

BREAKFAST IDEAS & SMOOTHIES

Smoothies are an easy and delicious way to consume all your nutrients in one delicious glass!

Raw Vanilla Coconut “Yogurt”

This is an excellent yogurt substitute and can be eaten by itself or with your favorite cold cereal. It's an easy, quick and light breakfast but is very delicious and filling.

Plus, it's a great dairy substitute!

1 cup dried coconut
1 cup fresh filtered water (more or less to your preference)
1 tbsp raw agave, maple syrup, honey or a shake of Stevia
¼ tsp vanilla extract
¼ tsp hazelnut extract (optional)
1 - 2 tbsp chia seeds
Pinch of sea salt
Fresh fruits or berries

Place all ingredients in a blender until smooth and creamy. Add more water or coconut if necessary to make more of a “yogurt” consistency. Serve in a bowl and top with fresh fruits and/or berries. Decorate with a swirl of honey or raw agave syrup and enjoy! Store leftover yogurt in refrigerator and simply add more water if a creamier texture is desired later on.

QUICK Ginger Pear Eggnog Knock-off!

This shake almost tastes like Christmas eggnog; yummy, easy and very fast to make. A wonderful way to start your day or a great pick-me-up before going out on the town!

1 large pear
1/2” raw ginger
1- 2 tbsp chia seed
1-2 scoops vanilla protein powder (whey, rice, vegan)
½ tsp cinnamon (or a mix of cinnamon, clove and nutmeg)
Stevia to sweeten (if desired)
Ice cubes
Water

Blend and enjoy!

Basic Protein Shake

This is a basic protein shake recipe.

Fresh or frozen fruit (your favorite; bananas create a creamier, thicker consistency)

1 scoop protein powder
1 tbsp coconut oil
1 tbsp chia seeds
Fresh water
Sweetener if desired (agave syrup or stevia)
Ice Cubes

Blend above ingredients together and enjoy.

Add any of the following combinations to make your own nutritious creations:

Protein Options:

High quality protein powder (isolate whey, brown rice, vegetarian or vegan)

Dried coconut

Nuts & Seeds:

Chia seeds
Almonds
Nut butters

Fats & Oils:

Coconut oil

Fruit Options

Berries
Bananas
Apples
Pears
Oranges
Pretty much any type of fruit works... 😊!

Raw Greens & Vegetables:

Spinach
Parsley
Cilantro
Any dark leafy greens
Carrots
Celery
Ginger (a staple in EVERY smoothie we make.... 😊)

Fun flavors:

Raw cacao or carob powder
Stevia powder (sweetener)
Vanilla, hazelnut or chocolate extracts (organic is preferable)
Cinnamon
Nutmeg
Clove

Citrus Julius

If you didn't know better, you'd think someone just bought you a delicious "Grapefruit Julius"! Incredibly refreshing and a wonderful liver tonic, too.

1 large grapefruit
 1-2 lemons (or limes)
 1 cup water
 1 inch fresh ginger root
 Dash of cayenne pepper (optional)
 1 tbsp orange flavored cod liver oil (optional)
 1 - 2 tbsp chia seed
 Stevia powder for sweetener

Banana Chocolate Milk

1-2 ripe bananas
 1/8 cup Shredded coconut (more or less)
 1 tablespoon coconut oil or chia oil (or BOTH ideally)
 1 tablespoon raw cacao powder
 1 tablespoon ground chia seeds
 ½-1 cup fresh filtered water (or just add enough to give it your preferred consistency)
 handful ice cubes (if you like your milk cold and frothy)

Put all ingredients into a blender and blend until smooth. For an extra nutritious kick, add to mixture:

1 scoop protein powder
 1 tablespoon lecithin powder (makes it creamy)

Beet Breakfast Shake – Great Liver Cleanse!

½ raw beet
 1 stick celery
 1 carrot
 1 apple (preferably green)
 Handful dark leafy greens (ie. spinach, kale, beet tops, etc.)
 ½ fresh squeezed lemon
 Small piece ginger
 1 tablespoon chia seed (optional)
 1 tablespoon lecithin granules (optional)
 Sweetener if desired (ie. Stevia or agave syrup)
 1 cup fresh filtered water (more or less to desired taste)
 Handful Ice cubes

Blend together and serve. A great way to start your morning and an excellent way to cleanse your liver. Also reduces your appetite, is very alkalizing and HEALTHY. For detoxifying liver, consume only this mix (or various derivatives of it) for 3 days.

