



Smoothies make great breakfasts. Especially in the summer and even in the spring. Winters warm breakfasts are nice, however a smoothie is a nutritious meal anytime of day or season.

Here are few recipes for you to experiment with

Basic smoothie recipe

- ☯ Liquid = Coconut Milk or water, yogurt or kefir, kombucha, broth, Green tea, turmeric tea
- ☯ Berries or other fruit = Berries have the lowest sugar content so they are preferable
- ☯ Seeds of your choice = flax, hemp, chia, etc. are good options
- ☯ Herbs/Spices = Cinnamon, Turmeric, and spirulina or chlorella or wheat grass, etc.
- ☯ Vegetables = spinach, kale or greens of your choice, beets, carrots, parsley, cilantro — the more vegetables you can get in the better

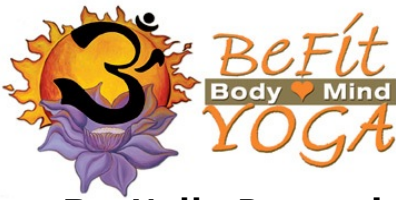
Most people think sweet when they think of a smoothie. I just don't have that sweet taste bud and I much prefer savory. Here is a great nutritious savory Avocado smoothie recipe :

Salty Spicy Avocado Alkaline Smoothie for Breakfast

- 1 Avo
- Handful cherry tomatoes — or any other tomato
- 1 cucumber
- Handful Spinach
- Handful Cilantro
- Juice of 2 limes
- 1 clove Garlic, smashed
- 1 small onion
- 1 tsp Sea Salt
- 1 tsp spirulina
- 1 tablespoon EVOO or pumpkin seed oil
- 1 chile pepper or powder or tincture
- 1/2 cup kombucha or water (more to desired consistency if necessary)

Detox the mercury smoothie

- 1 bunch cilantro
 - 8 oz. coconut water
- Blend together and enjoy. I have this the morning after eating fish . . .
This makes a great summer dinner! If you have a nutri-bullet clean up is minimal =
Dinner and dishes in 15 minutes or less.



Dr. Kelly Brogan's Smoothie Recipes

My favorite renegade FMx and woman's advocate, this is a quick easy-peasy smoothie recipe:

- 1/2 cup frozen organic cherries or berry of your liking
 - 8 oz. fermented coconut water, coconut water, or filtered water (or I sometimes use Kombucha)
 - 3 TBSP collagen hydrolysate as a protein base (being vegetarian i use aloe vera instead which is NOT a protein base ...)
 - 1 TBSP sprinted nut butter or sun butter
 - 3 pastured egg yolks
 - 1 TBSP coconut oil
 - 1 TBSP ghee
 - 1-2 TBSP organic raw cacao powder
- Blend all ingredients and enjoy

Dr. Brogan's Aloe-Mint Gut Healing Smoothie

Ingredients:

- 1/2 cup frozen berries
- 1/2 medium avocado
- 4 oz. aloe vera juice
- 8 ounces coconut water, or filtered water
- 2 tablespoons virgin coconut oil
- 1 tablespoon chia or flaxseed
- 1 spring fresh mint leaves
- 1/4 inch fresh ginger root
- 3 tablespoon collagen hydrolysate

Secret Cucumber Detox Soup Recipe



This secret cucumber detox soup recipe is packed full of ingredients that aids in detoxification and supports healthy hair, skin and nails. And its delicious.

Secret Cucumber Detox Soup Recipe

Total Time: 5 minutes **Serves:** 4

INGREDIENTS:

- 1 cucumber (peeled and de-seeded plus additional cuke for garnish)
- 1 tbsp onion (minced)
- 1 avocado, peeled
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1/4 tsp Sea Salt



Bobbi Misiti
Yoga & Health Coaching
717.443.1119 bobbi@befityoga.com
www.befityoga.com

- 1/4 tsp **Chili Powder**
- 1 dash of **Cayenne Pepper**
- 1/2 to 1 cup water — to desired consistency, I use about a 1/2 cup
- **Paprika** for garnish

DIRECTIONS:

- 1 Throw avocado, cucumber, onion, oil, lemon juice, vinegar and water in a nutri-bullet, blender, submersion blender or vita-mix.
- 2 Puree on high speed until smooth.
- 3 Blend in salt, chili powder and remaining ingredients.
- 4 Serve, garnishing with extra cucumber cubes and smoked paprika if desired.

Power Hour smoothie from CaliforniaAvocado.com

1/2 Fresh Avocado
1 Tbsp. ginger
1/2 cup frozen mango cubes
1/3 cup grass fed yogurt
Juice of 1/2 lemon
As needed
Cayenne pepper, to taste
1 cup water

Avocado, Apple & Greens smoothie

1/2 avocado
1 green apple
2 cups assorted greens (spinach, sprouts, kale, lettuce, been greens, etc.
1 cup liquid = coconut water, komobucha, water, etc.

Chocolate Avocado Smoothie

1/2 Avo
2 TBSP Raw organic cocoa powder
1 small banana
1/4 cup yogurt or coconut milk
1/4 cup coconut water
1/2 tsp vanilla extract
Opt. handful of berries

Pear and Vanilla Smoothie

1 pear
1/2 to 1 cup of yogurt or coconut milk or home made almond milk





Handful spinach

Almonds or a scoop of almond butter

1/2 tsp vanilla

Sweet and Savory Green Smoothie

1/2 to 1 cup pineapple chunks

1 peeled kiwi

1 cup (or more) coconut water

1/2 avocado

handful of greens

1 tsp coconut oil

Beet Root and Orange Smoothie

1 small red beet

2 oranges

1 avocado

1 TBSP raw honey

1 tsp vanilla extract or seeds scraped from a bean

1 cup water or coconut water

Avo Lime & Mint Smoothie

Handful of greens

1 cup coconut water — more or less to desired consistency

1 large apple

1/4 to 1/2 avocado

2 TBSP fresh lime juice

Handful fresh mint leaves — to taste

Flu-Fighter Citrus and Ginger Smoothie

2 medium seedless oranges, peeled

2 TBSP fresh lemon juice, or to taste

1 tsp fresh ginger, or to taste

1-3 tsp. pure maple syrup, to taste

Pinch of cayenne pepper (optional)

1/2 - 1 cup turmeric Tea

Perfect Breakfast in a Jar

1 banana

handful each of blueberries and strawberries

1 TBSP sunflower seeds

1 tsp flax seeds

1 tsp spirulina

1 tsp maca powder

1-1/2 cups home-made almond milk or coconut milk or liquid of your choice

Strawberry, Basil, and Mint Smoothie



- 2 large handfuls of strawberries
- 1 small handful of mint
- 2 sprigs basil
- 1 banana
- 1 tsp raw honey
- splash of water or coconut water

Ginger Tulsi Almond Smoothie

Ingredients:

- 1/3 cup peeled almonds
- 1/2 teaspoon **tulsi powder**
- 1/2 teaspoon turmeric powder
- 3/4-inch fresh ginger, peeled
- 1 banana (optional)
- 1–2 teaspoons maple syrup
- 2 cups water
- Orange zest (garnish)

Directions:

In a vitamix (or high powered blender), add the almonds, tulsi, turmeric, ginger, banana, maple syrup, and water. Blend on high until smooth and creamy. Pour into a serving cup and garnish with orange zest. Drink immediately at room temperature (do not add ice).

Tips:

This recipe is balancing to vata. Pitta and kapha can drink on occasion (or more frequently if they omit the banana).

Bobbi Misiti
Yoga & Health Coaching
717.443.1119 bobbi@befityoga.com
www.befityoga.com

