



# *Food Heaven Blends*

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7 Nutrient-Packed Smoothies





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# *Anti-Oxidant Powerhouse*

## **BENEFITS:**

- Packed with antioxidants, which will protect your cells from harmful free radicals.
- 22 grams of healthy fat, which help to reduce the risk of heart disease.

## **NUTRITION:**

*Calories:* 229 calories | *Protein:* 8 grams | *Fiber:* 9 grams | *Fat:* 22 grams

## **INGREDIENTS:**

- 1 cup of kale
- 1 cup of frozen berries (strawberries and/or blueberries)
- 1 cup of cashew milk
- 1 tablespoon of peanut butter or almond butter
- ¼ teaspoon of stevia





## 2 *Heart Strong*

### **BENEFITS:**

- High in Omega-3's and monounsaturated fatty acids. Hello healthy heart.
- Provides 1/2 of the fiber you need for an entire day.

### **NUTRITION:**

*Calories:* 335 calories | *Protein:* 15 grams | *Fiber:* 13 grams | *Fat:* 14 grams

### **INGREDIENTS:**

- 2 cups of spinach
- 1 cup of soy milk
- 1/2 green apple
- 1/4 avocado
- 1 tablespoon of chia seeds





## 3 *Tangy Peach Sunrise*

### **BENEFITS:**

- With over 400% of your Vitamin A needs, you're guaranteed stellar eyesight.
- Packed with probiotics that promote digestion and beneficial gut flora.

### **NUTRITION:**

*Calories:* 347 calories | *Protein:* 12 grams | *Fiber:* 6 grams | *Fat:* 23 grams

### **INGREDIENTS:**

- 3 medium carrots, cooked
- 2 small peaches
- 1 cup of unsweetened almond milk
- 1/2 cup of plain Greek yogurt
- 1/2 cup of water





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## *Turn up the Beet*

### **BENEFITS:**

- Improves circulation and promotes liver detox.
- Useful for lowering triglycerides and normalizing blood pressure.

### **NUTRITION:**

*Calories:* 356 calories | *Protein:* 17 grams | *Fiber:* 18 grams | *Fat:* 6 grams

### **INGREDIENTS:**

- 1 medium-sized beet, peeled and cooked
- 1 medium banana
- 1 cup of blackberries
- 1 cup of soy milk
- 1/2 cup of water





## 5 *Protein Boost*

### **BENEFITS:**

- Offers 29 grams of protein, making this the perfect post-workout smoothie.
- Packed with antioxidants, calcium, and vitamin D

### **NUTRITION:**

*Calories:* 322 calories | *Protein:* 29 grams | *Fiber:* 9 grams | *Fat:* 3 grams

### **INGREDIENTS:**

- 2 cups of chopped greens (spinach or kale)
- 1 cup of almond milk
- 1, 6-ounce container of plain, non-fat greek yogurt
- 1/2 cup of organic tofu
- 1 cup of frozen strawberries





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## *Falling into Fall*

### **BENEFITS:**

- Provides a whooping 22 grams of protein and meets 225% of Vitamin A needs.
- The high potassium content reduces muscle soreness from workouts.

### **NUTRITION:**

*Calories:* 392 calories | *Protein:* 22 grams | *Fiber:* 5 grams | *Fat:* 3 grams

### **INGREDIENTS:**

- 1 cup of unsweetened almond milk
- 3/4 cup of plain, nonfat Greek yogurt
- 1/2 cup of pureed sweet potato or pumpkin, cooked
- 1 small banana
- 1/4 teaspoon of cinnamon





# 7 *Mango Blues*

## **BENEFITS:**

- Packed with powerful ginger and green tea antioxidants.
- Provides over 400% of immune-boosting Vitamin C.

## **NUTRITION:**

*Calories:* 130 calories | *Protein:* 3 grams | *Fiber:* 5 grams | *Fat:* 1 grams

## **INGREDIENTS:**

- 2 cups of cold green tea
- 2 cups of spinach
- 1/2 medium-sized mango
- 1/2 medium banana
- 1 ounce of fresh ginger