Coco-Berry Vanilla Smoothie

(easy, nutritious and tasty!)

2 scoops	vanilla protein powder
Handful	dried coconut or ¼ cup coconut milk
1 cup	frozen organic berries
1 tbsp	freshly ground chia seeds
Handful	ice cubes
1 cup	fresh filtered water (more or less to desired consistency)

Optional:

½" piece	raw ginger
1 tsp	lecithin powder
¼ tsp	green powder (ie. spirulina, chlorella)

Blend and enjoy!

Coco Almond Apple Spice Heaven Power Shake

(This smoothie was invented by a wonderful weight-loss client who swears by this recipe that she considers "decadent"... It is also a great smoothie to try for those who are new and a little bit hesitant to the whole "shake routine"... a great way to start converting the skeptics!! FYI, this client (who has insisted going by the name of "Coco-Pussycat") lost 12 pounds in 2 weeks on our liver cleanse!).

"Coco" claims, "the RULE with this fabulous shake is to not miss any of the ingredients or skimp otherwise it won't be good ... Great before the workout or game and after the workout or game . You will be feeling so so strong you won't believe it !!!

1 cup	fresh filtered water
8	ice cubes
1	large green sour apple
3 Scoops	Vanilla Protein Powder (or plain protein powder and ½ tsp vanilla extract)
1/4 cup	dried shredded coconut
8	almonds
1 teaspoon	coconut oil
1 teaspoon	cinnamon
1 teaspoon	ginger or 1/2 inch fresh ginger
dash	stevia or your favorite sweetener to sweeten

Blend and enjoy!

Coco suggests that one scoop of protein powder is probably enough for the normal person, however athletes, men or anyone heading to the gym for a power workout may benefit from as many as 3 scoops!

Spicy Green Chocolate Shake

This shake packs a punch for energy, taste ... plus it's GREEN, very alkalizing, full of minerals and it's incredibly HEALTHY!... if you're really brave, load up with ¼-1/2 teaspoon of the cinnamon and double the raw ginger... you won't need a scotch after the punch you get from this one!! (and if you don't like the taste of cinnamon, just leave it out).

1 - 2 tbsp	chia seed
1 scoop	raw cacao powder or ¼ cup carob or cacao nibs
2 cups	water
3 cups	raw baby spinach
1/2	avocado
2 scoops	chocolate or vanilla flavor protein powder
8	ice cubes
1 tsp	ginger or 1 inch raw
1 tsp	cinnamon
2 pks	stevia
¼ teaspoon	spirulina or chlorophyll powder (optional)
1 teaspoon	lecithin powder (optional)

Blend and enjoy!

Beet Raspberry Smoothie

1/4	beet
1 cup	fresh or frozen raspberries
1/2 cup	frozen cranberries (optional)
1 tablespoon	chia seeds
2 scoops	protein powder
1/2"	ginger
Dash	stevia
Optional:	lecithin powder, chlorophyll/spirulina powder or other "green alkalizer"
Optional:	add a handful of greens like a cup of spinach, romaine lettuce or greens of your choice.

Blend and enjoy!

Rockin' Christmas Tree Egg-Not !!!

SMELLS AND TASTES JUST LIKE EGG NOG - but without the preservatives, dairy or calories... plus it's full of healthy fats – great for your brain AND hips!

1	large green apple
1/2 cup	dried shredded coconut
2 scoops	vanilla whey powder (or protein powder of your choice)
2 inches	fresh ginger
8	big walnuts
12	almonds (or cashews if you're allergic to almonds)
2 tbsp	coconut oil (or coconut cream... if you don't have this, don't worry; it will still taste delicious)
2 cups	fresh filtered water
8	ice cubes
Dash	stevia
Dash	pumpkin pie spice (or mix of cinnamon, nutmeg cloves etc.); the spice is the KEY! 😊
Dash	cinnamon
1 - 2 tbsp	chia seed

Blend and enjoy.... And MERRY CHRISTMAS (whether it is or not)!

Delicious Raw Spicy Carrot Ginger Soup

Although raw soups may be a foreign concept for you, they are not only full of nutritious digestive enzymes but are incredibly delicious as well. We encourage you to just try one and see for yourself. This almost looks and tastes like a purée in an expensive French restaurant! A wonderful appetizer or main course...

Again, high-powered blenders, such as a Vita-mix, actually warm up the soup as they blend.

