



These are recipes I started collecting when I decided to make changes in the ingredients I put in my body. I don't know where I got all the recipes; however, I will give credit for those I know.

SMOOTHIES

Basic Smoothie Recipe

Start with 4 oz Coconut or Almond Milk (add up to 4 more ounces if needed)

Juice Plus Complete Shake

Fruit (your choice ½ cup of a couple of fruits – banana, apple, pineapple, mango, blueberries, strawberries – I like my fruit frozen except for the apple)

1 small avocado (or ½ medium to large size)

1 TBSP Coconut Oil

Raw Kale

Raw Spinach

1 TBSP Chia Seeds (help you feel full)

2 TBSP ground Flax Seeds (I grind mine in a coffee grinder)

Blend everything in a Nutri-bullet, blender or Vita-mix

Add ice cubes if you want it colder

If you don't like the idea of greens in your smoothie, begin with 3 or 4 spinach leaves and build up to more as you learn to like the taste – once you drink it with the veggies, the wisdom of your body will want it.

Other things to add:

Raw beets (I put ¼ to ½ in depending on the size of the beet)

Raw Celery

Romaine Lettuce

Frozen Grapes

Raw shredded coconut

Raw Almonds (about 6)

Raw Carrot

1 TBSP nut butter, preferable raw and almond, cashew or tahini

Raw Broccoli

¼ Pomegranate

Cinnamon

1 tsp Raw Honey if you need it to be sweeter (do not use Agave) can also use Maple Syrup

TIP: ~ Once you acquire the taste for the "extras" you can increase your liquid and amount of veggies and make this an all-day drink. I make my all-day smoothie with water and blend it in a Vita-mix (the container is 64 oz and I drink on it all day – it's my breakfast, snack, lunch, snack and then I have a balanced supper.) ~

Smoothie Ice Cream

Chocolate or Vanilla Juice Plus Complete Shake

Frozen Fruit

Almond Butter

½ Avocado

Almond Milk (start with 3-4 oz.)

Ice to get colder if you want

Put Almond Milk in blender/Vitamix/Nutribullet. Add ingredients and blend until texture is like soft serve ice cream. Makes a large bowl.





Mixed Fruit Smoothie

Vanilla JP+ Complete Shake
Handful of spinach
1 whole apple (include the core/seeds)
Celery
Frozen Mango/papaya/pineapple mixed fruit
½ Avocado
1 Tablespoon raw coconut
8 oz Almond Milk
Ice to get as cold as you like it
Blend in blender/vitamix/nutria-bullet until the consistency you want

Chocolate Blueberry Smoothie

Chocolate JP+ Complete Shake
Frozen blueberries
Kale
1 whole apple
Carrot
½ Avocado
8 oz Almond Milk
Ice to get colder if you want
Blend in blender/vitamix/nutria-bullet until the consistency you want

All Day Smoothie

Vanilla or Chocolate JP+ Complete Shake
2 Tbsp Golden Flax seeds (grind fresh)
1 Tbsp Chia Seeds
2 Tbsp raw coconut
1 Tbsp Cacao nibs
Handful of Spinach
Cinnamon – as much or little as you want
Kale – I usually put 2 full leaves in (including the stem)
Beet Greens
¼ Beet
1 whole red apple (includes the core/seeds)
1 large carrot
2 or 3 stalks of celery
½ Avocado
Frozen blueberries (or any fruit you want)
Water or Almond Milk
Ice
I blend this in my 64 oz Vitamix, so it has lots of liquid. I sip on it all day – it's breakfast, lunch, snack and then I have a healthy supper.
You can add other veggies – leave some of these off – this is a recipe I received from Dr. William Sears. It's what he drank when he was healing his body of stage 4 colon cancer and he continues to drink it 5 or more days per week. I also drink it 5 or more days per week.
Once it's blended, I put some in my 30 oz stainless steel container (stays cold) and the rest go into glass jars and go in the fridge or my cooler if it's a day of travel.