



FERTILITY SUPERFOOD SMOOTHIE IDEAS

Super Food Smoothie

Start with a base of Chia gel (1 ½ Tbsp whole chia seeds soaked in 2 cups water beforehand).

Next add ½ cup of liquid (water, homemade nut milk, Native Forest canned coconut milk*).

Then add high quality protein powder: Pure Paleo Protein Powder, a bone broth based protein powder from organic, pastured cattle OR plant based Sun Warrior Warrior Blend, a grain free, hypoallergenic protein powder.

**if using coconut milk, only add ¼ cup*

Now add the foundational ingredients:

- 2 Tbsp coconut oil OR 1 Tbsp Upgraded MCT Oil
- ¼ - ½ avocado
- 1-3 raw pastured egg yolks
- 2 large handfuls organic spinach
- 1 Tbsp ground flax seeds
- 1 tsp - 1 Tbsp organic maca powder

To top it off you can add any of the additional ingredients below with the ability to mix and match if you don't have something on hand, want a different flavor, etc.

- 1 Tbsp Designs For Health Paleo Greens powder
- 1 Tbsp spirulina and/or chlorella
- 1 Tbsp raw cacao powder
- 1-2 Tbsp raw coconut shreds
- 1 Tbsp raw nut butter
- 1 Tbsp raw coconut butter
- ½ cup CoYo coconut milk yogurt OR homemade coconut milk yogurt/kefir
- ¼ cup frozen berries
- ½ frozen banana (best after a hard workout, or if you're needing extra carbs)
- ½ cooked sweet potato (best after a hard workout, or if you're needing extra carbs)
- 1 tsp vanilla or almond extract
- 1 tsp cinnamon
- 1 tbsp fresh mint
- 1 tsp vanilla bean powder

Place all ingredients into blender, blend and enjoy!

There are all kinds of ingredients you can add to your basic smoothie to add flavor and adjust it to your personal taste. Just a few examples of what you can add are:

- fresh or frozen berries
- dates and figs (soaked is best)
- raw nuts like almonds, hazelnuts, walnuts, pecans, etc
- raw nut butter (tahini is delicious!)
- avocados
- apples
- bananas
- pineapple
- plums
- mangoes
- sweet potato
- pumpkin
- squashes
- ginger
- cinnamon
- egg yolks
- raw coconut oil
- raw cacao powder
- coconut shreds
- coconut butter
- maca root powder
- royal jelly
- bee pollen
- replace water with herbal tea, coconut water, fresh vegetable juice, unsweetened coconut milk or homemade nut or seed milk, etc.
- sweeteners like green leaf stevia, raw honey, and coconut nectar
- etc!

With all the smoothies, you can add protein powder if you'd like. I recommend [Pure Paleo protein powder](#) or [Sun Warrior Warrior Blend](#).

Mango Cardamom Shake

2 ripe mangoes, peeled and cut into pieces
1 cup coconut water
2 tablespoons dried and shredded coconut flakes
Zest and juice of 1 lime
½ teaspoon cardamom powder
lime zest and fresh ground black pepper for garnish

The Grasshopper (Mint Chocolate Shake)

1 ½ cups warm peppermint tea
1 heaping tablespoon cacao powder
1 tablespoon melted coconut oil
2 tablespoon whole cashews

2 teaspoons spirulina (or Designs For Health Paleo Greens powder)
pinch of sea salt

Energy Formula

1 cup coconut milk
¼ cup almonds
1 cup strawberries
1 tbsp coconut flakes
½ frozen banana
¼ avocado
1 tsp vanilla extract
1 tsp maca powder

Relaxation Blend

1 cup coconut milk
1 scoop protein
1 tbsp Lavender
1 tbsp flax seeds
½ cup blueberries
1 tsp lemon juice
1 tbsp coconut butter
1 tsp coconut sugar
1 tsp vanilla

Elixir of Endurance

1 cup coconut milk
1 scoop protein powder
1 handful spinach
5 basil leaves
1 tsp coconut sugar
¼ frozen banana
½ cup frozen blueberries
¼ tsp cardamom

Power Potion

1 cup coconut milk
1 scoop protein powder (optional)
2 tbsp raw cacao powder
¼ cup hazelnuts or Brazil nuts
¼ frozen banana
¼ avocado
1 date
1 tbsp coffee beans or raw cacao nibs
1 tsp vanilla extract
¼ tsp cinnamon
¼ tsp sea salt

