

# *Smoothie* Handbook



Simple, Nutritious, and Delicious  
Smoothie Recipes

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DaNae Johnson, M.H.

# Smoothie Handbook

Become Radiant One Smoothie at a Time!

Simple, Nutritious, and Delicious Smoothie Recipes

By

DaNae Johnson, M.H.

[www.smoothie-handbook.com](http://www.smoothie-handbook.com)

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# Why Love Smoothies

Hi! My name is **DaNae Johnson**. I just want to thank and congratulate you for desiring to take excellent care of your body. Nowadays, wherever you live, you have the amazing availability to get knowledge, equipment, and the food to have radiant health!

I live in the frozen tundra of Northern Minnesota. And yes, even during a blizzard, **I love smoothies!** Let's enhance our health and those around us by providing the necessary knowledge and tools.

Perhaps like you, I grew up in a typical American home with the cupboards fully stocked with Mac & Cheese and Lucky Charms. My mother did what she could to feed my brother and me a healthy diet. But we were offered all of the processed and stimulating foods.

How can a child choose fruits and veggies over the addictive processed foods that are heavily promoted in our society? My family constantly went out to eat drinking sugary sodas and eating the deep-fat fried french fries.

## My Family's Turning Point

Eventually, that diet and environmental issues wore down my family's bodies. So much that we were diagnosed with Lung Cancer when I was seven years old.

There we are...

My mother, my brother, and myself with **lung cancer**. My mom had only 5% chance to live for 2 years with chemo and radiation. And we had never smoked a single cigarette.

But through it all Mom stayed strong. She continued to homeschool my brother and me. But she never complained.

Due to previous health issues, she couldn't do any surgery. So she explored what alternative health could provide. That important turning point in our health was over 17 years ago. I am truly grateful. My mom got to be at my **graduation**, my **wedding**, and my **2 children's births**. Many more memories are to come. She has more energy now in her 50's than she did in her 20-30's.

## How My Passion Grew

When I was in high school, my mom and I would attend health classes. I knew what natural cures had done for my family. I wanted to show others how they can change their path at which their health is heading.

I am now a Master Herbalist. I teach health classes around Northern Minnesota. I am not going to pretend that I know everything there is to know about health. I am continually amazed at the variety of ways someone could improve their life.

I have **discovered** that smoothies are one of those great ways. While showing people how to make a smoothie properly, I have noticed that healthy smoothie recipes can be easily incorporate nutrition into our diet. You can use all the natural therapies on your body, but having a **nutrient dense diet** is the key to **vibrant health**.

I desire for you to absorb accurate information on how to take care of your body so that you can truly live to your potential. If you are constantly sick and tending to yourself, how can you pour your life into your family and friends? Please, join me on this journey to Radiant Living.

I hope that you enjoy my collection of nutrient dense smoothie recipes as much as I have.

If you have any questions, comments, or recipes, I would love to hear from you! [Contact Me!](#)

# Fruit Smoothies

## **Sunshine Smoothie**

1 banana, peeled  
1 orange, seeded and peeled  
1 cup strawberries, frozen  
3/4 cup mango, frozen  
1/2 cup coconut milk  
1/2 cup pure water

Pour in milk and water into the blender. Toss in the orange and banana with the frozen fruit on top. Blend until smooth. Serves 2

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## **Orange Banana Smoothie**

1 banana, peeled  
2 oranges, seeded and peeled  
1 cup mango, frozen  
1/2 cup coconut milk  
1/2 cup pure water

Pour in milk and water into the blender. Toss in the orange and banana with the mango on top. Blend until smooth. Serves 2

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## **Pineapple Smoothie**

1 banana, peeled  
3/4 cup pineapple, frozen  
1 cup mango, frozen  
1/2 cup coconut milk  
1/2 cup pure water

Pour in milk and water into the blender. Toss in the banana with the frozen fruit on top. Blend until smooth. Serves 2