- 3-4 cups carrots chopped (about 6-8 carrots)
- 1 avocado
- 1/3 cup shredded coconut
- 2 tbsp raw agave syrup (or dash of stevia powder)
- ¼ inch (or less!) fresh red chili
- 1" piece of fresh ginger root
- 1 clove garlic (more if you're daring!)
- Pinch of sea salt (to taste)
- 1 tbsp chia seed
- 1-2 cups water (start with 1 cup and pour until you reach desired consistency).

Blend together until you reach desired consistency. Serve immediately or store in refrigerator. Top with a dollop of sour cream and a sprig of parsley. Eat within a day or two.

"Healthy" Chia Tropical Champagne Punch Smoothie *(also great without the alcohol!)*

Many people have asked me for the punch recipe we made for my mom's 75th birthday so I thought I'd share it with you (I've never combined health consciousness with booze before so I hope I don't get struck by lightning, but this one actually turned out great!) Plus the chia seed is excellent for not only adding body, but also for absorbing alcohol AND the vitamin C that the alcohol may have depleted would be minimized with the large amount of fresh citrus and tropical fruit).

It was "test-driven" on almost 50 people who would have never guessed it was as healthy as it was delicious... plus it's so simple and fast to make.

1 grapefruit
2-3 oranges
1" piece fresh ginger
1 banana
½ mango (optional)
¼ pineapple (optional)
3 tbsp chia seed
Stevia (to sweeten to desired taste)
Champagne or sparkling wine (optional) - use entire bottle for a larger group
2-3 cups fresh filtered water (depends on desired consistency; start with 2 cups)
Lots of ice

Pour water in blender. Add chia seed. Peel and slice all fruit and add to blender. Blend on high for a minute. Taste and add stevia to desired sweetness then add lots of ice (or water) in order to achieve a thick "slurpee" like consistency. Keep tasting and adding more stevia, ice and/or water if desired. Drink "as is" for a delicious non-alcoholic smoothie, OR pour contents in to large glass punch bowl and stir in champagne.

Pour into fancy champagne glasses and serve. Decorate with a lemon peel, mint sprig or cherry if desired. Your guests will ask you for the recipe!

NB: The riper the fruit, the less sweetener you'll need.

Chocolate Macaroons

To make this quick and simple recipe even more nutritious, try to use raw ingredients wherever possible. A super nutritious treat that really helps with the sugar cravings...!

1/2 cup almond or peanut butter
 1/2 cup tahini
 1/4 cup raw cacao powder or carob powder
 1 tsp vanilla extract
 1 tsp cinnamon
 Nutmeg and/or freshly ground ginger (Optional)
 Stevia, honey or raw agave syrup (or a little of each)
 Shredded coconut
 Sesame or chia seeds

Combine all ingredients in a large mixing bowl and mix well with a large spoon. Form into balls and then roll in shredded coconut, chia seeds or sesame seeds. Store in freezer and eat when frozen (and hungry!!:-))

Chocolate Mousse

Ooh-la-la... you'd never know it wasn't cooked! Full of enzymes and extremely nutritious. It might seem a bit weird to imagine a chocolate mousse with avocado being tasty, but try it! You will pleasantly surprised!

1/4 cup maple syrup
 OR
 1/4 cup raw agave syrup
 OR
 Reduce syrup by half and substitute balance with stevia powder or flavored stevia liquid drops
 1/4 cup raw cacao powder
 2 tbsp vanilla extract
 1-2 tbsp chia seed
 1/4 tsp sea salt
 1 large avocado

Optional: may also add 1/2 cup dried coconut for added body or flavor

Place all ingredients in a blender and blend well. Spoon into dessert bowls (or fancy martini glasses) and chill. Looks AND tastes delicious!

10 Minute Chia Pudding

This is one of Jackie's all time healthy favorites...

1/4 cup chia seed
 1/4 cup shredded coconut
 1/4 cup cashews
 Stevia, raw agave syrup or maple syrup for sweetener (or a mix of these!)
 1-1/4 cup water
 1/2 tsp cinnamon
 1/4 tsp nutmeg
 1 tsp organic vanilla extract

Stir chia seed and coconut in a medium bowl. Blend the remaining ingredients in a blender Add liquid to chia mixture and stir well and let set for 5 minutes. Stir again every five minutes for 15 minutes until you get a nice creamy texture. You may have to add additional water or chia seeds, which will not affect the flavor. Chia seed is a nutritious thickener so add more if your pudding gets too runny (or add more water if it gets too thick). This delicious treat lasts 3-4 days in the refrigerator.

You can add more chia seed or coconut as per your desired level of consistency.