavour balancing for an efficiently nourishing, delicious and pretty smoothie. I am well past the sludge- looking, random ingredient smoothie days, and it's something we do not need in our life- you just need an expert ;)

Thank you to my mom, smoothies and that Smoothie Bible for changing my life.

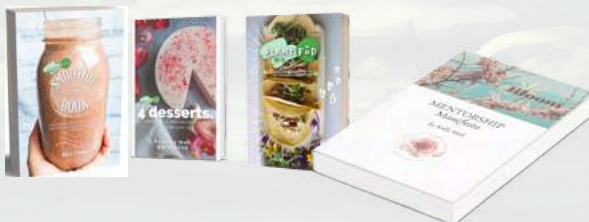
ABOUT ME

Kelly is a mother, a raw dessert chef, plant based recipe creator, author, and holistic health shaman. Kelly has been travelling for the past 4 years with her family to 8 different countries. As the steward of her mentorship program, BLOOM, Kelly is dedicated to guiding her clients towards their dream life through the transformative powers of the wisdom of her successful health journey. sound healing and living foods



BLOOM is a comprehensive program designed to bring you to ultimate blissful abundance using high level nourishment. Collaborate with Kelly to undergo both physical and internal transformations, empowering you to actively engage in life with a full cup. Pour from the overflow, attracting and embracing the abundance you rightfully deserve while maintaining the capacity to hold it all!

go to www.kellyconscious.love for more information



BEHIND THE SCENES

This book took 6 months to create- while slow travelling from the west to the east coast of Mexico!

Some of the smoothie photos show snippets of our scenery:

The mountains in Lake Chapala/ Ajijic Jalisco

Our pool in Cancun, Quintana Roo

Nature at one of our homes in Playa Del Carmen (we move around a lot)



I was hired by a nutritionist to create a smoothie book for her work in the hospital, to design smoothies that help to heal patients from surgeries and disease, which I finished right before this book began

Through the making of this book we lived in two resorts with family, and three cities in Mexico (lived in a total of 5)

While making this book, we created 5-6 smoothies per day- and drank them all!

We carried our white brick background with us everywhere, as well as jars, straws and our blender!



The Table Of Contents show three of our homes during the book making- a resort, the beach in Playa Del Carmen, and the mountains in Lake Chapala

All smoothies have been tested by my kids and husband- and not all made the book!

Smoothie bowls were a last minute add- and we are so glad they were added!

Our DSLR camera stopped working (!) 3/4 through the making of this book so we completed it with our phone!



HOW TO USE THIS BOOK

- We focus on **plant diversity** and **fiber!** Enjoy a wide array of plants by trying lots of smoothies!
 - Use **frozen** fruit, frozen bananas as much as possible
 - Replace **water for ice** if you'd like
 - If you don't have a high speed blender **I HAVE TIPS!**
 - Check the **substitutions** list!
- These are **buildable** smoothies! Make them how they are written, or add a booster to make them next level
- When it says "**orange/lime, juiced**" we mean either from a quick hand citrus juicer, or squeezed over a strainer into your blender!
 - We create with intuition and LOVE! **It does not have to be exact!**
- Have fun and enjoy the diversity of PLANT GOODNESS- **try something you wouldn't normally try**- that is the fun in it
 - Use recipes as they are, or **add boosters** to level up your game
 - Add a handful of greens to any smoothie if you wish! Same goes with superfoods if you want!
- Use **any greens you wish** when the recipe calls for greens! My favourites are collard greens, chard, kale, spinach, baby bok choy!
- Use **any liquid** you wish! Any plant milk, and you can sub water for either ice or coconut water!
 - Add more **sweetener**, or less if you'd like, always!
 - When I say water I mean **filtered & fluoride free!**

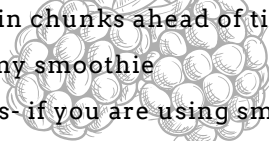


HOW I STOCK UP

- I buy **heaps of bananas!** Stores like Organic box, even grocery stores will sell you large amounts in wholesale prices. If they don't show available you can always ask
 - Break bananas into 3rds and keep them in the **freezer** in ziplock bags
 - Costco** organic frozen fruit is perfect for smoothies- large quantities and cheaper
- Be on the look out for what's in season and buy lots of that. Cut and freeze in plastic bags for cold, refreshing smoothies!
 - Mango** is a go-to fruit to have on hand for smoothies!
- I also stock up on **zucchini!** So healthy, inexpensive, and we use it in a lot of smoothies!
 - Spinach** is available in big containers at grocery stores, **kale** is also a great option if you can choose between either
 - Get **lots of lime!!** The perfect flavour booster, and it increases nutrient absorption in your smoothies!
- I **freeze my fruit ahead of time**, throw fruit in bags at the peak of ripeness
- I buy **shredded coconut in bulk** so I can always make coconut milk when I need! Same with almonds for almond milk and hemp seeds (omfoods.com is my go-to, and bulk grocery stores)
- Dates**, you can get from Costco in large quantities, or bulk grocery stores
- Any tropical fruit smoothies, **asian grocery stores** such as H Mart and T&T will most likely have the fruit (fresh or frozen only, not canned ;)



EPIC TIPS

- 
1. I always use **frozen bananas**, I freeze them in **chunks ahead of time**- the best way to a cold and creamy smoothie
 2. I use **medjool dates** which are the larger ones- if you are using smaller dates, use one or two more in each recipe ;)
 3. Always **check your dates**, open them up and inspect for worms, or a black inside (it's a bad one) and for pits!
 4. **Try mulberries!** Such a wonderful switch up to dates, get them on amazon or omfoods.ca see sourcing. If you can't find them then sub for dates or maple syrup!
 5. **Freeze smoothies in popsicle molds** for your littles!
 6. **Homemade plant milk** is tastier- and better for you! Store bought can contain stabilizers and other stuff you don't want, easy milk recipes are in this book!
 7. **Natural nut butters** are best. On the ingredients of your jar, it should only say nuts, salt, or just nuts. Unnatural contain sugar, seed oils, and other unnecessary ingredients.
 8. Make sure your **sweeteners** are pure, like pure maple syrup and pure agave, and it should be the only ingredient
 9. **Mason jars** are my favourite for smoothies as they're a good size, cheap to buy and multi-use
 10. If you can, use vanilla that is **alcohol free**, we like Medicine Flower Extract, the link is in sourcing, also Mexico has great vanilla for cheap if you can get!
 11. If your **plant milk is thick**, I recommend using half of what the recipe calls for, and the rest water
 12. **Raw Cacao has a natural caffeine**- If you are using, make those smoothies for day time, and don't give the littles too much. I love carob powder as a sub if you are sensitive
 13. Avoid **plastic water bottles** or cups. Chemicals from plastic leaches into your food and drinks- BPA free still contains harmful chemicals such as BPS and BPF

SMOOTHIES!

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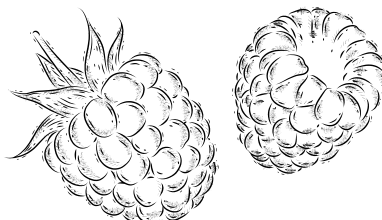
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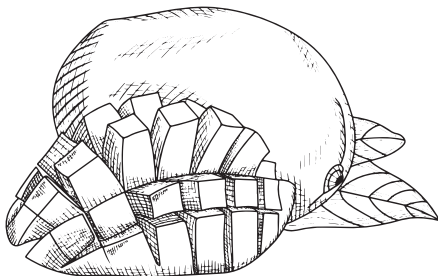


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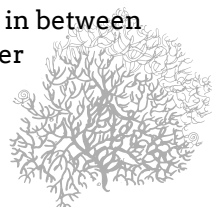
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OPTIONAL BOOSTERS

ONE PER
SMOOTHIE IF
YOU'D LIKE!