### **Pine-Berry Smoothie**

1 banana, peeled  
3/4 cup pineapple, frozen  
1/2 cup mango, frozen  
1/2 cup raspberries, frozen  
1 teaspoon lemon juice  
1/2 cup coconut milk  
1/2 cup pure water

Pour in lemon juice, milk, and water into the blender. Toss in the banana with the frozen fruit on top. Blend until smooth. Serves 2

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### **Banana Nut Smoothie**

2 ripe bananas, peeled and frozen  
1/4 cup raw nuts (pecans, cashews, almonds)  
1 ripe pear  
1-2 packet of vanilla stevia  
1/2 cup of pure water  
2 ice cubes

First, pour water and stevia into the blender. Second, place the nuts and pear on the bottom with the frozen bananas and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

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### **Cherana Smoothie**

1 large ripe banana, peeled and sliced  
1 1/2 cup cherries, pitted and frozen  
1 packet of vanilla stevia  
1 tsp of lemon/lime juice  
1 cup of pure water  
3 ice cubes

First, pour water and juice into the blender. Second, place the bananas and stevia on the bottom with the frozen cherries and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

### **Brainy Blueberry Smoothie**

1 large ripe banana, peeled and sliced  
1 cup blueberries, frozen  
1 packet of vanilla stevia  
1 tsp of lemon/lime juice  
1 cup of pure water  
3-6 ice cubes

First, pour water and juice into the blender. Second, place the banana on the bottom with the frozen berries and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

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### **Tropical Summer Chill**

Flesh of 1 mango, fresh  
1 cup watermelon, fresh  
3/4 cup blueberries, frozen  
1 cup 100% pineapple juice  
8 ice cubes

First, pour juice into the blender. Second, place the mango and watermelon on the bottom with the frozen berries and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.  
Recipe by Connie G.

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### **Blueberry Shake**

1 cup blueberries, frozen  
1/4 cup cashews, raw  
2 tbsp coconut milk  
4-6 dates, pitted and soaked  
1 packet vanilla stevia  
1 cup of pure water  
10 ice cubes

First, pour the cashews, coconut milk, dates, stevia, and water into the blender and blend. Second, put berries and ice into the creamed mixture. Blend until the desired consistency.

### **Pear-Berrylious**

1 ripe pear, cored and sliced  
1 cup blueberries, frozen  
1 packet of vanilla stevia  
1/8 cup of cashews, raw  
1 tsp of lemon/lime juice  
1 cup of pure water  
3-6 ice cubes

First, pour water and juice into the blender. Second, place the pear on the bottom with the rest of the ingredients on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

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### **The Mango Blues**

1 large ripe banana, peeled and sliced  
2/3 cup mango, frozen  
2/3 cup blueberries, frozen  
1 packet of vanilla stevia  
1 1/3 cup of pure water  
5 ice cubes

First, pour water into the blender. Second, place the banana and stevia on the bottom with the frozen fruit and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

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### **Cher-Berry Smoothie**

1 large ripe banana, peeled and sliced  
1 cup blueberries, frozen  
1 cup cherries, pitted and frozen  
1 packet of vanilla stevia  
1 tsp of lemon/lime juice  
1 1/2 cup of pure water  
3-6 ice cubes

First, pour water and juice into the blender. Second, place the banana and stevia on the bottom with the frozen fruit and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

### **Pina Colada Smoothie Recipe**

- 1 large ripe banana, peeled and sliced
- 1 cup mango, frozen
- 1 cup pineapple, fresh or canned
- 1/3 cup coconut milk
- 1 packet of vanilla stevia
- 1 1/3 cup of pure water
- 5 large ice cubes

First, pour water and coconut milk into the blender. Second, place the banana, pineapple, and stevia on the bottom with the frozen fruit and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

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### **Man-Go in Black**

- 1 large ripe banana, peeled and sliced
- 1 1/2 cups mango, frozen
- 3/4 cup blackberries, frozen
- 1 packet of vanilla stevia
- 1 1/3 cup of pure water
- 5 ice cubes

