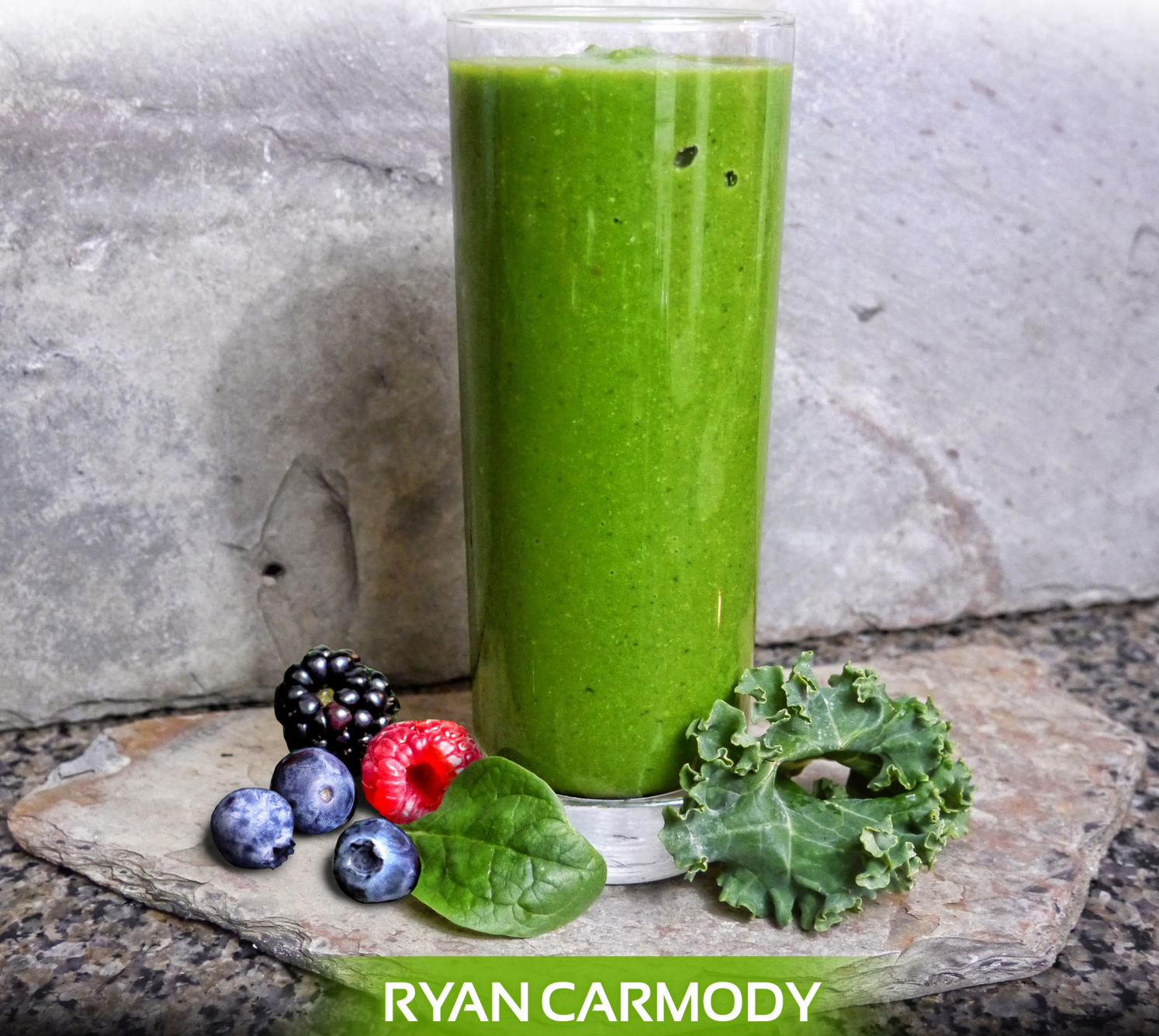


15 Simple Healthy **SMOOTHIE**

Recipes



RYAN CARMODY

15 Simple Healthy Smoothie Recipes

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For more information on everything smoothie and healthy, please visit my website:

www.healthysmoothiehq.com

Medical Warning

The information contained in this book is provided for informational and educational purposes only and may not be construed as personal medical advice. Please consult your qualified health care professional before acting upon any advice you read inside this book. This information is based on the extensive research and experience of Ryan Carmody. As we are all unique individuals, I encourage you to make your own health care decisions based on your own research and in partnership with a qualified health care professional.