Sea Moss-

1. In a mason jar, add 1/2 cup dried sea moss and fill the jar with water
2. Let soak overnight, changing the water twice and rinsing it in between
3. Drain sea moss and add to a blender with about 1/4 cup water
4. blend on high for 15 seconds scraping the sides
5. It should turn into a gel
6. Store in a jar, in the fridge for up to a week

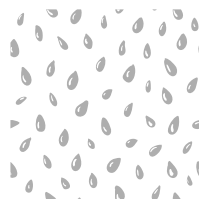


Add **1 tbsp to your smoothies** for a nutrition boost as sea moss is very high in amino acids, one being called "taurine", which helps with muscle building, and full of antioxidants. Sea moss is also packed with an array of essential minerals like iodine, a micronutrient necessary for thyroid health- and so so much more! Sea Moss is one of the healthiest foods we can consume :)

I buy Sea moss at **Fruits and Roots** online, get the clear colour sea moss as the purple one will change the colour of your smoothies

Chia Paste-

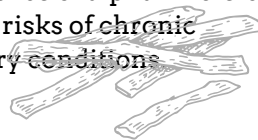
1. In a jar, add 3 tbsp chia seeds, and 1 cup water
2. Stir well so all seeds are submerged in water
3. let soak overnight to a gel like consistency
4. Store in the fridge for one week



Source at **grocery stores** in the organic section, pretty easy to find

Use **1-2 tbsp in your smoothies**

Chia seeds are high in calcium, fiber and antioxidants, plus minerals such as magnesium and iron. Chia seeds are also an incredible source of alpha-linoleic acid (ALA), an omega-3 fatty acid associated with reduced risks of chronic conditions such as heart disease, cancer, and inflammatory conditions



Ashwagandha-

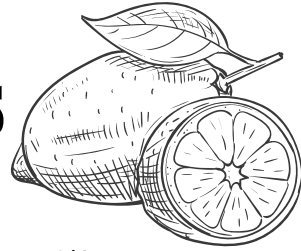
1. Buy either as a powder, or small pieces and spoon right into your blender to blend with your smoothie

Purchase through **omfoods.ca or omfoods.com** or any health food store

Add **1 tsp per smoothie**, or more if you'd like. Ashwagandha is a root, also called Indian Ginseng. One of the most well-known benefits is its ability to work as a natural remedy for anxiety. It works as an adaptogen, and can help boost your immune system and reduce inflammation within the body.

Ashwagandha is a powerful stress reliever, and also protects the brain from cell degeneration, which can lead to neurodegenerative diseases like Alzheimer's and Parkinson's. Increases fertility in males, and much more!

SUBSTITUTIONS



Tahini- Any other nut butter

Dates- 1 tbsp for agave, maple syrup or coconut nectar; 1/4 cup mulberries, 1 tbsp Mexican tamarind, 1 tbsp monk fruit sugar

Mulberries- 2 dates or 1 tbsp maple syrup, or any other sweetener you'd like

Raw Cacao- Carob powder, it does not contain natural caffeine like cacao does so it's recommended if you're sensitive

Bananas- There are banana free smoothies in this book! Also, 1-2 frozen pears make a great sub and 1 cup of young coconut meat

Specific green- sub for any greens you have on hand, spinach, kale and baby bok choy are the best for smoothies as they are the most mild taste

Beet Powder- 1/4 beet, peeled and vice versa, 1 tbsp beet powder

Coconut water- regular water, ice and vice versa!

Hemp seeds- 1 tbsp ground flax seeds

Lime- lemon and vice versa!

Specific herbs/spices- can be omitted, but keep in mind flavour will change

Superfood powders- can always be omitted, and recommended to still try the smoothie if you can't source the superfood. Keep in mind it changes the flavour and colour but it would be fine!

Cacao Nibs- can be subbed with cacao powder or carob powder 1-1 and vice versa

Coconut Meat- Bananas!

Ginger- powdered instead of fresh, small tsp as a sub, or it can be omitted. Keep in mind the flavour change, the amounts I use are very undetectable, just used mostly for health benefits

Specific Plant milk - any plant milk of your choice! I don't recommend animal milk as it is acidic, promotes inflammation, full of estrogen and stress hormones, and also from a mother cow, whose milk was for her baby <3





JUST CANTALOUPE

1 whole cantaloupe, frozen or cold
that is all ;)



AVOCADO GRAPE

2 cups green grapes (frozen)
1/4 avocado
1.5 cups water or ice



BEST RASPBERRY SMOOF

1.5 cups raspberries
2 dates
1 lime, juiced
2 cups plant milk



CREAMY STRAWBERRY

2 cups strawberries
4 dates
2 cups plant milk



JUST PAPAYA

3 cups frozen papaya
2 limes, juiced
1 cup water (optional)



GREEN BANANA

2 bananas
handful greens (I used chard)
2 dates
1 lime, juiced
1 cup water + 1 cup plant milk



NEON GREEN

2 cups pears
1 cup zucchini, peeled
1/4 avocado
1 lime, juiced
2 cups water



WA WA WATERMELON

3 cups frozen watermelon
1 lime, juiced
1 cup water/ ice



CAROB BANANA

3 bananas
1.5 tbsp carob powder
2 cups water



STRAWBERRY MANGO

1 cup strawberries
1 cup mango
1 tbsp chia seeds
1 cup water + 1 cup ice



BOMB MANGO

2 cups mango
2 dates
1 cup zucchini, peeled
1 lime, juiced
1/2 cup water



QUICK STRAWBERRY

2 cups strawberries
2 lemons, juiced
1 tbsp chia seeds
2 cups water



PEAR- NANA

4 pears (frozen would be best)
2 bananas (frozen is best)
1 cup zucchini, peeled
1/2 cup water



AVOCADO PUDDING

1 avocado
2.5 cups plant milk
2 tbsp maple syrup
2 tsp vanilla



ALMOND KALE

2 bananas
1 handful kale
1 tbsp almond butter
2 dates
2 cups plant milk



NUTTY MILK

2 cups plant milk
1 tbsp tahini
1/4 cup mulberries
1/2 tbsp chia seeds (optional)



NUTTY LOVE

3 bananas
1 tbsp tahini
2 dates
small chunk ginger (optional)
1 cup water + 1 cup milk



BLUEB-NANA

1.5 cups blueberries
2 large bananas
2 cups water



BERRY JAR

1 banana
2 cups mixed berries
1 lime, juiced
1.5 cups water



PINK BANANA SMOOF

2 bananas
1/4 cup raw beet, peeled
2 dates
2 cups plant milk

lee

green machines.



SMOOTHIES SURE TO GIVE YOU
THAT BOOST OF LEPRECHAUN
ENERGY





DELICIOUS CHARD

2 bananas
2 green apples, chopped
handful of rainbow chard
large lemon, juiced
2 cups water



BLENDED MOJITO

3 tbsp mint leaves
2 small limes, peeled, whole
2 tbsp maple syrup
2 cups water



THE HULK

2 small zucchinis, peeled
3 tangerines/orange, juiced
1 tangerine/orange, whole, peeled
1/2 cup kale
1.5 cups water
1 thumb ginger
**add lime if you need!



