

NUTRIBULLET RECIPE BOOK

TOP SMOOTHIE RECIPES FOR WEIGHT LOSS, DETOX, STRESS
RELIEF, TO BOOST YOUR IMMUNE SYSTEM, FOR BLOOD SUGAR
CONTROL AND DIABETES, CONSTIPATION RELIEF, BEAUTY AND SO
MUCH MORE!



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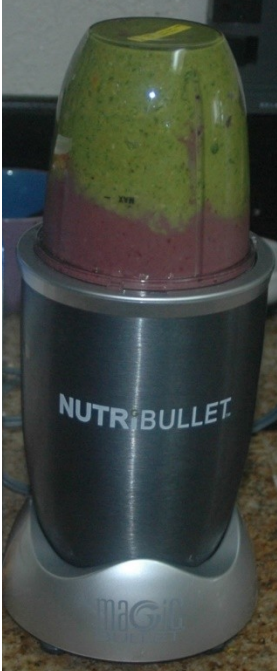
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INTRODUCTION



Of all the innumerable food preparations around the world, smoothies are the healthiest and nutritionally most balanced!

Smoothie nourishes your body with super healthy nutrients in the quickest time possible. Quick because firstly, it is super duper easy to assemble and prepare a heavenly glass of smoothie, and secondly, as smoothie is in liquid form, our body absorbs its nutrients fast.

Apart from this, a refreshing glass of smoothie has various health benefits, such as:

It fills you up with healthy nutrients.

As there is no cooking involved in preparing a glass of smoothie there is very less nutritional loss from the raw ingredients and the quality of nutrition is much better.

Smoothies are laden with extremely important vitamins and minerals in abundance, most of which acts as an antioxidant.

They help in keeping you hydrated.

Smoothies are an excellent way to pack up a nutritious meal.

Preparing a glass of smoothie turns out cheap and thus is a very economical way to add some good nutrition to your everyday meal.

It helps include a descent amount of extremely beneficial dietary fiber in the diet if is made up of dairy product, fruits or vegetables.

As there is no addition of cooking oil, most smoothies contain a healthier version of fats depending upon the preparation base such as yogurt, cow milk, goat milk, soymilk etc.

Smoothies are gluten free and one can manage its glucose content by regulating the amount and type of sweeteners used while preparing smoothie!

So, keep your Nutribullet handy and just throw in your favorite food pick-ups into it, whizz, pour and voila, your delicious glass of good health is prepared!

TOP SMOOTHIE RECIPES FOR WEIGHT LOSS

MANGO SURPRISE

Enjoy this otherwise forbidden fruit for weight watchers in an amazingly healthy avatar!

YIELDS: 1

Ingredients

¼ cup mango, peeled and cubed

¼ cup ripe avocado, peeled and mashed

½ cup mango juice

¼ cup fat-free vanilla yogurt

1 tablespoon freshly squeezed lime juice

1 tablespoon sugar

6 ice cubes

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 298 cal, 5 g pro, 55 g carbs, 5 g fiber, 47 g sugar, 9 g fat, 1.5 g sat fat, 54 mg sodium

SLIMMING SMOOTHIE

This wonderfully thick low-calorie drink is an excellent substitute for calorie rich milkshakes and ice creams.

YIELDS: 1

Ingredients

1 cup frozen mixed berries

½ cup low-fat yogurt

½ cup orange juice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 185 cal, 2 g fat, 1 g sat fat, 90 mg sodium, 35 g carbs, 26 g sugars, 3.5 g fiber, 8 g protein

PEAR SMOOTHIE

This spiced fruit smoothie packs so many amazing flavors and so little calories!

Ingredients

½ cup almond milk

½ cup ice cubes

¼ cup frozen blueberries

1 ripe pear, sliced

⅛ teaspoon cinnamon powder

⅛ teaspoon clove powder

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 150 cal, 1 g pro, 36 g carbs, 7 g fiber, 24 g sugars, 2 g fat, 0 g sat fat, 75 mg sodium

BREAKFAST SMOOTHIE

This smoothie packs detoxifying and digestive enzymes along with so fewer calories!

