Good health has never tasted so good!

Ryan Carmody
Healthy Smoothie HQ
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Introduction

This smoothie recipe book is both a primer for anyone seeking to integrate the practice of smoothie making into their life, as well as the experienced smoothie maker who wishes to boost the nutrition and take their smoothies to the next level. We all know we should eat more fruits, vegetables, and other healthy foods, but finding the time and means isn't always easy. Enter the healthy smoothie.

Why Healthy Smoothies?

We live in a world in which eating healthy has become a real chore. The number of unhealthy food options is at an all-time high, and navigating the maze of healthy verses unhealthy practically requires a degree in nutrition.
Healthy smoothies to the rescue!

Smoothies offer a quick and easy way to increase the amount of healthy food you consume on a daily basis. Whether you fix a smoothie to replace your breakfast, another meal, or a sugary dessert – or just drink a protein-packed smoothie before and/or after a workout, smoothies are a good choice any time of the day.

If you’re new to smoothies, don’t worry – once you get a few of the basics down, you’ll soon see how easy it is to make healthy smoothies on demand.

The Benefits of Healthy Smoothies

There are a myriad of health benefits experienced by people who regularly consume healthy smoothies. Smoothies can be crafted to address a specific concern – weight loss for example – and/or boost your intake of certain vitamins and minerals. These are just some of the more commonly reported health benefits:
Increased energy
Weight loss
Better sleep
Improved digestion
Strengthened immune system
Meet daily allowance of fruits and vegetables
Detoxify
Beautify
Reduce sugar cravings
Reduce and eliminate sickness
Physical fitness

All this in something that is delicious, quick and easy to make. And smoothies are generally kid-approved!
What Constitutes a Healthy Smoothie?

The ingredients. Stick to local, organic, and fresh fruits and vegetables whenever possible. Use the highest quality water you have access to, and use almond, coconut, or raw or organic milk. Regular old tap water and store-bought milk aren’t as healthy, but if that’s all you have, start there and seek to make improvements later.

An excellent resource for finding local food: localharvest.org

There’s really no limitation to what you can add into your smoothies. Play around with various herbs and spices (ginger, cayenne, nutmeg, cinnamon), nuts, seeds, oils, butters, and anything else you know to be healthy. More information on healthy versus unhealthy smoothies is here: www.healthysmoothiehq.com/what-makes-a-smoothie-unhealthy
Smoothie Making Instructions

For all the recipes below, start by pouring your liquid smoothie base into your blender, followed by the ingredients. Blend for approximately 30-45 seconds until the desired consistency is reached. Adjust the amount of liquid each recipe calls for if you prefer a thicker or thinner smoothie. You can tweak any smoothie recipe below to meet your needs. Actually, I encourage you to be creative with the ingredients to find a smoothie recipe with your signature on it. Remember, anything that’s healthy is welcome in your blender. Play with the various ingredients like a mad scientist!

A word of caution: not every smoothie is going to turn out perfect the first time. When I got started I often made some of the worst-tasting smoothies! With this book and the content on www.healthysmoothiehq.com you can avoid some of the mistakes I made and build delicious smoothies right from the start. Each smoothie recipe is for 1 large serving. Adjust the portions of each ingredient to modify the serving size. Several recipes below call for a banana, and you can use either fresh or frozen bananas. If you prefer frozen bananas, try breaking them into four or five chunks and storing them in the freezer for later use in your smoothies.
Beginner Smoothie Recipes

Blueberry Banana Smoothie

- 1 ½ cups water
- 1 banana (peeled)
- ½ cup fresh or frozen blueberries
- A little honey or stevia to sweeten (optional)

Chocolate Protein Smoothie

- 1 ½ cups milk
- 1 banana (fresh or frozen)
- 1 serving of chocolate protein powder

Berry Blast Smoothie

Feel free to tweak this recipe by using the berries of your choice and/or larger or smaller portions of each berry.

- 1 ½ cups water
- ½ cup fresh or frozen strawberries
- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen blueberries
Basic Green Smoothie

- 1 cup water
- 1 bunch baby spinach
- 1 banana
- A little honey or stevia to sweeten (optional)

Awesome Apple Smoothie

- 1 cup water or organic apple juice
- 1 green apple, cored and cut into chunks
- 1 red apple, cored and cut into chunks
- 1 banana

Intermediate Smoothie Recipes

Tropical Fruit Smoothie

- 1 ½ cups water
- 1 banana ½ cup fresh or frozen mango slices
- ½ cup fresh or frozen pineapple slices
- ½ cup fresh or frozen papaya slices
Orange Ginger Smoothie