SWEET TREAT

1/2 cup zucchini, chopped
3/4 cup green grapes
2 mangoes, peeled
1 lime, juiced
1 heaping tbsp basil
1.5 cups water



GREEN DREAM

1/2 large cucumber, chopped
1 orange, juiced
1 handful spinach
2 tbsp, parsley, packed
1 lime, juiced
thumb ginger
1.5 cups water



MEAN GREEN

1 1/4 cup zucchini, peeled
3 kiwis, peeled
2 tangerines, juiced
1 lemon, juiced
1/2 cup kale, packed
1 1/2 cups water



GREEN BANANA

2 bananas
2 large handfuls spinach
1/2 lime, juiced
thumb ginger
2 dates
1 tbsp wheatgrass powder
2 cups water



GREEN GRAPEFRUIT

2 bananas
1 grapefruit, whole, peeled
1 green apple, chopped
1 handful spinach
1 lime, juiced
2 tsp maple syrup
2 cups water



TROPICAL GREEN

2 cups pineapple
1 banana
1 cup cilantro, packed
1 orange, juiced
1 chunk ginger
1.5 cups water



FRESH TOMATO

1.5 cups tomatoes
1 stalk celery
1/2 cucumber, peeled
1 cup zucchini, peeled
1 lime
pinch sea salt
1/2 cup water



PEAR-CHINNI

1 cup zucchini, peeled
2 pears, chopped
1 cup collard greens or chard
1/4 cup mulberries
2 tbsp seaweed gel (optional)
2 cups water



SPICY GREEN

1 handful of chard
1 handful arugula
1/2 poblano pepper without seeds
1 zucchini, peeled
3 tangerines, juiced
2 cups water



CREAMY GREEN

the good stuff



GREEN PINEAPPLE

2 bananas
1 cup pineapple
1 cup spinach
2 tbsp hemp seeds
1 tbsp maple syrup
2 cups water



BEST MANGO SMOOTHIE

1 cup mango, peeled
1 cup spinach
1/4 avocado
2 dates
1 tsp moringa powder (optional)
1 cup plant milk + 1 cup water



CUKE- MANGO

2 bananas
1 cup mango
1/2 cucumber, peeled
1/2 cup sprouts
2 tbsp hemp seeds
1 tbsp maple syrup
1 lime, juiced
2 cups water



CREAMY GREENS

3 bananas
1 tangerine/ orange, juiced
small handful cilantro
1 tsp moringa powder
1 date
1 cup water + 1 cup milk



EMERALD CREAM

1 heaping cup mango
1/4 avocado
1 cup spinach
1/2 cucumber, peeled
thumb ginger
1.5 tbsp maple syrup
2 cups plant milk



CREAMY CILANTRO

2 bananas
1 cup pineapple
1 orange, juiced
1 handful cilantro
1/2 cucumber, peeled
2 tbsp hemp seeds
1 tbsp maple syrup
2 cups water



MINTY GRAPE

2 bananas
1 cup green grapes
1/2 cup sprouts
1/2 cup mint leaves
2 dates
1 cup milk + 1 cup water



BOMB CANTALOUPE

2 bananas
1 cup cantaloupe
1 cup spinach
1 lemon, juiced
2 dates
1 tsp vanilla
generous sprinkle cinnamon
1 cup water + 1 cup plant milk



APPLE-KIWI-CADO

2 apples, chopped
2 kiwis, peeled
1/2 cup avocado
2 cups spinach
2 large dates
1/2 tsp cardamom
2 cups plant milk



GRAPE GOODNESS

2 bananas
1 cup green grapes
1 cup spinach
1 tbsp hemp seeds
2 dates
1 cup plant milk + 1 cup water



KIWI-KALE LOVE

2 bananas
1 kiwi, peeled
1 pear, chopped
1 cup kale leaves
1 orange, juiced
1 tbsp hemp seeds
2 dates
1 cup plant milk + 1 cup water



THE PERFECT GREEN

1 cup mango
1 cup green grapes
2 cups spinach
1/2 cup avocado
1 tbsp maple syrup
2 cups plant milk



FIGGY MANGO

6 fresh figs
3 oranges, juiced
2 bananas
1 cup kale, packed
1 cup mango
1 tsp maple syrup
2 cups plant milk



BEST CREAMY GREEN

2 cups pineapple
1 cup spinach
1 cup cucumber, peeled
1/4 avocado
1/4 cup mulberries (sub 2 dates)
1 cup water + 1 cup plant milk



NUTTY COCONUT

1 cup coconut meat, packed
1 cup collards or chard, packed
1/4 avocado
3 dates
1 brazil nut
1 lemon, juiced
2 cups water



CREAMY CUKE APPLE

2 bananas
1 handful spinach
1 cup cucumber, peeled
1 green apple
1/4 cup coconut yogurt
3 dates
1.5 cups water



CREME DE
LA CREME



THE DREAMIEST AND CREAMIEST NEED
I SAY MORE



PB MILKSHAKE

2 bananas
1 cup zucchini, peeled
1/4 avocado
2 tbsp peanut or almond butter
2 cups plant milk
2 dates
1.5 tbsp agave
2 tbsp cacao nibs (added at the last 10 sec)



FIGGY PUDDING

1 banana
1 cup zucchini, peeled
1 cup fresh figs, stem removed
1" ginger
1 tsp vanilla
1/2 tsp cinnamon
1 tbsp maple syrup
2 cups plant milk



THICK AND BERRY

2 cups blackberries
1/2 cup yams (orange sweet potato, peeled)
1/2 cup avocado
1/2 cup figs (stem removed)
1 orange, juiced
3 dates
1/2 tbsp maple syrup
2 cups milk



NUTTY STRAWBERRY

3 bananas
1 cup strawberries
1 cup spinach
1 tbsp almond butter
2 brazil nuts
2 dates
2 cups water



ORANGE CREAMSCICLE

3 oranges, whole, peeled
1 banana
1 apple, whole, sliced
2 dates
1 cup plant milk + 1 cup water



LEMON POPPYSEED

2 bananas
2 lemons, juiced
1 tbsp poppy seeds
1-2 tsp maple syrup
2 cups plant milk



EGGNOG SMOOF

2 bananas
1 tbsp maple syrup
1/2 tsp cinnamon
1/4 tsp cloves
1/4 tsp nutmeg
pinch cardamom
2 cups plant milk



NO PUMPKIN PIE

1 cup yams (orange sweet potato) raw, peeled
1/4 avocado
1 banana
1/2 lemon, juiced
1/2 tsp pumpkin pie spice
2 tsp cinnamon
1 tsp vanilla
1 tbsp maple syrup (more if needed)
2 cups plant milk



MORNING OAT STRAWB

2 cups strawberries
1.5 cups zucchini, peeled
1/4 cup oats
1 tbsp maple syrup
2 cups plant milk



MORNING OAT BLUEB

1.5 cups blueberries
2 bananas
1/4 cup oats
3 dates
2 cups plant milk



CHAI BUTTERNUT SQUASH

2 bananas
1/2 cup butternut squash (raw)
1 tbsp almond butter
1 tsp vanilla
1/2 tsp cinnamon
1/8 tsp cardamom
1 small chunk ginger
1 tbsp maple syrup
1 cup plant milk + 1 cup water
1/8 tsp allspice (optional)



CREAMY VANILLA OAT

1 banana
1/4 avocado
1/2 cup oats
1 tbsp maple syrup
1 tsp vanilla
2 cups plant milk



PEANUT BUTTER & JAM

2 cups mixed berries
1 banana
1/4 cup mulberries (sub 2 dates)
1 tbsp peanut butter
1/2 cup chopped beet
1 cup plant milk + 1 cup water



GOLDEN RED PEPPER

2 bananas
1/2 large red pepper
1 cup pineapple
2 tbsp dried golden berries
1 tbsp hemp seeds
1 lime, juiced
1 cup water + 1 cup plant milk



