

# SUPERFOOD SHOOTHIE RECIPES



### I'M A CHOCOHOLIC SMOOTHIE

For many of us, the biggest challenge to eating healthier is how much we love chocolate. Incorporating chocolate into a smoothie gives you that kick of sweetness you might be craving – without the guilt! This smoothie is a great mix of chocolate, coconut, and almond. Raw Cacao Powder provides an astronomical boost of antioxidants, along with a burst of crash-free energy!

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ MILK OF YOUR CHOICE (SOY, ALMOND, HEMP MILK, ETC.)
- ONE BANANA
- 1 TBSP DRIED, SHREDDED COCONUT

#### **SUPERFOOD INGREDIENTS:**

- 1/2 CUP SUNFOOD CACAO POWDER
- 1 TBSP SUNFOOD COCONUT OIL
- 1 HANDFUL SUNFOOD ALMONDS
- SUNFOOD COCONUT PALM SUGAR

- 1. PREP INGREDIENTS BY FIRST PULSING YOUR ALMONDS IN THE BLENDER (THEY BLEND EASIER IF SOAKED FOR A COUPLE HOURS)
- 2. ADD ICE, MILK, BANANA, CACAO POWDER AND COCONUT TO THE ALMOND MIXTURE. PULSE ON YOUR BLENDER'S HIGH SETTING UNTIL WELL MIXED
- 3. ADD COCONUT PALM SUGAR TO GET THE RIGHT AMOUNT OF SWEETNESS





# MANGO DREAM SMOOTHIE

Mangos are a dreamy, tropical fruit worth getting your hands on when you can. Soft, ripe and delicious, they are a desirable addition to any smoothie. Adding Cashews provides a boost of protein and healthy fats, and if you're able to soak them for several hours or overnight, they'll very quickly blend with the rest of your ingredients. If you don't have time to soak your cashews, you'll have leftover nut residue – but some folks like that as part of their smoothies!

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ MILK OF YOUR CHOICE (SOY, ALMOND, HEMP MILK, ETC.)
- ONE BANANA
- A HANDFUL OF MANGO CHUNKS (FRESH IS BEST)

#### **SUPERFOOD INGREDIENTS:**

- 1/4 1/2 CUP OF SUNFOOD CASHEWS (SOAKED OVERNIGHT, OR DRY FOR CRUNCH)
- 1/4 TSP SUNFOOD MANGOSTEEN POWDER
- 2 TBSP SUNFOOD LUCUMA POWDER
- SUNFOOD COCONUT PALM SUGAR, OR SUNFOOD YACON SYRUP (TO TASTE)

- 1. BLEND CASHEWS IN BLENDER BY THEMSELVES (SOAKED OR UNSOAKED)
- 2. ADD REST OF INGREDIENTS AND BLEND EVERYTHING TOGETHER
- 3. IF NEEDED, ADD A LITTLE SWEETENER





# LEAN, MEAN & GREEN SMOOTHIE

When you exercise, you know how important it is to provide your muscles with fuel to grow. Our Whole Grain Brown Rice Protein has a full amino acid profile, is fully raw and organic – making it a pure and clean source of vegan protein. But this smoothie also supports immunity and digestive health with a full serving of green nutrition from Supergreens, and helps strengthen connective tissues and increase flexibility with added OptiMSM®!

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ PINEAPPLE JUICE (OR YOUR CHOICE)
- HALF A BANANA
- 2-3 CHUNKS OF FRESH PINEAPPLE
- 1-2 STRAWBERRIES

#### **SUPERFOOD INGREDIENTS:**

- 2 TBSP SUNFOOD SUPERGREENS & PROTEIN OR RICE PROTEIN POWDER (NATURAL OR VANILLA)
- 2 TSP SUNFOOD SUN IS SHINING® SUPERGREENS
- 1 TSP SUNFOOD OPTIMSM®
- 1-2 TSP SUNFOOD YACON SYRUP OR RAW HONEY

- 1. CUT FRUIT INTO CHUNKS SO THEY'RE EASIER TO BLEND
- 2. ADD EVERYTHING TOGETHER IN BLENDER AND PULSE UNTIL SMOOTH





### BLUEBERRY PANCAKE SMOOTHIE

You know how incredible blueberries are. If you're trying to eat healthy, it can be a challenge to avoid heavy morning meals. Traditional blueberry pancakes aren't that good for you, but it's possible to replicate the taste with this delicious, healthy morning smoothie!