Disclaimer

The nutritional information in this book is approximate and based on a 2,000 calorie per day diet. Nutrition information was obtained from the United States Department of Agriculture National Nutrient Database for Standard Reference (USDA SR26). Actual nutrition values may vary based on factors including, but not limited to, size of produce, growing methods, freshness, ripeness, processing, geographic region, and season.

Table of Contents

Introduction.....	1
What Constitutes a Healthy Smoothie?.....	2
Smoothie Making Instructions.....	3
Beginner Smoothie Recipes.....	4
Intermediate Smoothie Recipes.....	6
Advanced Smoothie Recipes.....	8
Bonus Recipes.....	11
Transform Your Health with Smoothies.....	13
Additional Smoothie Information.....	13
About the Author.....	14

Introduction

This smoothie recipe book is both a primer for anyone seeking to integrate the practice of smoothie making into their life as well as the experienced smoothie maker who wishes to boost the nutrition and take their smoothies to the next level. We all know that we should eat more fruits, vegetables, and other healthy foods, but finding the time and means isn't always possible. Enter the healthy smoothie.

Why Healthy Smoothies?

We live in a world where eating healthy has become a real chore. The number of unhealthy food options is at an all-time high and navigating the maze of healthy versus unhealthy practically requires a degree in nutrition.

Healthy smoothies to the rescue! Smoothies offer a quick and easy way increase the amount of healthy food you consume on a daily basis. Whether you replace your breakfast with a smoothie, another meal, sugary dessert, or drink a protein packed smoothie before and/or after a workout, smoothies are welcome at any time of the day.



If you're new to smoothies, don't worry, once you get a few of the basics down, you'll soon see how easy it is to make healthy smoothies on demand.

The Benefits of Healthy Smoothies

There are a number of health benefits experienced by people who regularly consume healthy smoothies. Smoothies can be crafted to address a specific concern, weight loss for example, or boost your intake of certain vitamins and minerals. Below is a list of the more commonly reported health benefits.

- Increased energy
- Weight loss
- Better sleep
- Improved digestion
- Strengthened immune system
- Meet daily allowance of fruits and vegetables
- Detoxify
- Beautify (skin, hair, nails)
- Reduce sugar cravings
- Reduce and eliminate sickness
- Increased over all physical fitness

All this in something that is totally enjoyable; delicious, quick and easy to make, and generally kid approved.

What Constitutes a Healthy Smoothie?

The ingredients. Stick to local, organic, fresh fruits and vegetables whenever possible. Use the highest quality water you have access to and raw milk or your nut milk of choice. Coconut and almond milk are my favorite nut milks. Regular old tap water and store bought milk aren't healthy, but if that's all you have, start there and seek to make improvements later on.

There's really no limitation to what you can add into your smoothies. Play around with various herbs and spices (ginger, cayenne, nutmeg, and cinnamon), nuts, seeds, oils, butters, superfoods (cacao, maca, and goji berries), and anything else you know to be healthy.

Check out my Smoothie Resources page for a complete list of resources to help maximize your smoothie experience. The blenders, green superfood powders, protein powders, smoothie ingredient sources, and everything that I recommend are listed here:

www.healthysmoothiehq.com/resources

For 20 tips for making the healthiest smoothies ever:

www.healthysmoothiehq.com/20-tips-making-healthiest-smoothies-ever

For more information on healthy verses unhealthy smoothies:

www.healthysmoothiehq.com/what-makes-a-smoothie-unhealthy

Smoothie Making Instructions

For all of the recipes below, start by adding your liquid into your blender followed by the ingredients. Blend for approximately 30-45 seconds until the desired consistency is reached. Adjust the amount of liquid each recipe calls for based on your preference. More liquid results in a thinner smoothie and less liquid a thicker smoothie. For more thorough smoothie making instructions see my ultimate guide to making smoothies:

www.healthysmoothiehq.com/how-to-make-a-smoothie

You can take any smoothie recipe below and tweak it to meet your needs. Actually, I encourage you to play with the various ingredients to find a smoothie recipe with your signature on it. Remember, anything goes - into your blender - that's healthy. Play with the various ingredients like a mad scientist!

A word of caution, not every smoothie is going to turn out perfect the first time. When I got started I often made some of the worst tasting smoothies ever! With this book and the content on my site hopefully you can avoid some of the mistakes I made and build delicious smoothies right from the start.

Tip: Chew your smoothies. You read that right - chew your smoothies! Gently chewing every mouthful of your smoothie improves digestion and ultimately nutrient absorption. Your saliva begins the digestive process and digestive enzymes are released when you chew. This also prevents you from slurping down your smoothie in two gulps. Take your time and savor it.