CAULI- TROPICS

3/4 cup cauliflower, raw, chopped
2 cups pineapple
1 green apple, peeled
1 lemon, juiced
2 dates
2 cups plant milk



NUTTY MANGO

2 cups mango
1 cup zucchini, peeled
1/4 avocado
1 orange, juiced
1 lemon, juiced
1 tbsp tahini
1 tbsp maple syrup
2 cups plant milk



STRAWBMELON

2 cups watermelon
1 cup strawberries
1 cup cauliflower (raw)
1 banana
1 lemon, juiced
2 dates
2 cups plant milk



NUTTY ORANGE

2 bananas
1 cup zucchini, peeled
4 mandarin/ tangerine, juiced
2 dates
1 tbsp almond butter
2 cups water



CREAMY BLUES

1 cup blueberries
2 bananas
1.5 cups plant milk
3 dates
thumb ginger



BLACKBERRY LOVE

2 bananas
1.5 cups blackberries
1/2 cup purple cabbage, chopped
1/2 cup coconut yogurt
2-3 dates
2 tbsp hemp seeds
1/2 lime, juiced
2 cups water



Simple
veggie &
fruit
all ya need in life



BUNNY SUNRISE

2 bananas
1 large carrot, peeled
1 thumb ginger
2 dates
1 lime, juiced
2 cups water



RED PEP STRAWBERRY

1 cup strawberries
2 bananas
1/2 red pepper
1 tbsp maple syrup
1 cup plant milk + 1 cup water



RED MANGO

2 bananas
1 cup mango
1/2 red pepper
2 brazil nuts
2 dates
2 cups water



PURPLE GUT

2 bananas
1 cup blueberries
3/4 cup pineapple
1/2 cup purple cabbage
2 dates
1 tsp maple syrup
small thumb ginger
2 cups plant milk



MANGO TANGO

1 mango
1 zucchini, peeled
1/2 cup pineapple
2 dates
1/4 tsp turmeric
thumb ginger
1 cup water



SWEET BLUEB

2 pears, peeled
2 cups frozen blueberries
1/2 cup coconut yogurt
2 dates
1 lemon, juiced
1.5 cups water



BEET THE BLOAT

1 banana
3/4 cup beet, chopped and peeled
1/2 cup zucchini, peeled
1/2 cup kale
3 limes, juiced
2 cups water



TROPICAL CESAR

1.5 cups tomatoes
1 cup mango
1 pear, chopped
1 stalk celery
1 lime, juiced
2 cups water



PURPLE WATERMELON

2 cups watermelon
2 cups spinach
1 banana
3/4 cup cucumber
2 plums
1/2 cup water



BLUEBERRY PINEAPPLE MAINE

2 cups pineapple
2 cups romaine
1 cup blueberries
2 cups water
1/4 cup mulberries (sub 2 dates)



CAULI- PEACH

1 orange, whole, peeled
1 orange, juiced
1 cup peach, chopped
1 cup cauliflower, raw, chopped
1/2 lemon, juiced
1 tbsp maple syrup
1 cup water + 1 cup plant milk



CREAMY SWEET PEPPER

1 orange, whole, peeled
1 cup cucumber, peeled
1/4 avocado
1/2 yellow pepper
1 lemon, juiced
1/4 cup mulberries (sub 2 dates)
2 cups water



TROPICAL BEET

- 1 cup zucchini, peeled
- 1 cup pineapple
- 1 large mango flesh
- 1/2 beet peeled, chopped
- 2 dates
- 2 cups water



BERRY SPROUTS

- 2 bananas
- 1 cup mixed berries
- 1/2 cup sunflower sprouts
- 2 tbsp hemp seeds
- 1 tbsp maple syrup
- 1 lime, juiced
- 2 cups water



CAUL-ORANGE-GO!

- 1 cup raw cauliflower
- 2 tangerines/oranges, juiced
- 1 orange, whole, peeled
- 1 cup mango
- 1 tbsp maple syrup
- 1 lime, juiced
- 1 cup water + 1 cup milk



ORANGE BEETLY

- 2 bananas
- 1 tangerine/ orange, juiced
- 1/2 medium beet, peeled, chopped
- 3 dates
- 1 lime, juiced
- 2 cups water



DIRTY BANANA

2 bananas
1/2 large beet, peeled and chopped
1/2 cup parsley
2 dates
1 lime, juiced
2 cups water or ice



STRAW-NANA

1 large banana
3/4 cup strawberries
1 cup plant milk
1 cup water
2-3 dates
1 handful kale



LEMON BERRY COCO

2 cups blueberries
1 cup coconut meat
2 lemons, juiced
2 dates
2 cups water

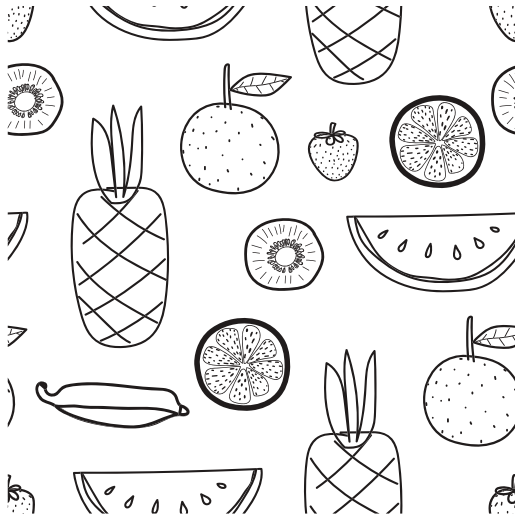


GRAPEFRUIT BERRY

1 cup blueberries
1 cup strawberries
1 grapefruit, whole, peeled
2 dates
1 tbsp chia seeds
2 cups plant milk



BOWLS



making ice cream for
breakfast a reality



CHOCOLATE PEANUT BUTTER

3-4 frozen bananas
1.5 tbsp carob powder/cacao
1 tbsp peanut butter
1 tsp maple syrup
splash coconut milk

topped with sliced banana, chia seeds,
cherries and sliced almonds :)



MANGO MADNESS

3 cups frozen mango
1 lime, squeezed
splash milk or water

topped with passionfruit and sliced mango!



BLUEBERRY BOWL

4 frozen bananas
1 cup frozen blueberries
1 tsp maple syrup
splash water or plant milk

topped with hemp seeds and more bluebs!



SUN BOWL

3-4 frozen bananas
1/2 tsp turmeric
1 lime, juiced
splash milk or water

topped with coconut flakes, tuna fruit,
mulberries and bananas



PINK BANANA

3-4 frozen bananas
chunk of raw beet, peeled
1 tsp maple syrup
splash of plant milk or water

topped with pistachios, coconut flakes and mango!



BLUE LAGOON

3-4 frozen bananas
1/2 tbsp blue spirulina (phycocyanin)
squeeze lime
splash milk or water

topped with shredded coconut, tuna fruit, mango



EPIC ACAI

2 packages Sambon frozen acai
1 banana, frozen
1 cup pineapple, frozen
1 lime, juiced
1/4 cup milk

Topped with mulberries, hemp seeds and strawberries!

