

# My 5 Fave Smoothies

Each and every morning I make myself a smoothie for breakfast. It kickstarts my day! I add various fruits to my smoothies and even some greens to make it as nutritious and filling as possible.

Hope you like them!

## My Every Day Smoothie

- 1/2 cup of plain organic yogurt - Kefir preferably (I ferment my own)
- 1/2 - 1 ripened banana
- 1/2 cup frozen organic berries
- 1 cup chopped pineapple
- 2 cups of organic spinach
- 1 tbsp of ground flax or flax oil
- 1 tsp cinnamon
- 1 cup crushed of ice (if fruit is all fresh)



## Green Smoothie of the Tropics

- 1 cup kale
- 1 cup spinach
- (or 2 cups of either kale or spinach)
- 2 cups pineapple
- 1/2 ripened banana
- 1 cup mango
- 1 cup coconut milk or coconut water
- Tbsp of ground flax or chia seeds
- 1/4 tsp of cinnamon
- 1 cup crushed of ice (if fruit is all fresh)

## Weight Gain Smoothie

- 1/2 Avocado
- 1 cup of cup of organic full fat yogurt
- 1-2 ripened banana
- 1 cup of frozen mixed berries
- 2 tbsp of almond butter
- 1 tbsp of coconut oil
- 1 cup of coconut water
- 1/4 tsp of cinnamon
- 1 cup crushed of ice (if fruit is all fresh)

### Green Simple Smoothie

- 1 ripened banana
- 1/4 avocado
- 1 kiwi peeled
- 1 cup of pineapple
- 1-2 cups of spinach
- 1 cup crushed of ice (if fruit is all fresh)



### Chocolate Almond Smoothie

- 1 large banana or 2 small ones
- 1 cup of organic strawberries, fresh or frozen
- 1 cup of plain almond milk
- 1 Tbsp of Cacao Powder
- 1 tbsp of chia seeds
- 1 cup of crushed ice (if fruit is not frozen)

### Smoothie making tips

If you are in a rush, then throwing all ingredients in the blender at once is going to do the job, however if you take these extra steps it just makes it that much yummiier :)

1. Freeze some fruit rather than using ice to make it smoother, but do not use all frozen fruit, either the banana or berries for example. When freezing bananas cut them up and put them in a freezer bag, or berries are to be washed, let to dry and then put in freezer bags.
2. Add water to blender first.
3. Add fruit and veggies next but don't add all veggies as you may prefer less veggie for a better taste, so blend up and taste before adding all veggies to perfect the taste to your liking.
4. Add the cinnamon and flax or chia last.
5. If your blender has speeds start off slow to break up larger chunks then quicken it to smooth it out.
6. If smoothie becomes too loose then add some ice or more frozen fruit and if it is too thick then add some water.

I recommend to use ripened bananas because as they will add sweetness to your smoothie. There is no need to add much sweetness to a smoothie as the fruit should usually do this, and cinnamon helps too; however if you feel the need to, then add a teaspoon of honey.

**Enjoy!**

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