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ MILK OF YOUR CHOICE (SOY, ALMOND, HEMP MILK, ETC.)
- ONE BANANA
- A HANDFUL OF BLUEBERRIES
- 1/4 1/2 CUP OF PECANS OR WALNUTS (NOT SOAKED, THE CRUNCH ENHANCES THE FLAVOR)
- A FEW DROPS OF LEMON JUICE (FRESH IS BEST)

#### **SUPERFOOD INGREDIENTS:**

- 1/4 CUP SUNFOOD MAQUI BERRY POWDER
- 1/4 CUP SUNFOOD LUCUMA POWDER
- A PINCH OF SUNFOOD VANILLA POWDER
- 1/4 CUP SUNFOOD YACON SYRUP
- SUNFOOD COCONUT PALM SUGAR

- 1. ADD ALL INGREDIENTS AND BLEND UNTIL THE NUTS ARE FINELY CHOPPED
- 2. THIS IS A SWEET SMOOTHIE, SO CONTINUE ADDING SWEETENER TO TASTE





# TANGY CREAMSICLE SMOOTHIE

This "creamsicle" style smoothie is a great alternative to sugar-laden morning drinks, milkshakes or popsicles. An added boost of Camu Camu Powder and fresh orange is a great source of vitamin C. Adding Vanilla Powder provides an extra level of flavor that will reduce the need for more sweeteners.

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ MILK OF YOUR CHOICE (SOY, ALMOND, HEMP MILK, ETC.)
- ONE ORANGE (PEELED)
- HALF A BANANA

#### **SUPERFOOD INGREDIENTS:**

- 1/4 CUP SUNFOOD GOLDEN BERRIES
- 1/2 TSP SUNFOOD CAMU CAMU POWDER
- 1/4 TSP SUNFOOD VANILLA POWDER
- 1/2 TBSP COCONUT PALM SUGAR OR RAW HONEY (TO TASTE)

- 1. PEEL ORANGE AS COMPLETELY AS POSSIBLE, REMOVE SEEDS, AND SEGMENT IT
- 2. ADD ALL INGREDIENTS EXCEPT HONEY INTO THE BLENDER AND PULSE ON HIGH SETTING UNTIL WELL MIXED
- 3. TASTE FOR SWEETNESS BEFORE ADDING SUGAR OR HONEY. ADD A LITTLE AT A TIME AND SAMPLE UNTIL YOU GET THE RIGHT FLAVOR





### COFFEE BREAK SMOOTHIE

If you can't live without your morning coffee, you're not alone. This "Irish Cream" style coffee smoothie will give you a healthy dose of nut proteins and healthy fats while incorporating some of your favorite flavors. Make your own "Irish Cream" with Coconut Oil and Yacon Syrup for a healthy alternative to store-bought cream.

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ MILK OF YOUR CHOICE (COCONUT, SOY, ALMOND, ETC. WE RECOMMEND A CREAMY, SWEETENED MILK FOR THIS RECIPE)
- ONE BANANA

#### **SUPERFOOD INGREDIENTS:**

- HANDFUL OF SUNFOOD CASHEWS
- 1/2 CUP SUNFOOD CACAO POWDER
- 2 TBSP SUNFOOD CAROB POWDER
- 1 TSP SUNFOOD SHILAJIT
- 1 TSP SUNFOOD LUCUMA POWDER
- 1 TBSP COCONUT OIL
- 1 TBSP YACON SYRUP
- PINCH OF HEMP SEEDS

- 1. ADD ALL INGREDIENTS EXCEPT HEMP SEEDS INTO THE BLENDER AND PULSE ON HIGH SETTING UNTIL WELL MIXED
- 2. TO INCREASE CREAMINESS ADD A LITTLE MORE COCONUT OIL
- 3. TOP WITH HEMP SEEDS AND ENJOY!





# STRAWBERRY PATCH SMOOTHIE

Sweet, delicious strawberries are summer seasonal and perfect for smoothies. They're also known to boost your immune system, fight disease and promote healthy vision – and they are absolutely delicious. Goji Berries add a flavorful burst of vitamins, minerals, and antioxidants!