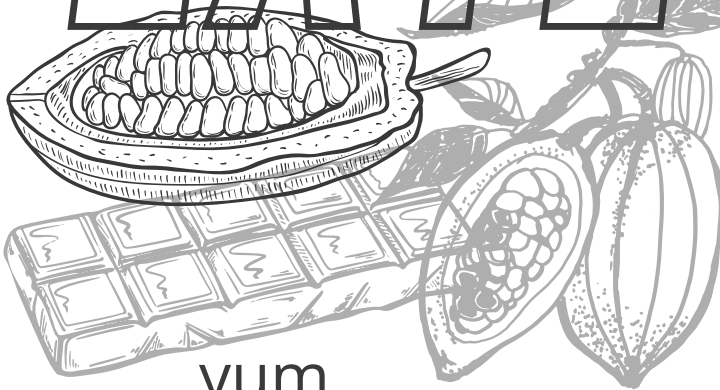


GREEN BEAUTY BOWL

4 frozen bananas
handful kale
1 tsp spirulina (optional)
1 lime, juiced
tsp maple syrup

topped with dragonfruit, goji berries and frozen blueberries

CHOCOLATE



yum.



CHOCO- ORANGE

1 banana
1/4 of an avocado
2 large oranges
1.5 tbsp carob or cacao powder
1 tbsp maple syrup
1 tbsp cacao nibs
1 tsp vanilla
1 cup water + 1 cup plant milk



NUTTY CHOCOLATE STRAWBERRY

1 heaping cup strawberries
2 bananas
1.5 tbsp carob or cacao powder
3 dates
1 tbsp tahini
1 tsp vanilla
2 cups plant milk



COOKIES N CREME

2 bananas
1 tbsp maple syrup
1 tsp carob or cacao powder
1 tsp vanilla
2 cups milk
2 tbsp cacao nibs
**blend cacao nibs at the end



RED VELVET

1 cup yams (orange sweet potato) peeled
2 bananas
1/4 cup coconut yogurt
2 tbsp carob or cacao powder
1 tbsp cacao nibs
1/4 chunk of small beet
2 tbsp maple syrup
1 cup plant milk + 1 cup water



CHOCOLATE YAM

1 cup yam (orange sweet potato) peeled
1 banana
2 tbsp carob or cacao powder
1 tbsp cacao nibs (optional)
3 dates
1 tsp vanilla
1 cup plant milk + 1 cup water



JICAMA- COCO

1 cup jicama, peeled
2 tbsp maple syrup
2 tbsp cashews
1 tbsp carob or cacao powder
1 tsp cinnamon
1 cup plant milk + 1 cup water/ice



MAMEY COCO

2 bananas
1/2 large mamey sapote
1 tbsp carob or cacao powder
2 tbsp maple syrup
1 tbsp cacao nibs
1 tsp vanilla
1 cup plant milk + 1 cup water



CHOCLT APPLE PIE

2 green apples, peeled
1 banana
1 zucchini, peeled
1/2 cup coconut yogurt
3 dates
2 tbsp hemp seeds
1 tbsp cacao nibs
1.5 tsp cinnamon
1 tsp vanilla
2 cups water



CHOCOLATE CHAI

1 banana
1 cup yam (orange sweet potato) peeled
1 cup chai tea (1 tea bag steeped for 30 mins)
1 tbsp carob or cacao powder
1 tbsp cacao nibs
1 tbsp maple/agave
sprinkle cinnamon
1 cup plant milk + 1 cup water



RASPBERRY COCO

1.5 bananas
1 cup raspberries
1/2 cup zucchini, peeled
1 tbsp carob or cacao powder
1 tbsp cacao nibs
2 tbsp maple/ agave
1 cup plant milk + 1 cup water



CHOCO BERRY BUNNY

1 cup mixed berries
1 banana
1 large carrot
1/2 avocado
1 heaping tbsp carob or cacao
1 tbsp maple syrup
1 tsp vanilla
sprinkle cinnamon
1 cup water



CHOCO- MINT

2 bananas
3 tbsp mint leaves, packed
2-3 dates
1 tsp vanilla
2 tbsp cacao nibs
1 cup plant milk + 1 cup water/ice



ee

SIMPLE

superFUD

now we're getting fancy



PITAYA SUNSHINE

2 bananas
1 mango, or 3/4 cup mango
3 tbsp pink/ red pitaya powder
(dragonfruit)
1 cup water + 1 cup plant milk



GREEN-ULINA

2 bananas
1 orange, whole, peeled
1/4 cup spinach
1 tbsp maple syrup
2 small limes, juiced
1 tsp spirulina powder
2 cups plant milk



PAPAYA SUN

2 bananas
1 cup papaya flesh
1/4 cup dried golden berries
2 limes, juiced
1/4 tsp turmeric
2 cups plant milk



TARO TREAT

2 bananas
2.5 tbsp taro powder
1 tsp purple corn powder (opt, for colour!)
2 large dates
1 tsp vanilla
2 cups plant milk
1.5 tbsp cacao nibs, blended after



CREAMY KIWI

- 3 bananas
- 2 kiwis, peeled
- 2 tbsp hemp seeds
- 1 tsp spirulina
- 1 lime, juiced
- 2 cups water



MACA CARROT COCO

- 1 carrot, peeled
- 1/4 cup cashews
- 2 tbsp coconut flakes
- 1 tbsp chia seeds
- 1 tsp vanilla
- 1 tbsp maple syrup
- 1 cup plant milk + 1 cup water (more if needed)



GOLDEN MILK

- 2 bananas
- 1 mandarin/tangerine orange
- 1 tbsp golden milk spice
- 1 tbsp coconut butter (sub handful of coconut flakes)
- 2 dates
- 2 cups plant milk



GOJI CITRUS HEAVEN

- 1 grapefruit, peeled
- 2 bananas
- 1 large orange, juiced
- 1/4 cup goji berries
- 2 tbsp hemp seeds
- 1 tbsp maple (optional)
- 2 cups water



BLUE LAGOON

2 bananas
2 limes, juiced
1 tbsp blue spirulina (phycocyanin)
pinch cardamom
2 cups milk



GOLDEN HOUR

2 bananas
1 orange, whole, peeled
1/2 cup mango
1/4 cup dried golden berries
1/4 tsp turmeric
1 cup water + 1 cup plant milk



NUTTY & BEAUTIFUL

2 bananas
1 tbsp tahini
2 dates
1 tsp spirulina
2 cups plant milk



PINK MILK

3 bananas
3 tbsp red/pink pitaya powder (dragonfruit)
2 dates
2 limes, juiced
2 cups milk



BEST GREEN MANGO

2 bananas
2 cups mango
1/4 cup mulberries (sub 2 dates)
1 tbsp wheatgrass powder
1.5 cups plant milk



PINK GRAPEFRUIT

3 bananas
1 grapefruit, juiced
2 heaping tbsp pink pitaya powder
1/4 cup mulberries
2 cups plant milk



CAROB MACA LOVA

2 bananas
1.5 tbsp carob powder
2 dates
1/2 tbsp maca powder
1/2 tsp vanilla
1/2 tbsp maple syrup
2 cups water



SPIRUL- LEMONADE

2 bananas
1/4 cup coconut yogurt
1 lemon, juiced
1 tbsp spirulina
1 tbsp maple syrup
2 cups water



GREEN MANGO

2 cups mango
1 cup zucchini, peeled
1 orange, juiced
2 dates
1/2 tbsp spirulina
1 cup plant milk + 1 cup water



TRIPLE HEALER

2 bananas
1 tbsp wheatgrass powder
1 tbsp hemp seeds
1.5 tsp moringa powder
1/2 tsp spirulina
1/2 lime, juiced
1 cup water + 1 cup plant milk



BLUEBERRY MOON MILK

2 bananas
1 cup zucchini, peeled
1 cup blueberries
1/2 cup yogurt
1 large lemon, juiced
1 tbsp maple syrup
1 tbsp blue spirulina (phycocyanin)
1 cup plant milk + 1 cup water