First, pour water into the blender. Second, place the banana and stevia on the bottom with the frozen fruit and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

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### **The Mango Blues**

- 1 large ripe banana, peeled and sliced
- 1 1/2 cups mango, frozen
- 2/3 cup blueberries, frozen
- 1 packet of vanilla stevia
- 1 1/3 cup of pure water
- 5 ice cubes

First, pour water into the blender. Second, place the banana and stevia on the bottom with the frozen fruit and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

### **Basic Pina Colada Smoothie Recipe**

- 1 banana, peeled
- 1 orange, seeded and peeled
- 1 cup pineapple, frozen
- 3/4 cup mango, frozen
- 1/2 cup coconut milk
- 1/2 cup pure water

Pour milk and water into the blender. Toss in the orange and banana with the frozen fruit on top. Blend until smooth. Serves 2

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### **Pear-E-Granate Smoothie**

- 1 banana, peeled
- 1 pear, cored
- 1 cup pomegranate kernels, frozen
- 1 cup blueberry juice, juice or water
- 1 packet of stevia
- 3 ice cubes

Pour juice/water with stevia into the blender. Toss in the banana and the pear with the pomegranate kernels on top. Blend until smooth. Serves 2

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### **Basic Pomegranate Smoothie**

- 1 banana, peeled
- 1 cup pomegranate kernels, frozen
- 1 cup water
- 1 packet of stevia
- 3 ice cubes

Pour water with stevia into the blender. Toss in the banana with the pomegranate kernels on top. Blend until smooth. Serves 2

### **Zesty Berry Smoothie**

1 large ripe banana, peeled and sliced  
3/4 cup strawberries, frozen  
1/2 cup raspberries, frozen  
1 packet of vanilla stevia  
1 tsp of lemon/lime juice  
1 cup of pure water

First, pour water and juice into the blender. Second, place the banana on the bottom with the rest of the ingredients on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

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### **Raspberry Sunrise**

2/3 cup strawberries, frozen  
1/3 cup raspberries, frozen  
1 banana, peeled and chopped  
1 orange, peeled and seeded  
1 packet vanilla stevia  
1 1/3 cup of pure water  
5 ice cubes

First, pour the water into the blender and add the stevia, orange, and banana. Second, put berries and ice on top. Blend until desired consistency is achieved.

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### **Easy Strawberry Smoothie Recipe**

1 large ripe banana, peeled and sliced  
1 cup strawberries, frozen  
1 packet of vanilla stevia  
1 tsp of lemon/lime juice  
1 cup of pure water  
3-6 ice cubes

First, pour water and juice into the blender. Second, place the banana on the bottom with the frozen berries and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

## **Strawberry Shake**

1 cup strawberries, frozen  
1/4 cup cashews  
2 tbsp coconut milk  
4-6 dates, pitted and soaked  
1 packet vanilla stevia  
1 cup of pure water  
10 ice cubes

First, pour the cashews, coconut milk, dates, stevia, and water into the blender and blend. Second, put berries and ice into the creamed mixture. Blend until the desired consistency.

# Green Smoothies

## **Collard Berries**

- 1 large banana, ripe
- 2 cups collard greens, fresh
- 1 cup blueberries, frozen
- 1/4 cup strawberries, frozen
- 1 packet of stevia
- 1 cup pure water

Pour water in first. Then place the banana closest to the blade with the rest of the ingredients on top. Blend until smooth.