YIELDS: 2

Ingredients

1 cup frozen raspberries

¾ cup chilled unsweetened almond milk

¼ cup frozen pitted unsweetened cherries

1½ tablespoons honey

2 teaspoon fresh ginger, finely grated

1 teaspoon flaxseed powder

1 teaspoon fresh lemon juice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 112 cal, 1 g protein, 26 g carbs, 3 g fiber, 1.5 g fat, 0 g sat fat, 56 mg sodium

BELLY CRUNCHER

Packed with Probiotics and healthy calories, this dish surely soothe your tummy and aids in crunching those love handles!

YIELDS: 2

Ingredients

1 cup papaya, peeled

1 cup coconut kefir or milk

½ lime, juiced

1 tablespoon honey

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

BLUEBERRY GINGER

Along with fewer calories, this smoothie packs a great amount of antioxidants.

YIELDS: 1

Ingredients

1 cup almond milk

¼ cup blueberries

1 frozen banana, peeled and sliced

3 tablespoons ginger juice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

MORNING SMOOTHIE

This smoothie fills your morning with, light on your tummy and bright for your health nutrients, and resembles an early morning sun itself!

YIELDS: 4

Ingredients

1 banana, peeled and sliced

1 cup apricot nectar, chilled

1 container low-fat peach yogurt

1 tablespoon frozen lemonade concentrate

½ cup club soda, chilled

Preparation

Process all ingredients, except soda, together in NUTRIBULLET until they are smooth in consistency.

Stir in soda and pour the mixture into a serving glass. Serve.

NUTRITION: 130 cal, 0.5 g fat, 0.5 g sat fat, 43.5 mg sodium, 29 g carbs, 16 g sugars, 1.5 g fiber, 2.5 g protein

TOP SMOOTHIE RECIPES FOR DETOXIFICATION

ORANGE CREAMSICLE SMOOTHIE

This citrusy drink is infused with a whole lot of good nutrition!

YIELDS: 1

Ingredients

1 orange, peeled

¼ cup fat-free yogurt

2 tablespoons frozen orange juice concentrate

¼ teaspoon vanilla extract

4 ice cubes

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 160 cal, 3 g pro, 36 g carbs, 3 g fiber, 28 g sugars, 1 g fat, 0.5 g sat fat, 60 mg sodium

THE GREEN SMOOTHIE

This preparation packs diuretics that helps cleanse your system and rejuvenates you!

PREPARATION TIME: 15 minutes

YIELDS: 2

Ingredients

1¼ cups chopped kale leaves

1¼ cups frozen mango, peeled and cubed

2 ribs celery, chopped

1 cup chilled fresh tangerine juice

¼ cup flat-leaf parsley, chopped

¼ cup fresh mint, chopped

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 160 cal, 3 g protein, 39 g carbs, 5 g fiber, 0.5 g fat, 0 g sat fat, 56 mg sodium

KALE SMOOTHIE

Enjoy this nutritious detox preparation anytime of the day as it holds well for more than a couple of hours in the fridge.

YIELDS: 2

Ingredients

½ pear

A handful cilantro

¼ avocado, peeled and pitted

½ cucumber, peeled

½ lemon, juiced

1 cup kale

½ teaspoon ginger, grated

½ cup coconut water

1 scoop protein powder

Drinking water

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

SWEET SURPRISE

A surprisingly delicious detox smoothie preparation, which tastes a lot better than what it appears!

YIELDS: 2

Ingredients

½ banana, peeled

½ cup blueberries

¼ avocado, peeled and pitted

½ cup almond milk

1 teaspoon spirulina

1 scoop vanilla protein powder

Drinking water

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

THE C-SMOOTHIE

This vitamin C rich preparation will for delight your taste buds apart from cleansing your body!

YIELDS: 2

Ingredients

5 romaine lettuce leaves

½ apple, peeled

¼ avocado, peeled and pitted

½ cucumber, peeled

½ cup jicama, peeled

A handful cilantro

1 whole lime, juiced

4 scoops hemp protein

1 medjool date, pitted

Drinking water

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

BANANA AND CUCUMBER SMOOTHIE

This alkaline rich smoothie soothes your body from inside!