Elixir of Clarity

1 cup coconut milk

½ cup blueberries
¼ cup walnuts
1 tbsp flax meal
1 tsp maca
¼ green delicious apple
¼ tsp salt
¼ tsp cinnamon
1 date
Blended with ice

Elixir of Might

1 cup coconut milk
1 scoop protein powder
½ frozen banana
Strawberries/blueberries
1 tbsp flax meal
1 tsp vanilla
1 tsp spirulina
½ tsp mint extract - didn't use
1 tbsp tahini/organic peanut butter
¼ tsp cinnamon
blended with ice

Mending Formula

1 cup coconut milk
1 scoop protein powder
1 tbsp raw carob
1 tbsp chia seeds
1 tbsp coconut butter
1 tbsp coconut flakes
1 tsp vanilla
¼ tsp cinnamon
¼ tsp cardamom
¼ tsp sea salt

Healing Potion

1 cup Coconut water
½ cup chopped Cucumber
1 tbsp chia seeds
Pinch of Mint leaves
1 tsp honey
¼ green apple

Replenishment Formula

1 cup coconut water
1 cup mangos
1 tsp lime juice
1 tsp spirulina

Happiness Blend

1 cup coconut water
1 cup strawberries
½ banana
1 handfuls spinach

Goddess Smoothie

4 cups strawberries, whole, preferably semi-thawed
2 bananas, ripe
2 T maca
2 cups Brazil nut milk (made by blending 3 cups soaked Brazil nuts with 1 cup water, strain through nut milk bag or a fine strainer lined with cheesecloth)

Green Smoothies

2 cups packed fresh washed spinach
1 inch fresh peeled ginger
2 tbsp lemon juice
4 tbsp Hemp Seeds
3 stalks of celery
2 big apples, cores removed
1/2 cup water

Cherry & Chocolate Hemp Shake

1 cup frozen cherries
¼ hemp seeds
about ½ cups almond milk (or to your desired thickness)

Mint Chocolate Protein & Omega 3 Shake

1 cup water
1 cup almond milk
2 tbsp Hemp Seeds
2 tbsp Chia Seeds
1 date
1 tbsp almond butter
2½ tbsp Raw Cacao Powder
1 to 2 tsp Maca Powder
a few drops of mint extract

Other Variations

Leave out the mint and throw in half a banana.
Leave out the mint and throw in a cup of frozen cherries.

Pretty Green Smoothies

1 banana, frozen in pieces
2 sliced granny smith apples
3 handfuls of fresh spinach
1 cup nut milk
1 cup water

NUT MILK RECIPES

(can be used as a base in the smoothie recipes above)

Cashew Milk

1 cup raw cashews, soaked overnight, or at least 6 hours, in warm water; rinsed in a bowl of fresh water and strained (repeat several times till the water is clear)
4 cups of purified water
1 date, soaked 20 minutes
1 tsp vanilla extract

Puree. *Note: this is not meant to be strained through a nut milk bag, as with almond milk*

Almond Sesame Milk

¼ cup almonds (soaked at least 8 hours in warm water with sea salt added; discard soaking water and rinse)
¼ cup sesame seeds
2 cups water
1 date, soaked 20 minutes

Place nuts in blender with a few tablespoons of the water and blend until you have a paste. Add the rest of the water and date ; blend again. For a smoother milk pour the contents of the blender through a fine strainer lined with cheesecloth to remove nut pulp. Pick up the ends of the cheesecloth and squeeze pulp to remove all the milk. Use pulp to make Vegan Almond Pulp Crackers (see recipe in later section).

Almond Cashew Milk

¼ cup almonds (soaked at least 8 hours in warm water with sea salt added; discard soaking water and rinse)
¼ cup cashews (soaked 4 hours in warm water with sea salt added; discard soaking water and rinse)
2 cups water
1 date, soaked 20 minutes

Place nuts in blender with a few tablespoons of the water and blend until you have a paste. Add the rest of the water and date; blend again. For a smoother milk pour the contents of the blender through a fine strainer lined with cheesecloth to remove nut pulp. Pick up the ends of the cheesecloth and squeeze pulp to remove all the milk.

Nut Butter Milk

2 T almond, sesame or cashew butter
2 cups water
1 date, soaked 20 minutes

Place nut or seed butter in the blender with the date. Blend until smooth.