



5-DAY DETOX
Smoothies

Chocolate Chia Smoothie

Serves 1

Ingredients:

- 1 small ripe banana
- 1 TB chia seeds, soaked in ¼ C water for 10 minutes to create chia gel
- ⅔ – 1 C almond milk
- ¼ tsp cinnamon
- ¼ tsp raw honey
- 1 TB raw cacao powder
- 1 large handful spinach, washed and dried

Directions:

1. Place chia seeds in a small bowl and cover with about an inch of water. Allow to gel together for about 10 minutes. Be sure to stir the seeds a few times during soaking to get all seeds activated.
2. Add the remaining ingredients to the blender.
3. When chia seeds have gelled together a little, dump them and their water into the blender. Turn your blender on low and increase speed to incorporate all the ingredients. Blend until smooth, then serve.

Get Up and GO Smoothie

Serves 1

Ingredients:

- 1 C frozen blueberries
- 1 small apple or banana
- 1 TB freshly ground flax seeds
- 1 TB chia seeds, soaked in ¼ cup water for 10 minutes
- 1 C water or coconut water
- 1 tsp coconut oil
- 1 tsp honey or maple syrup
- 1 handful spinach or 2 leaves kale or collard greens (stems removed)

Directions:

Place all ingredients in a blender and turn on low. Increase speed slowly until smoothie is fully blended, then enjoy.

This smoothie is packed full of fiber and is very useful if you're constipated. There's a reason I've named it the "get up and GO" smoothie!

Berry Nut Smoothie

Serves 1

Ingredients:

- ½ C coconut or almond milk
- 2 TB almond or cashew butter, or ¼ cup almonds, walnuts, or cashews soaked in fresh water overnight
- 2 TB freshly ground flax seeds
- ½ C frozen berries or cherries
- 1 handful fresh spinach
- ¼ - ½ C water
- Ice, if desired

Directions:

Place all ingredients in a blender and blend until you reach your desired consistency. Add water or ice as needed.

Apple Tahini Smoothie

Serves 2

Ingredients:

- 2 TB tahini
- ½ ripe banana
- 1 small apple, quartered, seeds removed
- ½ tsp honey
- 2 TB chia seeds
- ¼ tsp cinnamon
- 1-2 handfuls of leafy green (like spinach, romaine lettuce or kale) or 1-2 TB green powder (optional)
- 1 ½ C water

Directions:

1. Place the tahini, banana, apple, honey, chia, cinnamon, greens and water in high-speed blender.
2. Blend until smooth.
3. Add more water if necessary to give you 2 cups.

Ginger Molasses Smoothie

Serves 2

Ingredients:

- 1 C almond milk or coconut yogurt (or other milk of choice)
- ½ frozen banana
- 1 tsp blackstrap molasses
- 2 TB chia seeds
- 2 TB flax seeds
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- 1 tsp vanilla extract
- 1 handful of fresh or frozen baby spinach, romaine lettuce, or kale
- ½ C water, as needed to top off to make 2 cups

Directions:

1. Place all ingredients except water in high-speed blender.
2. Blend until smooth. Top off with water to make 2 cups. Blend gently, until mixed well. Enjoy!

Peachy Banana Smoothie

Serves 1

Ingredients:

- 1 small ripe banana
- 1 ripe peach or nectarine
- 2 TB flax seeds, freshly ground
- 1 tsp coconut oil
- 1 handful spinach or lettuce, torn into chunks
- ½ C water
- 1 TB hemp protein powder (optional)

Directions:

1. Add banana, peach, flax seeds, coconut oil, water and greens to blender in that order. Turn blender onto low, and slowly increase speed as ingredients start to mix. If you're having a hard time getting the greens to blend, add another TB or 2 of water.
2. You can add a few ice cubes to the blender if desired. Once it's fully blended, pour it into a glass, sip, savor and enjoy.

Blueberry Banana Smoothie

Serves 1

Ingredients:

- 1 C frozen or fresh blueberries
- 1 small banana
- 1 C almond or coconut milk
- 1 C chopped spinach, collard greens or kale
- 1 TB freshly ground flax seeds
- 1-2 tsp raw honey

Directions:

Combine all ingredients in a blender and blend until smooth. It helps to start at a low speed and slowly increase speed as the ingredients begin to blend. Add water by the ¼ C if your smoothie needs a little more liquid.

Strawberry Banana Smoothie

Serves 1

Ingredients:

- 1 small banana
- 2 TB chia seeds
- 2 TB nut butter
- ½ C frozen organic strawberries
- 8 oz coconut, almond, or hemp milk, or water
- 1 small handful fresh spinach or kale

Directions:

1. Place all ingredients in a high-speed blender. Start blender on low, and increase speed to combine fully.
2. If you don't have a high-speed blender, start by blending the fruit, chia seeds, nut butter and liquid together until smooth, then add the greens and blend again.

Very Berry Smoothie

Serves 1

Ingredients:

- ½ C frozen or fresh raspberries
- ½ C frozen or fresh strawberries
- ½ C frozen or fresh blueberries
- 1 small banana
- 1 C almond or coconut milk
- 1 C chopped spinach, collard greens or kale (stems removed)
- ¼ C chia gel
- 1 TB chia seeds soaked in ¼ C water for ten minutes before using

Directions:

Combine all ingredients in a blender and blend until smooth. It helps to start at a low speed and slowly increase speed as the ingredients begin to blend. Add water by the ¼ C if your smoothie needs a little more liquid.

Creamy Avocado Smoothie

Serves 2

For a light avocado color, choose light-colored fruits, nuts and seeds, but you can use whatever you have on hand.

Ingredients:

- 2 C water (or 1 C pineapple or orange juice and 1 C sparkling water)
- 1 C frozen mangoes, pineapples or peaches
- ½ C cashews, almonds, or hemp seeds
- 1 avocado
- 1-2 leaves of kale, destemmed and torn into small pieces, or a handful of spinach
- ¼ C unsweetened coconut flakes

Directions:

1. Combine the water, frozen fruit and nuts/seeds. Blend until there are no longer chunks.
2. Add the avocado and greens. Blend until you no longer see flecks of kale or spinach.
3. Pulse in the coconut flakes for a light finishing texture.
4. Drink immediately!

Tropical Coconut Smoothie

Serves 1

Ingredients:

- ½ C shredded coconut, unsweetened (or an equal amount full-fat canned coconut milk)
- 1 C water
- 1 C tropical blend frozen fruit or frozen mango
- 1 C loosely packed baby spinach
- ½ banana
- 2 TB flax seeds, chia seeds or hemp seeds

Directions:

1. Place coconut or coconut milk, water, tropical fruit, spinach, banana and any seed protein you are using into a blender.
2. Blend until smooth, adding more water if needed. Enjoy!

Chocolate Almond Banana Smoothie

Serves 1

Ingredients:

- 1 small or ½ large ripe banana
- 2 TB almond butter
- 1 C coconut or almond milk
- 1 TB raw cacao powder or cacao nibs
- ½ tsp cinnamon
- ½ C washed greens, like spinach or kale
- ½ TB honey or maple syrup (optional)
- ½ C ice cubes (optional)

Directions:

1. Place all ingredients into a blender and turn on low. Increase speed and blend until all ingredients are incorporated.
2. Pour into a glass and enjoy.