YIELDS: 2

Ingredients

1 cup almond milk

1 banana, peeled

1 cup blueberries

1 cucumber, peeled

A fistful kale

½ cup coconut water

Stevia, to taste

A sprinkle cinnamon powder

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

STRAWBERRY SMOOTHIE

Strawberries are rich in phytonutrients and this smoothie provides your body loads of anti-inflammatory and antioxidant nutrients.

YIELDS: 2

Ingredients

3 cups cashew milk

2 cups fresh strawberries

1 tablespoon lemon zest

1 small orange, peeled

1 banana, peeled

1½ cups spinach

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

Top Smoothie Recipes for Stress Relief

PEANUT BUTTER SMOOTHIE

This smoothie has more than one ingredient, which rejuvenates your mind with happy hormones!

YIELDS: 1

Ingredients

½ cup fat-free milk

½ cup fat-free plain yogurt

2 tablespoons natural unsalted peanut butter

¼ ripe banana, peeled

1 tablespoon honey

4 ice cubes

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 366 cal, 18 g pro, 40 g carbs, 3 g fiber, 32 g sugar, 16.5 g fat, 3.5 g sat fat, 151 mg sodium

VANILLA SENSATION

This preparation is enhanced with vanilla flavors in an otherwise tangy smoothie.

YIELDS: 2

Ingredients

½ cup frozen unsweetened raspberries

½ cup frozen unsweetened strawberries

¾ cup unsweetened pineapple juice

1 cup fat-free vanilla yogurt

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 192 cal, 0.5 g fat, 0.1 g sat fat, 86.5 mg sodium, 41 g carbs, 35 g sugars, 2.5 g fiber, 7 g protein

CHOCOLATE AND RASPBERRY SMOOTHIE

This preparation will remind you of black forest cake!

YIELDS: 1

Ingredients

½ cup skim milk

6 oz vanilla yogurt

¼ cup chocolate chips

1 cup fresh raspberries

A handful ice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 462 cal, 16 g pro, 77 g carbs, 10 g fiber, 64 g sugar, 13.5 g fat, 7.5 g sat fat, 174 mg sodium

GREEN TEA SMOOTHIE

The antioxidant rich green tea makes this smoothie a powerhouse of good nutrients.

YIELDS:

Ingredients

3 tablespoons water

1 green tea bag

2 teaspoons honey

1½ cup frozen blueberries

½ banana, peeled

¾ c calcium fortified light vanilla soy milk

Preparation

Microwave water for 3 minutes, remove and brew tea bag in this for 3 more minutes.

Remove tea bag and stir in honey until it dissolves.

Process all ingredients together with the green tea concoction in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 269 cal, 2.5 g fat, 0.2 g sat fat, 52 mg sodium, 63 g carbs, 38.5 g sugars, 8 g fiber, 3.5 g protein

FRUITY SMOOTHIE

This is a summery, citrusy, healthy and refreshing beverage!

YIELDS: 2

Ingredients

½ cup mixed frozen berries

½ cup canned crushed pineapple in juice

½ cup plain yogurt

½ cup ripe banana, peeled and sliced

½ cup orange juice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 140 cal, 2.5 g fat, 1.5 g sat fat, 30 mg sodium, 29 g carbs, 16 g sugars, 2.5 g fiber, 3.5 g protein

TASTE MADNESS

Mango and pineapples are rich in antioxidants and so is this smoothie!

YIELDS: 2

Ingredients

1 can juice-packed pineapple chunks

1 cup fat-free frozen vanilla yogurt

1 ripe mango, peeled and chopped

1 ripe banana, peeled and sliced

Crushed or cracked ice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 251 cal, 0.5 g fat, 0.2 g sat fat, 68 mg sodium, 60 g carbs, 50 g sugars, 4 g fiber, 6.5 g protein

VANILLA AND BLUEBERRY SMOOTHIE

Enjoy good health coupled with great taste!