FIGGY MACA

3 bananas
1 cup fresh figs
1/2 cup zucchini, peeled
1 heaping tsp maca powder
1 thumb ginger
1/4 cup raisins
1/4 tsp cardamom
2 cups plant milk



THICK AND AMAZING

3 large bananas
2 lemons, juiced
1/4 cup mulberries (sub 2 dates)
1/2 tbsp spirulina
1.5 cups plant milk



ACAI DREAM

1 package Acai, frozen
2 bananas
2 dates
1 lime, juiced
2 cups water



STRAWBERRY DRAGONFRUIT

1 cup strawberries
2 bananas
2 tbsp pitaya powder
1 tbsp ground flax seed (optional)
1 tbsp maple syrup
1 cup plant milk + 1 cup water



SWEET GREEN

1 cup zucchini, peeled
1 cup green grapes
1 medium lime, juiced
1 tsp moringa powder
2 cups water





MATCHA COCO

3/4 cup coconut meat
1 cup pineapple
1 tbsp maple syrup
3/4 tbsp matcha powder
2 cups milk



TROPICAL MATCHA

2 bananas
1 cup pineapple
1 cup kale, packed
1/4 avocado
1/4 cup mulberries (sub 2 dates)
3/4 tbsp matcha
1/2 lime, juiced
2 cups coconut milk



LIME GREEN

3 bananas
1 tsp matcha
3/4 tbsp spirulina
2 limes, juiced
1/4 cup mulberries
2 cups water



SIMPLE MATCHA

3 bananas
2 dates
3/4 tbsp matcha
lime, squeezed (optional)
2 cups plant milk



and flower!!!

TEA,
HERB

simple, delightful yet extra



JASMINE PEACH

2 bananas
1 cup peaches
1/2 large carrot, peeled
1 cup steeped jasmine tea (2 bags in 1/3 cup water for 15 mins)
1 lemon, juiced
1 tbsp maple syrup
sprinkle of cardamom
1 cup plant milk



LONDON FOG

2 bananas
1/2 cup steeped Earl Grey Tea (steep 1 teabag in 1/2 cup water for 15 mins)
1 tsp vanilla
2 dates
2 cups plant milk



MANGO MOJITO

2 mangoes, flesh
1 banana
handful mint
1 tbsp maple syrup
2 small limes, juiced
2 cups plant milk



RASPBERRY ROSE

1 cup raspberries
2 bananas
1/2 cup oats
1/4 cup rosewater (3 tbsp rose petals in 1/4 cup hot water, steeped for 15 mins)
1/4 cup beet, peeled
1/2 lime, juiced
2 dates
2 cups plant milk



STRAWBERRY DREAM

2 cups strawberries
2 bananas
1 cup hibiscus water*
1 tbsp beet powder or small chunk raw beet
1 date
1 cup almond milk



HIBISCUS SUN

2 bananas
2 mangoes
1 cup hibiscus water*
1 cup water
1 large date

*HIBISCUS WATER- a handful of dried hibiscus flowers rinsed then soaked in water for 3 hrs- overnight)



TROPICAL HIBISCUS

1 cup hibiscus water*
2 cups pineapple
1 cup coconut meat
3 dates
1 cups water



HIBISCUS MANGO

2 bananas
2 mangoes
1.5 cups zucchini, peeled
1 cup hibiscus water*
2 dates
1 cup plant milk



CREAMY LAVENDER

2 bananas
3/4 tbsp lavender buds steeped in 1/2
water for 15 mins
1 tbsp hemp seeds
2 dates
1 lime, juiced
1 tsp lavender buds
1.5 cups plant milk



DELICIOUS BUTTERFLY PEA

butterfly pea tea (1 tbsp flowers steeped in
1/2 cup water for min 10 mins)
2 bananas
1/4 cup mulberries
1.5 cups plant milk
1 lemon, juiced (add after blending, stir and
watch the colour change!)



MANGO BASIL

1 mango or 1.5 cups
1/2 cup spinach
1 tbsp fresh basil
2 small dates
thumbnail ginger
1 lime, juiced
1.5 cups water



PLUM DREAM

2 bananas
1 cup hibiscus juice* (recipe pg 59)
3 plums
1/4 cup dried apricots
1 lime, juiced
1 date
1 cup water



ORANGE SAGE

2 bananas
1 mandarin/tangerine orange, whole
2 cups plant milk
5 sage leaves
1 tsp vanilla
1/4 tsp turmeric



APPLE ORANGE BLOSSOM

1 banana
1 apple
1 cup zucchini, peeled
1/4 cup mulberries (or 2 dates)
1/2 lime, juiced
1/2 cup steeped orange blossom tea
1/4 tsp turmeric (optional)
1.5 cups plant milk



FRESH BASIL BAE

1 cup jicama
1/2 avocado
1/2 cup cucumber
1 tbsp basil
1/4 cup mulberries
2 lemons, juiced
2 cups water





tropical af



brightening up lives for 3000 years



PERFECT PASSIONFRUIT

2 bananas
1 cup passionfruit (about 2-3)
1 cup zucchini, peeled
2 oranges, juiced
1 lime, juiced
1 date
1.5 cups water



PERFECT PAPAYA

2.5 cups papaya
1/4 cup passionfruit
2 dates
1 lime, juiced
2 cups water



MANGO JACKFRUIT

2 cups fresh/frozen jackfruit pods
1 mango
1 lime, juiced
2 cups plant milk



TROPICAL- AMA

1 cup jicama, peeled
1 cup mango
1 cup pineapple
1 cup coconut meat
2 dates
2 cups coconut water or regular water



PINK JACKFRUIT

2 cups jackfruit pods, seeded
2 bananas
2-3 tbsp pink pitaya powder (sub 1/2 fresh)
2 dates
1 cup water/ice + 1 cup plant milk



DRAGONFRUIT MANGO

2 white dragonfruit
1 cup mango
1 large lime, juiced
2 cups water



MILK SLUSH

1 cup jicama, raw, peeled
1 cup coconut meat
1 tsp vanilla
3 dates
2 cups ice



NUTTY TUNA BERRY

3 prickly pear/ tuna fruit, peeled
1.5 cups mixed berries
1 cup zucchini, peeled
1.5 tbsps peanut butter
1/4 avocado
1 lime, juiced
2 tsp agave/maple syrup
2 cups water



SOURSOP MANGO

1 cup soursop/
guanoabana, seeded
2 cups mango
2 dates
2 cups water/ ice



MAMEY- AMA

1 cup mamey
1/2 cup jicama, peeled
1 cup pineapple
1/4 avocado
2 dates
2 cups water



PLANTAIN-AMA

1 cup jicama, peeled
1/2 large plantain
1 cup fresh figs
1 tbsp coconut yogurt
1 tbsp agave/ maple syrup
2 cups plant milk



MAMEY SUN

1 banana
1/2 large mamey sapote
1/2 large carrot, peeled
2 dates
2 cups water



PINK PINEAPPLE

2 cups pineapple
4 mini bananas (or 2 regular)
4 tbsp red dragonfruit powder (or 1 fresh)
2 Granadilla (sweet cousin of passionfruit, yellow)
1/2 lime, juiced
1 date
2 cups water



TAMARIND ROJO

2 tuna rojo (red tuna fruit) peeled
1/4 avocado
1/2 tbsp tamarind paste
1 lime, juiced
1.5 cups water



GUAVA LOVA

2 guavas, peeled
1/2 cucumber, peeled
1/2 mango
2 limes, juiced
1 tbsp maple/agave (optional)
2 cups water



TROPICAL CACTI

5 mini guava, (1 cup) peeled
2 bananas
3 sweet passionfruit (orange hard shell)
1 cup mango
nopal (cactus) cut palm sized piece
1 large lemon, juiced
2 dates
1 cup plant milk + 1 cup water



COCO SAPOTE DREAM

1 Chocolate Black Sapote
1 nopal (cactus) cut palm sized
piece
1 mango
2 starfruit
1/4 avocado
2 dates
1 cup water + 1 cup plant milk



STAR CACTUS

2 nopal (cactus) cut palm sized pieces
1 starfruit
1 orange, juiced
2 mini bananas
2 dates
1 cup milk + 1 cup water



MEXICAN MAMA

1 cup guava, peeled
1/4 cup tamarind pulp
oranges, whole, peeled
1/4 nopal leaf
2 cups water



CACAO FRUIT MAMBA

1/4 cup cacao fruit (or less)
1 mango
1 cup plantain (1 small)
2 dates
1/2 lime, juiced
1 cup plant milk + 1 cup water



Mylks Away

ONCE YOU GO HOMEMADE...