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## **Tropical Collards**

- 1 large banana, ripe and peeled
- 3/4 cup pineapple, fresh or canned
- 2 cups collards, fresh
- 1 cup mango, frozen
- 4 ice cubes
- 1 packet of stevia
- 1 cup pure water

Pour water in first. Then place the banana and pineapple closest to the blade with the rest of the ingredients on top. Blend until smooth. 1-2 servings

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## **Beginner Blueberry Kale Smoothie**

- 1 large ripe banana, peeled
- 2-4 kale leaves
- 1 cup blueberries, frozen
- 1 packet of stevia (optional)
- 1 cup pure water

Pour the water and toss the banana and kale into the blender. Blend. Then add the blueberries and stevia. Blend again until smooth. Enjoy! 1-2 servings

### **Tropical Kale Smoothie**

1 large ripe banana, peeled  
10 kale leaves  
1 cup pineapple, fresh  
3 dates, pitted  
1 cup mango, frozen  
3 ice cubes  
1 1/2 cup pure water

Pour the water and toss the banana, kale, pineapple, and dates into the blender. Blend. Then add the mango and ice. Blend again until smooth. Very Yummy! 1-2 servings

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### **Purple Tropics**

1 large ripe banana, peeled  
2-4 large kale leaves  
1/2 cup blueberries, freeze-dried  
3/4 cup pineapple, fresh or canned  
1 packet of stevia (optional)  
5 ice cubes  
1 cup pure water

Pour the water and toss the banana, kale, blueberries, pineapple, and stevia into the blender. Blend. Then add ice. Blend again until smooth. Enjoy! 1-2 servings

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### **Creamy Avocado-Kale Smoothie**

1 large ripe banana, peeled  
4 large kale leaves  
1/4-1/2 avocado flesh  
3/4 cup blueberries, frozen  
1/2 cup strawberries, frozen  
1 packet of stevia (optional)  
1 1/2 cups pure water

Pour the water and toss the banana, kale, and avocado into the blender. Blend. Then add the blueberries, strawberries, and stevia. Blend again until smooth. Enjoy! 1-2 servings

### **Advanced Berry Kale Smoothie**

1 large ripe bananas, peeled  
6-12 kale leaves  
1/2 cup strawberries, frozen  
1 cup blueberries, frozen  
1 packet of stevia (optional)  
1 1/2 cup pure water

Pour the water and toss the banana and kale into the blender. Blend. Then add the strawberries, blueberries, and stevia. Blend again until smooth. Enjoy! 1-2 servings

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### **Peachy Kale Smoothie**

1 large ripe banana, peeled  
10 kale leaves  
4 dates, pitted  
3/4 cup pineapple, frozen  
1/2 cup strawberries, frozen  
3/4 cup peaches, frozen  
1 cup pure water

Pour the water and toss the banana, kale, and dates into the blender. Blend. Then add the frozen fruit and blend again until smooth. 1-2 servings

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### **High Antioxidant Smoothie**

1 large ripe banana, peeled  
2-4 large kale leaves  
3/4 cup blueberries, frozen  
1/2 cup pomegranate kernels, frozen  
1 tsp Navitas Naturals Twister Power  
1 packet of stevia (optional)  
1 1/2 cup pure water

Pour the water and toss the banana and kale into the blender. Blend. Then add the blueberries and pomegranate kernels, Twister Power, and stevia. Blend again until smooth. Enjoy! 1-2 servings

### **Berry Greens**

- 1 large banana, ripe
- 1 cup blueberries, frozen
- 1/2 cup strawberries, frozen
- 5 oz spinach, fresh
- 1 1/2 cups pure water

Pour water in first. Then place the banana closest to the blade with the rest of the ingredients on top. Blend until smooth.

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### **Tropical Greens**

- 1 large banana, ripe and peeled
- 3/4 cup pineapple, fresh or canned
- 8 oz spinach, fresh
- 1 cup mango, frozen
- 4 ice cubes
- 1 packet of stevia
- 1 cup pure water

Pour water in first. Then place the banana and pineapple closest to the blade with the rest of the ingredients on top. Blend until smooth. 1-2 servings

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### **Creamy Tropical Green Smoothie**

- 1 large banana, ripe and peeled
- 1/4 avocado flesh
- 6 oz spinach, fresh
- 3/4 cup pineapple, frozen
- 3/4 cup mango, frozen
- 4 ice cubes
- 1 tablespoon coconut milk powder
- 1 packet of stevia (optional)
- 1 1/2 cup pure water

Pour water in first. Then place the banana and avocado closest to the blade with the rest of the ingredients on top. Blend until smooth. 1-3 servings

# Chocolate Smoothies

Wondering **where** I get my healthy **raw cacao** and **coconut milk powder** for these delicious smoothies? [Click here](#).

