

Food Heaven Blends

7 Nutrient-Packed Smoothies



1

Anti-Cxidant 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

- 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



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

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



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

- 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



Turn up the Beet

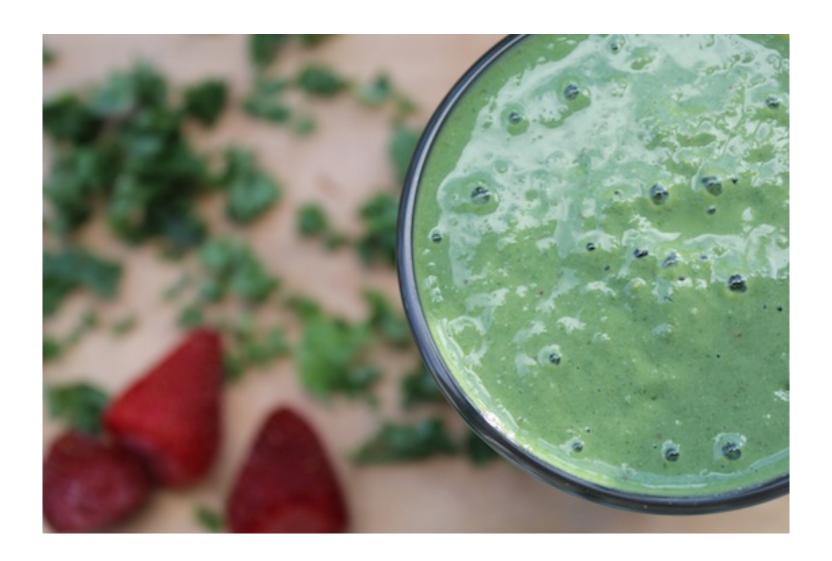
BENEFITS:

- 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

- 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

- 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



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

- 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



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

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