Directions for all Milk



STRAINER WAY

BLEND INGREDIENTS IN A BLENDER FOR ABOUT 30 SECONDS
ON HIGH

PLACE A MESH STRAINER OVER A BOWL, POUR MILK INTO
MESH STRAINER

USING A SPATULA, STIR AND PRESS DOWN UNTIL ALL LIQUID
IS IN BOWL AND THERE IS JUST DRY PULP LEFT

POUR MILK INTO A JAR, USE RIGHT AWAY, STORE IN FRIDGE
FOR 3 DAYS

MILK BAG WAY

BLEND INGREDIENTS IN A BLENDER FOR ABOUT 30 SECONDS
ON HIGH

TAKEK YOUR NUT MILK BAG OVER A BOWL

POUR MILK INTO NUT MILK BAG

SECURE THE TOP OF THE BAG AND USING YOUR HANDS,
SQUEEZE MIXTURE INTO BOWL

SQUEEZE BAG UNTIL ALL LIQUID IT OUT, AND THERE IS JUST
DRY PULP

POUR MILK INTO A JAR, USE RIGHT AWAY, STORE IN FRIDGE
FOR 3 DAYS



COCONUT MILK

1 cup shredded coconut
4 cups water
directions on pg 68



HEMP MILK

1/4 cup raw hemp seeds
4 cups water
no straining needed! :)



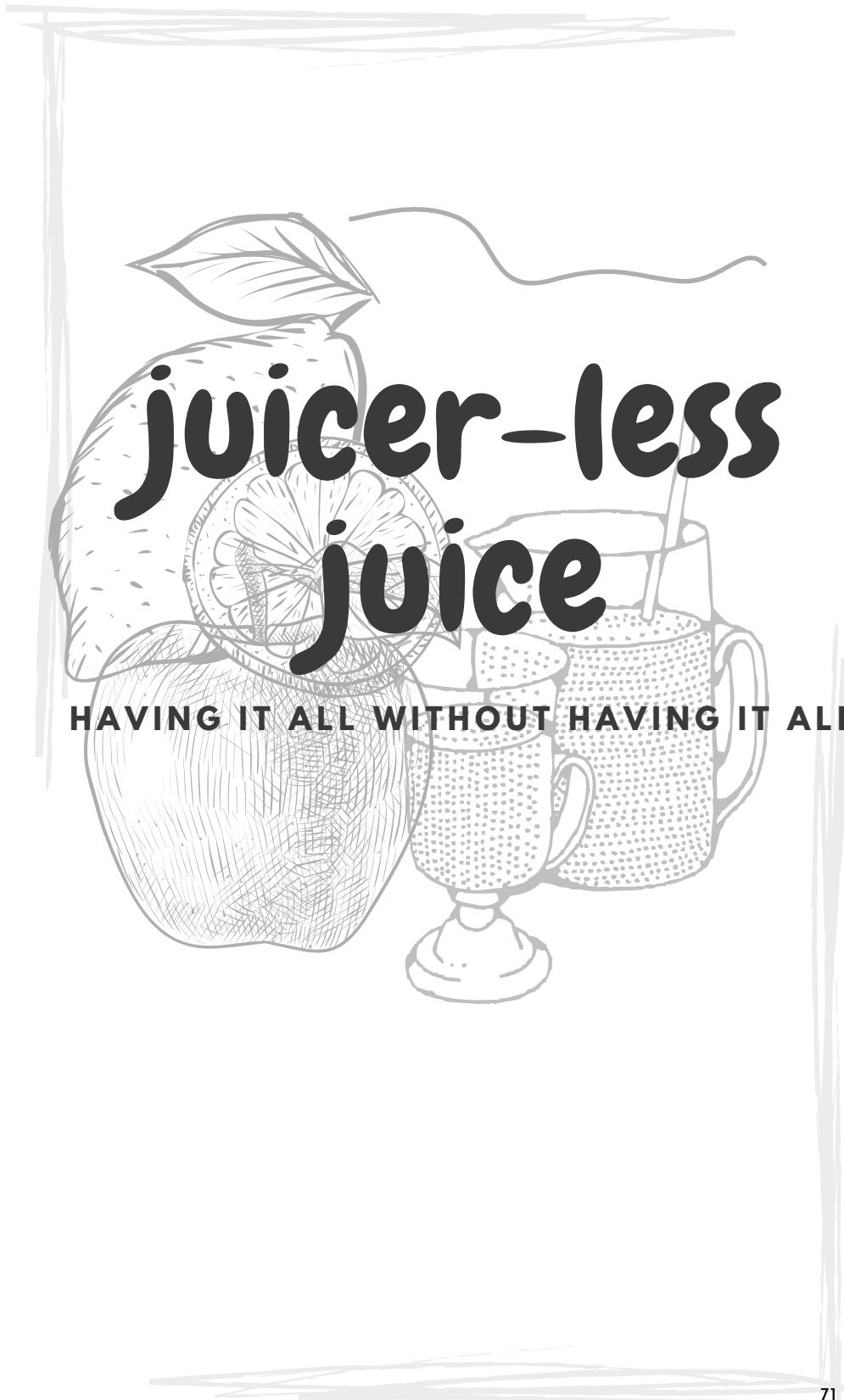
ALMOND MILK

1 cup almonds *soaked overnight
3 cups water
directions on pg 68




COCONUT MEAT MILK

2 cups fresh coconut meat
4 cups water
directions on pg 68



juicer-less juice

HAVING IT ALL WITHOUT HAVING IT ALL



directions for all juice

- IN YOUR BLENDER, BLEND ALL LISTED INGREDIENTS FOR ABOUT 15 SECONDS
- PLACE A MESH STRAINER OVER A BOWL
- POUR BLENDED GOODNESS INTO STRAINER
- USING A SPATULA, PUSH DOWN LIQUID UNTIL ONLY DRY PULP REMAINS
- TAKE THE JUICE IN THE BOWL AND POUR INTO A JAR
- STORE IN FRIDGE, ENJOY WITHIN A DAY OR SO!



WATERMELON JOOZE

as much watermelon meat you can fit in
your blender
a whole lime



GREEN JUICE

2 handfuls spinach
2 cups celery, chopped
bunch of celery greens
1 zucchini, peeled
thumb ginger
2 limes, whole
3/4 cup water



LETTUCE B GREEN

1 large head of itallian, french, romaine
lettuce
2 oranges, peeled
1 lemon, peeled
water as needed to blend



TANGERINE BANGER

as many tangerines as you'd like!
(sub for mandarins)
for a whole jar I used 25 oranges
using a citrus juicer, or the blender method!