Each smoothie recipe is for 1 large serving. Adjust the portions of each ingredient to modify the serving size to meet your needs.

Several recipes below call for a banana. You always have the option of using fresh or frozen bananas. If you prefer frozen bananas, try breaking your bananas into 4 or 5 chunks and tossing into the freezer for later use in your smoothies.

Beginner Smoothie Recipes

Blueberry Banana Smoothie

Recipe

1 cup water
1 banana (peeled)
1/2 cup frozen blueberries

Nutritional Information

Calories: 147 | Fat: 1g | Protein: 2g | Carbohydrates: 38g | Fiber: 5g | Sugar: 22g | Vitamin A: 2% | Vitamin C: 29% | Calcium: 1% | Iron: 3%

Berry Blast Smoothie

Feel free to tweak this recipe by using the berries of your choice or that are local to you as well as larger or smaller portions of each berry.

Recipe

1 cup almond milk (can substitute other nut milk)
1/2 cup fresh or frozen strawberries
1/2 cup fresh or frozen raspberries
1/2 cup fresh or frozen blueberries
4 - 6 ice cubes



Nutritional Information

Calories: 137 | Fat: 4g | Protein: 3g | Carbohydrates: 26g | Fiber: 8g | Sugar: 14g | Vitamin A: 11% | Vitamin C: 113% | Calcium: 23% | Iron: 7%

Basic Green Smoothie

Recipe

1 cup water
1 cup baby spinach
1 banana
1/2 cup berries of choice (blueberries used for nutritional information)
A little honey, maple syrup, or stevia to sweeten (optional)

Nutritional Information

Calories: 154 | Fat: 1g | Protein: 3g | Carbohydrates: 39g | Fiber: 6g | Sugar: 22g | Vitamin A: 59% | Vitamin C: 43% | Calcium: 4% | Iron: 7%

Yogurt Smoothie

Recipe

- 1/2 cup water
- 1/2 cup plain yogurt (preferably regular or full-fat)
- 1/2 cup fresh or frozen strawberries
- 1/2 tsp cinnamon
- 1/2 tbsp honey (substitute maple syrup or a little stevia to sweeten)

Nutritional Information

Calories: 131 | Fat: 4g | Protein: 5g | Carbohydrates: 21g | Fiber: 2g | Sugar: 17g | Vitamin A: 3% | Vitamin C: 76% | Calcium: 17% | Iron: 2%

Chocolate Raspberry Protein Smoothie

Recipe

- 1 cup raw milk or nut milk of choice (raw milk used for nutritional information)
- 1/2 banana (optionally frozen)
- 1/2 cup raspberries
- 1 serving of your preferred chocolate protein powder (Sun Warrior - Warrior Blend Raw Protein used for nutritional information)



Nutritional Information

Calories: 328 | Fat: 11g | Protein: 26g | Carbohydrates: 37g | Fiber: 7g | Sugar: 25g | Vitamin A: 7% | Vitamin C: 35% | Calcium: 32% | Iron: 34%

Intermediate Smoothie Recipes

Kiwi Strawberry Banana Smoothie

Recipe

- 1 cup water
- 1 kiwi, peeled and halved
- 1 cup fresh or frozen strawberries
- 1/2 fresh or frozen banana
- 1 tsp coconut oil
- 4-6 ice cubes (optional)

Nutritional Information

Calories: 183 | Fat: 6g | Protein: 2g | Carbohydrates: 35g | Fiber: 7g | Sugar: 21g | Vitamin A: 2% | Vitamin C: 264% | Calcium: 5% | Iron: 6%

Chocolate Almond Butter Smoothie

Recipe

- 1 cup nut milk of choice (almond used for nutritional information)
- 1 frozen banana
- 2 TBSP almond butter
- 1 TBSP flax seeds or chia seeds (flax used for nutritional information)
- 1 serving of your favorite chocolate protein powder (optional)

Nutritional Information

Calories: 352 | Fat: 21g | Protein: 11g | Carbohydrates: 36g | Fiber: 10g | Sugar: 16g | Vitamin A: 12% | Vitamin C: 17% | Calcium: 40% | Iron: 12%

Blueberry Milkshake Smoothie

Recipe

1 cup	raw milk or nut milk of choice (almond used for nutritional information)
1/2 cup	frozen blueberries
1/2	avocado
1/2 tsp	vanilla extract
1/2 tsp	cinnamon
1/2 TBSP	honey to sweeten
1/2 TBSP	maca (optional)