## Purple Chocolate

This smoothie is very yummy! It is purple, but it tastes like chocolate.

- 1 large banana, ripe and peeled
- 5-8 oz spinach, fresh
- 2 dates, pitted
- 1 cup blueberries, frozen
- 1 tablespoon cacao, powdered
- 5 ice cubes

Pour the water in first. Then blend the banana, spinach, and dates with the water. Add the remaining ingredients and blend until smooth. 1-2 servings

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## Chocolate Silk

- 1/4 cup coconut milk
- 3/4 cup pure water
- 5 dates, pitted and soaked in the water
- 1/4 avocado
- 1 tablespoon of raw cacao
- 10 ice cubes

Pour the milk and water into the blender with the dates, avocado, and cacao on top. Blend. Add ice and blend until completely smooth.

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## Simply Delicious

- 1/4 cup coconut milk
- 3/4 cup pure water
- 1/4 avocado
- 1 tablespoon of raw cacao
- 1 tablespoon of lucuma
- 2 tablespoons of coconut palm sugar
- 1 packet of stevia
- 8 ice cubes

Pour the milk and water into the blender with the avocado, lucuma, palm sugar, stevia, and cacao on top. Blend. Add ice and blend until completely smooth.

### **Almond Joy**

1/2 cup raw almonds  
4-8 dates, soaked in the water (depending on your desire of sweetness)  
1 packet of stevia  
1 tsp vanilla  
1 1/2 tablespoon cacao/chocolate  
1 1/2 cups water  
16 ice cubes

First, blend the almonds, dates, stevia, vanilla, cacao, and water. Then, add the ice and blend on high until smooth. Serves 2

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### **Cream of the Crop!**

1/3 cup raw cashews  
4-8 dates, soaked in the water (depending on your desire of sweetness)  
1 packet of stevia  
1 tablespoon cacao/chocolate  
1 cup water  
14 ice cubes

First, blend the cashews, dates, stevia, cacao, and water. Then, add the ice and blend on high until smooth. Serves 1-2

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### **Pecan Delight**

1/3 cup raw pecans  
4-8 dates, soaked in the water (depending on your desire of sweetness)  
1 packet of stevia  
1 tsp vanilla  
1 tablespoon cacao/chocolate  
1 cup water  
12 ice cubes

First, blend the pecans, dates, stevia, vanilla, cacao, and water. Then, add the ice and blend on high until smooth. Serves 1-2

### **Chocolate Beans**

1/2 cup coconut milk  
1/2 cup pure water  
5 dates, pitted and soaked in the water  
1/4 cup garbanzo beans, cooked and rinsed  
1/4 cup pecans, raw  
1 tablespoon of raw cacao  
8-10 ice cubes

Pour the milk and water into the blender with the dates, beans, pecans, and cacao on top. Blend. Add ice and blend until completely smooth.

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### **Beans n' Coconut**

1/3 cup coconut milk powder  
1 1/2 cup pure water  
5 dates, pitted and soaked in the water  
1/3 cup garbanzo beans, cooked and rinsed  
1 tablespoon of raw cacao  
1 packet of stevia  
8-10 ice cubes

Pour the milk powder and water into the blender with the dates, beans, stevia, and cacao on top. Blend. Add ice and blend until completely smooth.