FIBER AND THE GUT :) NERDING OUT

Remember when we were younger, most of us were given prunes when we were constipated- because prunes contain a lot of fiber! Fiber not only bulks up our stool, helping us release what we need to release, more importantly fiber feeds the soldiers living in our gut called microbes- giving them the strength to fight for us on the daily. The healthier they are, the healthier we are.

There are about 40 trillion microbes (soldiers) mostly in our digestive tracts helping us to digest our food, balance blood sugar levels, they train our immune system, support our body in absorbing nutrients, they communicate with our brain to support our mood, they produce our essential nutrients and protect us from dis-ease- in a nut shell. They play a pivotal role in our health, more than we even know.

When it comes to our gut, everything we consume, we are feeding somebody- which rolls into the importance of plant DIVERSITY

The more nutrient diversity in fiber foods (plants) the more nutrients and strength we feed our soldiers (microbes). The stronger our gut microbiome is, the stronger and healthier we are.

A little bit more detail- Every fruit and vegetable contains a specific framework of fiber. Each soldier in our gut gets stronger by their own specific framework of fiber. So having an ARRAY of fiber filled food (fruits and vegetables) not only keeps your tastebuds dancing with excitement (you never get bored) you also feed more gut microbes- more soldiers- resulting in a healthier gut- better overall health. The results could be reversed dis-ease, improved mental health, more clarity, more energy, the list goes on (I got to reap the benefits of all of these by incorporating MORE DIVERSITY of plants in my diet!)

Our goal is about 25g of fiber per day (95% of Americans aren't even close to that number) Lentil, legumes , beans, chia seeds (in the book!) whole grains like barley are some of the highest sources as well! The Ultimate Smoothie Book is a great way to get there, including every single fruit and veggie I could get my hands on! Dive right in and GREAT JOB FOR BEING HERE!



BLENDER

MORE TIPS

- You can make all of the smoothies in this book with any blender**, see below on non high speed blender hacks!
- I recommend a high speed blender, they fully break down fibrous greens and tough fruit for an ultra creamy smoothie. This means we can pack our blender with even more nutrition- and fiber!
- Vitamix is my top recommendation, comparable is the BlendTech and a cheaper option to both is the Ninja. I have personally only used the Vitamix and have loved it since 2007!
- Purchasing a **second hand Vitamix** is a good option to keep costs low and to try it before investing the full \$\$\$ on brand new
- Vitamix blenders **last a very long time**, so second hand is almost as good as brand new (always check the condition before you buy)
- I use my Vitamix for EVERYTHING, it gets **used on average 3-6+ times per day** making this is my #1 kitchen tool
- I use my Vitamix for making epic smoothies, soups, sauces, juices, nut milks, flours, pancake batters, salsa, blending spices, frostings and more
- Vitamix has a great resale value, so you will never be stuck with one!

HOW TO BLEND for lower speed blenders



- Blend the liquid with the greens first until fully broken down
- Add the frozen fruit, blend and then add the rest of the ingredients
- Cut your fruit into smaller chunks, and chop your greens into shreds if you can! Makes for a better blend
- Make sure you use soft, fresh dates so they blend properly, soak your dates for about 15 mins if they're on the harder side

SOURCING

Canada

Superfoods-

Omfoods.ca, Local Health food Stores, Amazon.ca, organic section of the grocery stores, Bulk grocery stores are also a great option!

This is where I get my alcohol free vanilla

<https://genuineessentialoils.com/>

Mulberries- omfoods.ca

Big bottles of maple syrup- Costco

Bags of dates- Costco

Bulk hemp seeds and coconut (to make milk) omfoods.ca

Spirulina and all other powders- omfoods.ca

Produce-

-**Save On Foods**- 1st Tuesday of the month is 15% off

-**Local Farmers Markets**- your best bet for fresh local produce

-**The Organic Box**- Sources from local farmers, excellent quality, organic, delivers to your door

-**Spud.ca**- Exact same reasons as The Organic Box

-**H&W Produce** has great quality and low prices, not organic but mostly local

-**Grocery stores**- always opt for in season!

-**Costco** has great frozen organic fruit in bulk! A great go to!

-**Asian grocery stores** will carry fruit for the Tropical AF chapter!

Miami Fruit delivers to Canada, if you can afford this as it's pricey!

United States

Superfoods-

Omfoods.com, Local Health food Stores, Amazon.com, organic section of the grocery stores, Bulk grocery stores are also a great option!

This is where I get my alcohol free vanilla

<https://genuineessentialoils.com/>

Produce-

-**Local Farmers markets**, Organic grocers, grocery stores, Whole Foods

continued on next page..



SOURCING

United States

-**Costco** has great frozen organic fruit in bulk! A great go to, especially for frozen fruit!

-**Miami Fruit** is a must try! They deliver tropical fruit all over the US
Check them out online miamifruit.org

-**Asian Grocery Stores** carry fruit for the Tropical AF Chapter!

Mulberries- omfoods.ca

Big bottles of maple syrup- Costco

Bags of dates- Costco

Bulk hemp seeds and coconut (to make milk) omfoods.ca

Spirulina and all other powders- omfoods.ca

Mexico

Superfoods- Abastovegano.com, Local health food stores, Amazon.mx, a MULE (great friend who will bring you things from Canada/US), so long as it's not on the excluded list

Mexico has really good pure vanilla! You can get it anywhere, just check the labels

Produce-

-**Fruiterias**, one on every street, facebook marketplace for specific local fruit

-**The side of the road!** Best place to get some local goodies!

-**Organic Select** is a great quality organic produce delivery in

-Puerto Vallarta and area. They also have a shoppe and restaurant in PV

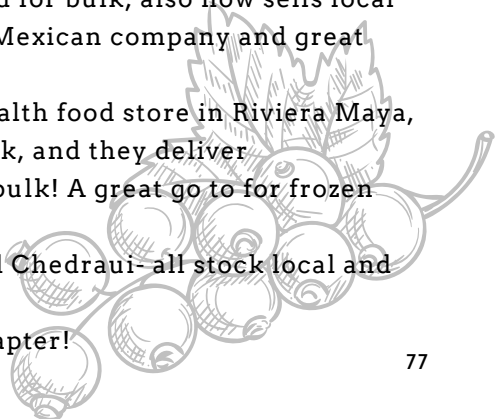
-**abastovegano.com** highly recommended for bulk, also now sells local produce and ships all over Mexico, local Mexican company and great quality;

-**Dacs** is a local tropical fruit store and health food store in Riviera Maya, great quality, wholesale fruit and veg, bulk, and they deliver

-**Costco** has great frozen organic fruit in bulk! A great go to for frozen fruit!

-**Grocery stores** like La Comer, Mega and Chedraui- all stock local and organic

You best be hitting up the Tropical AF chapter!



Thank you

Your support means the world to us.



This book is dedicated to my mom, my best friend. Thank you for always cheering me on no matter what, and dedicating your life for all 17 of us. Love you so much. Levi and Suri, I love you to the moon and back, x 1000. I am so grateful I get to wake up next to you everyday. Let's keep living life!

Genesis 1:30

"And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so.



Kelly Mah is a professional recipe developer, recipe book creator and plant based chef who has been making smoothies for almost 20 years

The Ultimate Smoothie Book is a quick, easy and delicious way to add more fresh vegetables and fruit to your busy day!

This book is for any skill set- from beginners in the smoothie world wanting simple creations, those that want a glow up to their current smoothie schedule, and the smoothie connoisseurs who want balanced and tasty jars of goodness- with optional ways to bring their jars of love to the next level.

Smoothies are one of the most delicious and efficient ways to get more nutrients into your body, encourage plant diversity which in turn builds a healthy gut microbiome promoting optimal overall health and well being!

Enjoy!