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ MILK OF YOUR CHOICE (SOY, ALMOND, HEMP MILK, ETC.)
- ONE BANANA
- THREE STRAWBERRIES
- LEMON JUICE

#### **SUPERFOOD INGREDIENTS:**

- 1/4 CUP SUNFOOD ORGANIC GOJI BERRIES
- 1/4 TSP SUNFOOD VANILLA POWDER
- 1 TSP SUNFOOD MESQUITE POWDER
- SUNFOOD YACON SYRUP, SUNFOOD COCONUT PALM SUGAR, OR RAW HONEY

- 1. RINSE STRAWBERRIES AND CUT OFF GREEN STEM/LEAF
- 2. ADD ALL INGREDIENTS INTO YOUR BLENDER AND BLEND WELL
- 3. TRY OUT YOUR SMOOTHIE FOR FLAVOR BEFORE ADDING SWEETENER. WE RECOMMEND YACON SYRUP, BUT RAW HONEY WORKS WELL TOO





# THE TRIPLE "P" SMOOTHIE

This protein smoothie hits all the marks we love – fruity, sweet, rich in antioxidants, packed with protein, and it's gorgeous! We like ours a little pulpy, with bits of pineapple and apple giving it an amazing texture. Perfect for breakfast, after a work out, or just when you're in the mood for a fresh and sweet treat!

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ PINEAPPLE JUICE, OR MILK OF YOUR CHOICE (SOY, ALMOND, HEMP MILK, ETC.)
- HALF AN APPLE, DICED
- HANDFUL OF PINEAPPLE CHUNKS

#### **SUPERFOOD INGREDIENTS:**

- 2 TBSP SUNFOOD SUPERFOOD SMOOTHIE MIX
- 1 TBSP SUNFOOD RICE PROTEIN POWDER (NATURAL OR VANILLA)
- 1 TBSP SUNFOOD MAQUI BERRY POWDER
- 1 TBSP SUNFOOD COCONUT PALM SUGAR
- 1 TSP SUNFOOD ACAI POWDER

- 1. CUT FRUIT INTO CHUNKS SO THEY'RE EASIER TO BLEND
- 2. ADD EVERYTHING TOGETHER IN BLENDER AND PULSE UNTIL SMOOTH





### SWEET NUT'N SMOOTHIE

This is for the nut lovers! A nutty, chocolaty, sweet smoothie with a hint of cinnamon... truly divine! Full of healthy fats and protein, this smoothie is more than just a yummy treat. It's a great post-workout shake, or morning energy booster. But for those of us who could live on peanut butter (or almond butter, sunflower seed butter, cashew butter... you get the idea), it's pretty much perfect anytime, any place!

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ CASHEW MILK (OR NON-DAIRY MILK OF CHOICE)
- ONE BANANA
- SCOOP OF NATURAL NUT BUTTER (CASHEW, ALMOND, PEANUT)
- 1 TSP ORGANIC CINNAMON

#### **SUPERFOOD INGREDIENTS:**

- 1 TBSP SUNFOOD SACHA INCHI PROTEIN
- 1 TBSP SUNFOOD CACAO POWDER
- 1 TBSP SUNFOOD COCONUT PALM SUGAR

- 1. ADD ALL INGREDIENTS INTO YOUR BLENDER AND PULSE UNTIL SMOOTH
- 2. FOR A THICKER SMOOTHIE ADD ANOTHER SCOOP OF NUT BUTTER!





# YUMMY TUMMY SMOOTHIE

This creamy green smoothie is simple, but sooooooo good for you and your tummy! Not only does it help with your gut health, but it can help you lose weight too. Sun is Shining® Supergreens contains 19 green superfoods that help detoxify, nourish, and alkalize your body. It is loaded with an incredible amount of vitamins, minerals, and antioxidants, and includes an enzyme and probiotic complex. This helps keep your gut in peak condition. In addition to all that, Yacon Syrup does double duty as a sweetener as well as a weight-loss aid!

#### **INGREDIENTS:**

- HANDFUL OF ICE
- 12 OZ COCONUT MILK
- HALF A BANANA
- HALF AN AVOCADO
- HANDFUL BABY SPINACH
- 5-6 MINT LEAVES

#### **SUPERFOOD INGREDIENTS:**

- 2 TSP SUNFOOD SUN IS SHINING® SUPERGREENS
- 1 TSP SUNFOOD MORINGA POWDER
- 1/2 TBSP SUNFOOD LUCUMA POWDER
- 3-4 TBSP SUNFOOD YACON SYRUP

- 1. ADD ALL INGREDIENTS INTO YOUR BLENDER AND PULSE UNTIL SMOOTH
- 2. INCREASE YACON SYRUP IF IT'S NOT SWEET ENOUGH, AND ENJOY!





### ENJOY THE SMOOTHIES!

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