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### **Brazilian Chocolate**

1/4 cup raw almonds  
3-5 brazil nuts  
1/4 coconut milk powder  
4-8 dates, soaked in the water (depending on your desire of sweetness)  
1 packet of stevia  
1 tsp vanilla  
1 1/2 tablespoon cacao/chocolate  
1 1/2 cups water  
14 ice cubes

First, blend the almonds, brazil nuts, coconut milk, dates, stevia, vanilla, cacao, and water. Then, add the ice and blend on high until smooth. Serves 2

### **Chocolate Oatmeal Smoothie**

3 tablespoons of uncooked oatmeal  
5 dates, pitted and soaked in the water  
1/4 cup almonds  
1 tablespoon of coconut powder  
1 tablespoon of raw cacao  
1 packet stevia  
1 1/4 cup water  
10 ice cubes

Pour the water into the blender with the everything but the ice on top. Blend. Add ice and blend until completely smooth. Serves 1-2

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### **Cacao-Nut Smoothie**

2/3 cup raw almonds  
3-6 tablespoons of palm sugar (depending on your desire of sweetness)  
1/4 cup coconut milk powdered  
1 packet of stevia  
1 tsp vanilla  
1 1/2 tablespoon cacao/chocolate  
1 1/2 cups water  
14 ice cubes

First, blend the almonds, palm sugar, coconut milk, stevia, vanilla, cacao, and water. Then, add the ice and blend on high until smooth. Serves 2

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### **Carob Dream**

1/3 cup raw cashews  
4-8 dates, soaked in the water  
1 packet of stevia  
1 tsp vanilla  
1 tablespoon carob/chocolate  
1 cup water  
16 ice cubes

First, blend the cashews, dates, stevia, vanilla, carob/chocolate, and water. Then, add the ice and blend on high until smooth.

### **Chocolate No-Milk Shake**

1/2 cup coconut milk powder  
4-8 dates, soaked in the water  
1 packet of stevia  
dash of vanilla  
1 tablespoon of raw cacao  
1 cup of filtered water  
1 large frozen banana  
10 medium ice cubes

First, blend the coconut milk, dates, stevia, vanilla, carob/chocolate, and water. Then, add the banana and ice and blend on high until smooth. Use more coconut milk powder for a creamier consistency.

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### **Banolate Smoothie**

2 ripe bananas, peeled and frozen  
1/4 cup raw nuts (pecans, cashews, almonds)  
1 tablespoon cacao/chocolate  
1-2 packet of vanilla stevia  
1/2 cup of pure water  
2-4 ice cubes

First, pour water, stevia, and chocolate into the blender. Second, place the nuts on the bottom with the frozen bananas and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

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### **Chocolate Immune-Boosting Smoothie**

2 tablespoons lucuma  
1/2 tablespoon maca  
1 tablespoon of raw cacao  
1/2 cup coconut milk  
1 cup Chaga Mushroom Tea  
4 dates, soaked in tea  
2 packets of stevia  
14 medium ice cubes

First, blend the lucuma, maca, cacao, coconut milk, tea, dates, and stevia. Then, add the ice and blend on high until smooth. Use more coconut milk powder for a creamier consistency.

# Testimonials

I love smoothies. My friend turned me on to green smoothies. I was at her house and was shocked to see her kids drinking up these smoothies and asking for seconds. She filled her blender with kale, spinach, and frozen berries. That's it. Once I tried it I was hooked. I went to the store that day and bought a nice blender and started making my own green smoothies. I have noticed that my skin is clearer and I have so much energy. I wake up in the morning craving these things. The best part is I lost a little weight. I have not been dieting. I think the energy I get from these smoothies just helps me to be more active. I can't imagine a day without my green smoothies. ~ Justine

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I make a smoothie almost every day. I find it to be a very efficient way to get several servings of fruit as well as other nutrients. Most often I use banana, strawberries, cherries, soy milk and ice. Once it's mostly blended I add fiber powder of ground flax seed to add an extra punch of health benefits. Smoothies are a great vehicle for fiber and protein powders that can otherwise be kind of nasty to drink. I like to experiment with different fruits and liquids to keep it fun and somewhat seasonal and I never add sugar. I have more energy and, for the first time in my life, I am finally getting the proper amount of fruit in my diet. This gives me confidence that I am doing what I can to maintain a healthy lifestyle. And since I drink my smoothie between breakfast and lunch, I eat a much smaller meal at lunch that I otherwise would. And best of all, it's a sweet treat and a great way to finish up a workout! ~ Erin from Hoboken