Nutritional Information

Calories: 278 | Fat: 18g | Protein: 4g | Carbohydrates: 30g | Fiber: 10g | Sugar: 17g | Vitamin A: 14% | Vitamin C: 29% | Calcium: 32% | Iron: 7%

Sweet Dreams Smoothie Recipe

Recipe

1/2 cup	warm raw milk (substitute other milk of choice)
1/2	fresh banana
1/2 cup	pitted cherries
1/2 tsp	nutmeg

Nutritional Information

Calories: 184 | Fat: 5g | Protein: 6g | Carbohydrates: 32g | Fiber: 3g | Sugar: 23g | Vitamin A: 5% | Vitamin C: 18% | Calcium: 16% | Iron: 2%

Raspberry Peach Watermelon Smoothie

Recipe

1 cup	seeded watermelon chunks
1/2 cup	fresh or frozen raspberries
1/2 cup	fresh or frozen peach slices
1/2 TBSP	coconut oil
3-4	ice cubes (optional)

Nutritional Information

Calories: 168 | Fat: 8g | Protein: 2g | Carbohydrates: 26g | Fiber: 6g | Sugar: 19g | Vitamin A: 23% | Vitamin C: 56% | Calcium: 3% | Iron: 5%

Advanced Smoothie Recipes

Goji Berry Mango Superfood Smoothie

Recipe

1 cup	water
2 TBSP	goji berries
1/2 cup	frozen mango slices
1/2 TBSP	coconut oil
A dash	of high quality salt (Celtic sea salt, Redmond salt, Himalayan salt)

Nutritional Information

Calories: 164 | Fat: 8g | Protein: 2g | Carbohydrates: 25g | Fiber: 3g | Sugar: 20g | Vitamin A: 105% | Vitamin C: 90% | Calcium: 2% | Iron: 7%

Chocolate Avocado Smoothie

Recipe

1 cup	raw milk or nut milk of choice (raw milk used for nutritional information)
1/2	avocado
1/2 cup	fresh or frozen strawberries
1/2 TBSP	cacao powder
1/2 tsp	honey to sweeten
1/2 TBSP	cacao nibs (optional)
1 serving	chocolate protein powder (optional)
A few	mint leaves (optional - think mint chocolate chip ice cream)

Nutritional Information

Calories: 377 | Fat: 24g | Protein: 12g | Carbohydrates: 34g | Fiber: 9g | Sugar: 22g | Vitamin A: 9% | Vitamin C: 91% | Calcium: 33% | Iron: 6%

The Green Machine Smoothie

Recipe

- 1 cup water
- 1 cup baby spinach
- 1/2 cup kale (stems removed)
- 1 banana
- 1/2 cup frozen berries of choice (blueberries used for nutritional information)
- 1 TBSP chia seeds
- 1/4 tsp cinnamon
- A little honey, maple syrup, or stevia to sweeten (optional)
- 1 serving of your favorite green superfood powder (optional)



Nutritional Information

Calories: 208 | Fat: 4g | Protein: 5g | Carbohydrates: 44g | Fiber: 10g | Sugar: 22g | Vitamin A: 75% | Vitamin C: 59% | Calcium: 12% | Iron: 17%

Lemon-Lime-Kale Detox Green Smoothie

Recipe

- 1 cup water
- 1/2 lemon, peeled and seeded
- 1/2 lime, peeled and seeded
- 1 fresh or frozen banana
- 1 cup kale, stems removed
- 1 tsp honey

Nutritional Information

Calories: 149 | Fat: 1g | Protein: 2g | Carbohydrates: 39g | Fiber: 5g | Sugar: 21g | Vitamin A: 34% | Vitamin C: 83% | Calcium: 5% | Iron: 5%

Spicy Anti-Inflammatory Smoothie

Recipe

- 1 cup green tea, brought to room temp or chilled
- 1/2 cup fresh or frozen blueberries
- 1/2 cup fresh or frozen papaya chunks
- 1 TBSP chia seeds or chia seed gel
- 1/2 tsp turmeric
- 1/2 tsp ginger
- 1/4 tsp cayenne pepper
- 1/2 tsp cinnamon
- A dash of a high quality salt
- A little honey, maple syrup, or stevia to sweeten (optional)



Nutritional Information

Calories: 266 | Fat: 13g | Protein: 4g | Carbohydrates: 41g | Fiber: 12g | Sugar: 22g | Vitamin A: 28% | Vitamin C: 141% | Calcium: 10% | Iron: 22%