- 1 cup water
- ½ cup orange juice
- 1 banana
- ½ cup fresh or frozen mango slices
- A small piece of fresh ginger, peeled and minced

Chocolate Almond Butter Smoothie

- 2 cups milk
- 1 cup frozen banana
- 2 tablespoons almond butter
- 2 tablespoons flax, chia, or hemp seeds (or a combination)
- 1 serving of your favorite chocolate protein powder
- A little honey or stevia to sweeten (optional)

Blueberry Milkshake Smoothie

- 2 cups milk
- 1 cup fresh or frozen blueberries
- ¼ teaspoon vanilla powder
- 1 pinch sea salt
- 2 tablespoons maca
- A dash of cinnamon
Raspberry Peach Watermelon Smoothie

✶ 1 cup water
✶ ½ cup fresh or frozen raspberries
✶ ½ cup fresh or frozen peach slices
✶ 1 cup seeded watermelon chunks
✶ 1 serving of your preferred protein powder

Advanced Smoothie Recipes

Goji Berry Mango Smoothie

✶ 1 ½ cups water
✶ ¼ cup goji berries
✶ 1 cup frozen mango slices
✶ 1 tablespoon coconut oil
✶ A dash of sea salt

When I first stumbled upon goji berries several years ago I couldn’t believe how delicious they were considering the nutritional punch they pack. Goji’s put the “super” in superfood. Not only are they great on their own, in salads, trail mixes, and teas, but – you guessed it – in smoothies!
Chocolate Avocado Smoothie

- 2 cups milk
- ½ avocado, peeled and sliced
- 2 tablespoons cacao powder and/or cacao nibs
- 1 serving chocolate protein powder
- A little honey or stevia to sweeten (optional)
- A few mint leaves (optional – think mint chocolate chip ice cream)

Maca Bee With You Smoothie

- 1 ½ cups water
- 2 tablespoons maca powder
- 1 tablespoon bee pollen
- 1 banana
- A dash of sea salt

The Green Machine Smoothie

- 2 cups water
- 1 cup baby spinach
- 1 cup kale (stems removed)
- 1 banana
- ½ cup frozen berries
- 1 serving protein powder
- 1 serving green superfood powder
- 1 tablespoon flax seed oil
- A little honey or stevia to sweeten (optional)
Organic Aloe Vera Smoothie

- 2 cups water and/or coconut milk
- 1 - 2 aloe vera leaves, filleted
- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen mango slices
- 1 handful of fresh basil
- A little honey or stevia to sweeten (optional)

Bonuses Recipes

Ryan’s Favorite Superfood Smoothie

- 1 cup raw milk
- 1 cup kefir
- ½ avocado, peeled and sliced
- 1 tablespoon maca
- 1 tablespoon cacao powder
- 1 tablespoon pine pollen
- 2 tablespoons colostrum
- 1 serving Sun Warrior chocolate protein powder
- 1 serving of your favorite green superfood powder
Coffee Replacement Smoothie

- ½ cup coffee
- ½ cup almond milk
- 3 tablespoons cashews
- 1 tablespoon coconut oil
- 1 tablespoon cacao powder
- ¼ teaspoon vanilla powder
- A pinch of sea salt
- A little honey or stevia to sweeten (optional)
Contact Information

I hope you enjoy these smoothie recipes as much as I do. Consuming smoothies on a daily basis has been by far the most beneficial thing I’ve done for my health.

For questions, comments, anything else, or just to say hi, feel free to contact me at ryan@healthysmoothiehq.com

More information and details on smoothies, more recipes, tips, and smoothie resources are available at www.healthysmoothiehq.com

To Your Good Health!

Ryan Carmody
About the author:

Ryan Carmody is a 34-year-old full-blown health nut with a love for making the most nutritious and delicious smoothies ever. He made a commitment to a healthier lifestyle shortly after he turned 30. He decided that like many guys, he had trouble including enough greens and other healthy foods in his diet. Pizza and burgers weren’t cutting it. Enter smoothies.

His first foray into healthy smoothie making began with blending spinach and kale with some sweet fruit. The result was delicious, and he thought he’d struck gold. Can something this healthy really taste so good? Absolutely!

Since then Ryan Carmody has developed a healthy passion for smoothie making and turned it into sort of an art form. He routinely starts his day with a delicious smoothie jam-packed with nutrition, often containing ingredients he’d never heard of when he first got started. Cacao, maca, spirulina ... what are those? You will soon learn, just as he did.

As Ryan’s smoothies have evolved over the years, so to has his diet and knowledge of all things related to good health. His website at www.healthysmoothiehq.com was born of his need to share the information he’s acquired, and continues to gather, with the goal of helping others improve their health and quality of life.