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I love healthy smoothies!! My favorite one includes spinach, organic apple juice, blueberries, raspberries, strawberries, bananas, and ice. The taste of the smoothie is very, very delicious. The texture is creamy and there are the fruit chunks in it. Even if you are someone who doesn't like vegetables, you can not taste the spinach in this smoothie. The spinach is there to give you a serving of vegetables for the day. After drinking this smoothie you will feel energized for all of your daily activities. After trying this recipe you will want to share it with friends and family. It's like giving yourself the one extra boost you need to make your day great! ~ Tiffany, Boca Raton

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Smoothies have helped my life go on. Not only have the smoothies helped me have more energy during the day, but the fruit in them have helped me over 15 pounds in the last 2 months. I drink a green smoothie in the morning and then a strawberry banana smoothie at lunch. The green smoothie helps get my mind moving on my way to work, and the strawberry banana smoothie helps get rid of cravings during the afternoon. The fiber, antioxidants, and vitamins in it have made me feel better than ever. Smoothies have unbelievably changed my life and I don't think there is any other food or drink in the world that tastes as great, and does as great for your body. I LOVE SMOOTHIES. ~ Rob, San Jose

I drink two smoothies a day to help keep weight off and I can't tell you the results I have seen. I start my day off with a large portion of frozen berries (extra strawberries), bananas, almond milk (or regular milk when I run out), carrots, almonds, and a scoop of protein. I drink this one every morning about 20 minutes before my workout. I then work out and have a full lunch. I think a smoothie is a great way to start the day because it doesn't bog me down and make me feel lazy. I have tons of energy and paired with a balanced lunch I tend to keep the craving to eat off. I have my second smoothie of just berries, bananas, and milk close to my dinner time. This helps me to eat a smaller dinner and keep the weight off. I can't explain enough the benefit of smoothies and with so many combinations, one can never get bore! ~ Caryn Carmine Los Angeles, California

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I've always had a passion for smoothies. They were my favorite thing to drink as a child. When my family got our first smoothie maker I started making smoothies pretty regularly. I particularly found a love for smoothies that contained strawberries and blueberries. Since I've been drinking these smoothies I have found that I rarely come down with colds due to the Vitamin C in the strawberries. Not only am I healthier, but my memory has improved because of the blueberries that I often put in the smoothie. Not only are they nutritious but I often find that I can make a meal out of one. I don't eat as many snacks on the days when I do drink smoothies and I love that because I am eating something nutritious and yet curbing my hunger. ~ Lauren Newtown, CT

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Hi, my name is Jean and I live in New Orleans. We have some of the best restaurants and food. After having five children, I needed a way to lose weight. I have tried every diet technique you could possibly think of, and they never worked. I enjoy food. More than food, I enjoy sweet things! I had been drinking smoothies for years, mainly for the taste. I never really looked into what smoothies contained. After attempting to put on my favorite pair of jeans one day, and of course they didn't fit, I decided I would create my own diet -- a healthy one. I began by researching various ingredients in smoothies. I soon discovered smoothing have lost of benefits. My diet began with a light breakfast, a smoothie for lunch and then a healthy dinner. My breakfast was normally made up of fruit and juice. At lunch I would consume a 32oz smoothie. Dinner consisted of baked fish or chicken and a vegetable. Lunch was always my favorite meal. Not only was it healthy, it satisfied my sweet tooth. In three months I have lost 30 pounds and now at my goal weight. ~ Jean, New Orleans

## Want to Share Your Story or Recipes?

Help me show others the powerful benefits of smoothies. Share your testimony or recipes. I would love to hear your story! [Contact Me!](#)