Bonus Recipes

Ryan's Favorite Superfood Smoothie

Recipe

1/2 cup	raw milk
1/2 cup	kefir
1/2	avocado
1/2 cup	frozen blueberries
1 TBSP	chia seeds or chia seed gel
1/2 TBSP	maca
1/2 TBSP	cacao powder
1 serving	Sun Warrior chocolate protein powder

Nutritional Information

Calories: 507 | Fat: 29g | Protein: 29g | Carbohydrates: 40g | Fiber: 14g | Sugar: 22g | Vitamin A: 13% | Vitamin C: 31% | Calcium: 38% | Iron: 46%

Coffee Replacement Smoothie

Recipe

1/2 cup	coffee
1/2 cup	almond milk
3 TBSP	cashews
1/2 TBSP	coconut oil
1/2 TBSP	cacao powder
1/2 tsp	cinnamon
1/4 tsp	vanilla extract
A dash	high quality salt
1/2 TBSP	honey

Nutritional Information

Calories: 263 | Fat: 19g | Protein: 6g | Carbohydrates: 20g | Fiber: 3g | Sugar: 10g | Vitamin A: 5% | Vitamin C: 0% | Calcium: 18% | Iron: 17%

Ginger Strawberry Kombucha Smoothie

Recipe

- 1 cup kombucha (homemade or store bought - I like GT's Kombucha)
- 1 cup frozen strawberries
- 1 TBSP coconut oil
- 2 TBSP chia seeds or chia seed gel
- 1/4 inch ginger, peeled and minced or 1/2 teaspoon powdered ginger



Nutritional Information

Calories: 354 | Fat: 23g | Protein: 6g | Carbohydrates: 35g | Fiber: 14g | Sugar: 9g | Vitamin A: 2% | Vitamin C: 103% | Calcium: 22% | Iron: 21%

Transform Your Health with Smoothies

If the recipes and information in this book resonate with you I encourage you to check out my comprehensive smoothie book, Transform Your Health with Smoothies. It contains over 149 recipes in 9 categories and a considerable amount of information on crafting the healthiest smoothies ever. Information that can be applied to other areas of your diet and help you achieve all of your health goals.

www.healthysmoothiehq.com/book

Additional Smoothie Information

Hopefully you enjoy these smoothie recipes as much as I do. Consuming smoothies on a daily basis has been one of the most beneficial things I've done for my health.

There are currently over 200 recipes on my site. Stop by anytime and find a new recipe to tickle your taste buds.

Below are links to some the most popular articles on my web site that will help you get the most out of your smoothies and take your health to the next level.

The Ultimate Guide to Losing Weight with Smoothies:

www.healthysmoothiehq.com/smoothie-weight-loss-guide

Diabetic Friendly Smoothies:

www.healthysmoothiehq.com/diabetic-smoothies

Detoxing with Smoothies:

www.healthysmoothiehq.com/detoxing-with-smoothies

Energizing Smoothies:

www.healthysmoothiehq.com/energizing-smoothies

The Skinny on Fat: Good Fats vs. Bad Fats:

www.healthysmoothiehq.com/healthy-fat

Have questions about something not covered in the links above such as kid friendly smoothies, inflammation, or digestive issues? Chances are I've written an article about it. Please use the search box on my site to locate the article covering the subject you're interested in.

About the Author

Ryan Carmody (born December 18th, 1977) is a certified holistic health coach through the Institute for Integrative Nutrition with a passion for health, nutrition, exercise, and personal development. Shortly before turning thirty, Ryan became enthralled with improving his health through diet and other modalities. A passion and calling was born. Ryan holds a degree in computer science from Michigan State University and has over fifteen years of experience as a software developer.

Ryan believes variety is a key component to superior health and often alludes to getting more vitamin V (variety) into his diet. To that end, he enjoys consuming foods from all kingdoms: plant, animal, fungi, and bacterial.



Ryan examines food and anything relating to health through an ancestral lens. This means looking at how and how long indigenous people have traditionally consumed a particular food and what their state of health was. This shapes his dietary approach.

If you haven't already, subscribe to his free email newsletter for more juicy smoothie recipes and nutritional information. See the opt-in form on his website.

www.healthysmoothiehq.com

Have questions or concerns about smoothies or anything else covered in this book? Feel free to contact Ryan at ryan@healthysmoothiehq.com or through the contact form on his site.

Happy Blending!

Ryan Carmody, Certified Holistic Health Coach