YIELDS: 1

Ingredients

1 cup skim milk

6 oz vanilla yogurt

1 cup fresh blueberries

A handful ice

1 tablespoon flaxseed oil

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 443 cal, 18 g pro, 63 g carbs, 4 g fiber, 57 g sugar, 14.5 g fat, 1.5 g sat fat, 221 mg sodium

TOP SMOOTHIE RECIPES FOR TO BOOST YOUR IMMUNE SYSTEM

PINEAPPLE AND BASIL SMOOTHIE

An herbed smoothie with exotic flavors.

YIELDS: 2

Ingredients

1 cup coconut milk

1 banana, peeled

1½ cup frozen pineapple chunks

2 basil leaves, torn

⅛ teaspoon ginger, peeled and grated

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 149 calories, 1 g protein, 3 g fat, 2 g sat fat, 34 g carbs, 4 g fiber, 23 g sugars, 9 mg sodium, 69 mg calcium, 1 mg iron, 391 mg potassium, 64 mg vitamin c, 360 IU vitamin A

CITRUSY SMOOTHIE

This smoothie contains a truckload of immunity boosting nutrients!

YIELDS: 1

Ingredients

1 cup soy milk

6 oz lemon yogurt

1 orange peeled, cleaned, and sectioned

A handful ice

1 tablespoon flaxseed oil

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 420 cal, 18 g pro, 57 g carbs, 3 g fiber, 54 g sugar, 14 g fat, 1.5 g sat fat, 219 mg sodium

PUMPKIN POWERHOUSE

Enjoy this spiced smoothie, which reminds you of pumpkin pie.

Ingredients

½ cup canned pure pumpkin

7 oz plain Greek yogurt

½ cup water

¼ ripe avocado, peeled and pitted

2 tablespoons flaxseed powder

1 tablespoon maple syrup

½ teaspoon pumpkin pie spice

A handful ice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 361 cal, 26 g pro, 38 g carbs, 11 g fiber, 26 g sugars, 14.5 g fat, 3.5 g sat fat, 79 mg sodium

PEPPERMINT SMOOTHIE

Enjoy this immunity boosting minty delight!

Ingredients

1 banana, peeled, sliced and frozen

¼ cup raw cashews, soaked and drained

1 cup plain organic soy milk

⅓ cup silken tofu

¼ cup mint leaves

¼ teaspoon pure vanilla extract

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 410 cal, 18 g pro, 46 g carbs, 5 g fiber, 25 g sugars, 19.5 g fat, 3 g sat fat, 136 mg sodium

GINGERBREAD SMOOTHIE

This smoothie will remind you of your childhood days!

Ingredients

¼ cup banana, peeled, sliced and frozen

7 oz plain Greek yogurt

2 tablespoons almond butter

1 tablespoon molasses

1 teaspoon fresh ginger, grated

¼ teaspoon cinnamon powder

⅛ teaspoon nutmeg powder

⅛ teaspoon cardamom powder

1 cup ice cubes

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 441 cal, 27 g pro, 39 g carbs, 5 g fiber, 30 g sugars, 20 g fat, 4 g sat fat, 79 mg sodium

OATMEAL SMOOTHIE

Enjoy the goodness of oats in this immunity boosting smoothie preparation!

Ingredients

1 cup organic milk

½ cup water

1 banana, peeled, sliced and frozen

¼ cup rolled oats

2 tablespoons raisins

⅛ teaspoon cinnamon powder

¼ teaspoon vanilla extract

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 350 cal, 13 g pro, 63 g carbs, 5 g fiber, 35 g sugars, 7 g fat, 3 g sat fat, 120 mg sodium

WINTER SMOOTHIE

This is a smoothie preparation to keep you healthy even during the harsh winter season!

Ingredients

¾ cup water

½ cup Greek yogurt

½ cup ice cubes

3 clementines, peeled

2 tablespoons frozen orange juice concentrate

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 230 cal, 12 g pro, 45 g carbs, 4 g fiber, 38 g sugars, 2.5 g fat, 1.5 g sat fat, 45 mg sodium

TOP SMOOTHIE RECIPES FOR BLOOD SUGAR CONTROL AND DIABETES

POMEGRANATE AND CHERRY SMOOTHIE

Enjoy goodness of a sweet tasting health beverage without putting your blood sugar in a fly zone!

