

# FUNCTIONAL SUPER-FOOD SMOOTHIES



**A+A WELLNESS**  
FITNESS. NUTRITION. LIFESTYLE

# STRAWBERRY CHOCOLATE MINT 24 OZ. SMOOTHIE

- 1 cup unsweetened almond, coconut, or hemp milk
- 1 tbsp. raw cacao powder
- 1 tbsp. raw cacao nibs
- 1 tbsp. coconut butter
- 1 scoop 100% grass-fed chocolate whey protein
- Liquid Stevia to taste
- 2 tbsps. almond butter
- 4-5 frozen strawberries
- 2-3 drops peppermint leaf extract
- 1 cup ice to texture

*For a 16oz. smoothie - cut the almond milk and banana by 1/4.*

*Blend on high for 15-20 seconds*





# CHOCOLATE MONKEY

## 24 OZ. SMOOTHIE

- 1 cup unsweetened almond, coconut, or hemp milk
- 1 tbsp. raw cacao nibs
- 1 tbsp raw cacao
- 1 scoop 100% grass-fed chocolate whey protein
- Liquid Stevia to taste
- 1 frozen banana
- 2 tbsp. unsweetened sunflower seed butter
- 1 cup ice to texture

*For a 16oz. smoothie - cut the almond milk and banana by 1/4.*

*Blend on high for 15-20 seconds*



# TROPICAL PARADISE 24 OZ. SMOOTHIE

- 1 cup unsweetened coconut milk
- 1 scoop 100% grass-fed vanilla whey protein
- 1 tbsp. coconut butter
- 1 cup frozen fruit mix – pineapple, mango, banana
- 2-3 frozen strawberries
- Liquid Stevia to taste

*For a 16oz. smoothie - cut the coconut milk and fruit mix by 1/4.*

*Blend on high for 15-20 seconds*



# BANANA STRAWBERRY BLISS 24 OZ. SMOOTHIE

- 1 cup unsweetened almond milk
- 1 scoop 100% grass-fed vanilla whey protein
- 1 tbsp. coconut butter
- Liquid Stevia to taste
- 1 frozen banana
- 4 frozen strawberries

*For a 16oz. smoothie - cut the almond milk, banana & strawberries by 1/4.*

*Blend on high for 15-20 seconds*





# BANANA SPLIT 24 OZ. SMOOTHIE

- 1 cup almond milk
- 1 tbsp raw cacao powder
- 1 tbsp coconut butter
- 1 scoop 100% grass-fed vanilla whey protein
- Liquid Stevia to taste
- 1 frozen banana
- 1 cup ice

*For a 16oz. smoothie -  
cut the almond milk, ice,  
& banana by 1/4.*

*Blend on high for 15-20 seconds*



# RASPBERRY CHEESECAKE 24 OZ. SMOOTHIE

- 1 cup unsweetened coconut milk
- 1 tbsp. coconut butter
- 1 tbsp. raw cacao powder
- 1 scoop 100% grass-fed vanilla whey protein
- Liquid Stevia extract to taste
- 1/2 cup frozen raspberry
- 1/2 tsp. vanilla extract
- 1/2 frozen banana

*For a 16oz. smoothie -  
cut the coconut milk  
& banana by 1/4.*

*Blend on high for 15-20 seconds*



# THE EGG NOG

## 24 OZ. SMOOTHIE

- 1 cup unsweetened almond milk
- 1 scoop 100% grass-fed vanilla whey protein
- 1 tsp nutmeg
- 1 tsp cinnamon
- 1 frozen banana
- 1 tbsp coconut oil
- Liquid Stevia extract to taste

*For a 16oz. smoothie - cut the almond milk & banana by 1/4.*

*Blend on high for 15-20 seconds*





# ORANGE DREAMSICLE 24 OZ. SMOOTHIE

- 1 cup unsweetened almond milk
- 1 scoop 100% grass-fed vanilla whey protein
- 1 fresh orange
- 1/2 cup frozen pineapple
- 1 tsp natural vanilla extract
- Liquid Stevia extract to taste
- 1/2 cup ice

*Blend on high for 15-20 seconds*



# PUMPKIN SPICE 24 OZ. SMOOTHIE

- 1 cup unsweetened almond milk
- 1 tbsp. coconut butter
- 1 scoop 100% grass-fed vanilla whey protein
- 1/2 cup organic pumpkin – canned
- 1 tsp. organic pumpkin pie spice
- Liquid Stevia to taste
- 1/2 cup ice

*Blend on high for 15-20 seconds*



# APPLE COBBLER 24 OZ. SMOOTHIE

- 1 cup unsweetened almond milk
- 1 tbsp. coconut butter
- 1 scoop 100% grass-fed vanilla whey protein
- 1 organic Granny Smith apple
- Liquid Stevia to taste
- 1/2 - 1 cup ice

*Blend on high for 15-20 seconds*





# CHOCOLATE HONEY GRAHAM 24 OZ. SMOOTHIE

- 1 cup unsweetened almond milk
- 1 scoop 100% grass-fed vanilla whey protein
- 1 tbsp. coconut butter
- 2 wafers of organic gluten-free graham crackers
- 1/4 cup shredded coconut
- 1 tbsp. unsweetened & unsalted sunflower butter
- 1 tbsp. raw cacao
- 1 tbsp. raw cacao nibs
- 1 frozen banana

*Blend on high for 15-20 seconds*



# VERY BERRY BLAST

## 24 OZ. SMOOTHIE

- 1 cup unsweetened almond milk
- 1 scoop 100% grass-fed vanilla whey protein
- 1 tbsp. coconut butter
- 1/2 cup frozen wild or organic blueberries
- 1/2 cup frozen mixed berries (raspberries, strawberries, blackberries)
- Liquid Stevia extract to taste

*Blend on high for 15-20 seconds*



# SUPER-HIGH ANTIOXIDANT SMOOTHIE

## 24 OZ. SMOOTHIE

- 1 cup unsweetened coconut or hemp milk
- 1" ginger root
- 1" turmeric root
- 1 tbsp. coconut butter
- 1 tsp. organic pumpkin pie spice
- 1 tsp. cinnamon powder
- 1/4 cup frozen wild blueberries
- 1/4 cup organic frozen blackberries
- 1/4 cup organic frozen cranberries
- 3 organic frozen tart cherries
- 1/4 cup pineapple
- 1 tbsp. chia seeds
- 1 tbsp. raw hemp seeds
- Liquid Stevia extract to taste

*Blend on high for 25 seconds*





# NOTES

- You can always substitute unsweetened hemp, rice or flax milks for the coconut and almond milks, especially if allergic!
- If you are allergic to milk, substitute the whey protein with a plant based protein!
- Add more liquid to any smoothie to make it thinner, or add extra ice to make it thicker.
- Recipes call for coconut BUTTER, but coconut OIL will be fine!
- Make it a SUPER-POWER SMOOTHIE by adding 1 tbsp. raw chia seeds, raw hemp seeds, & greens to all your smoothies!





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