Ingredients

$\frac{3}{4}$ cup almond milk

$\frac{1}{2}$ banana, peeled

$\frac{1}{2}$ cup pomegranate juice

$\frac{1}{2}$ c frozen cherries, pitted

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 210 cal, 2 g pro, 48 g carbs, 3 g fiber, 38 g sugars, 2 g fat, 0 g sat fat, 125 mg sodium

PINEAPPLE AND BEET SMOOTHIE

Enjoy this delicious smoothie and experience its health benefits!

PREPARATION TIME: 5 minutes

YIELDS: 2

Ingredients

½ cup beets, peeled, sliced and cooked

1½ cups frozen pineapple chunks

¼ cup celery leaves

1 cup vanilla almond milk

½ cup fresh orange juice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 153 cal, 2 g pro, 35 g carbs, 3 g fiber, 28 g sugars, 1.5 g fat, 0 g sat fat, 110 mg sodium

PINEAPPLE PASSION

Enjoy ice cream like flavors in this healthy preparation recommended for people with diabetes!

YIELDS: 1

Ingredients

1 cup low-fat vanilla yogurt

6 ice cubes

1 cup pineapple chunks

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 283 cal, 3.5 g fat, 2 g sat fat, 167 mg sodium, 53.5 g carbs, 48 g sugars, 2 g fiber, 13 g protein

PEACH SMOOTHIE

Enjoy the peachy goodness laden with health benefits.

YIELDS: 1

Ingredients

1 cup skim milk

1 cup frozen unsweetened peaches

2 teaspoons organic flaxseed oil

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 213 cal, 9 g pro, 26 g carbs, 2 g fiber, 22 g sugar, 9 g fat, 1 g sat fat, 103 mg sodium

PINEAPPLE SMOOTHIE

This is a very healthy alternative to a sweet dessert for people who are healthy conscious!

YIELDS: 1

Ingredients

1 cup skim milk

4 oz canned pineapple tidbits in juice

A handful ice

1 tablespoon organic flaxseed oil

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 271 cal, 9 g pro, 30 g carbs, 1 g fiber, 29 g sugar, 14 g fat, 1.5 g sat fat, 104 mg sodium

STRAWBERRY SMOOTHIE

A healthy smoothie to manage fluctuating blood glucose.

YIELDS: 1

Ingredients

1 cup skim milk

1 cup frozen, unsweetened strawberries

2 teaspoons organic flaxseed oil

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 216 cal, 9 g pro, 26 g carbs, 3 g fiber, 19 g sugar, 9.5 g fat, 1 g sat fat, 106 mg sodium

WATERMELON SMOOTHIE

This smoothie preparation is a drinkable delight!

YIELDS: 2

Ingredients

2 cups watermelon, cubed

¼ cup fat-free milk

2 cups ice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 56 cal, 0.3 g fat, 0 g sat fat, 19.5 mg sodium, 13 g carbs, 11 g sugars, 0.5 g fiber, 2 g protein

BLUEBERRY AND KALE SMOOTHIE

An iron and calcium rich preparation, which manages blood glucose as well.

Ingredients

½ cup almond milk

½ cup kale leaves, stem removed

½ banana, peeled and frozen

¼ cup frozen blueberries

½ tablespoon almond butter

½ tablespoon chia seeds

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 200 cal, 6 g pro, 30 g carbs, 6 g fiber, 15 g sugars,
8 g fat, 0.5 g sat fat, 85 mg sodium

TOP SMOOTHIE RECIPES FOR CONSTIPATION RELIEF

CHIA SMOOTHIE

This is a fiber rich smoothie, which tastes incredible too!

YIELDS: 2

Ingredients

½ pear

1 cup almond milk

¼ avocado, peeled and pitted

1 cup spinach

¼ cup coconut water

1 teaspoon chia seeds

1 scoop protein powder

Drinking water

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

BANANA AND GINGER SMOOTHIE

This is a soothing and refreshing smoothie!

YIELDS: 2

Ingredients

1 banana, peeled and sliced

$\frac{3}{4}$ cup vanilla yogurt

1 tablespoon honey

$\frac{1}{2}$ teaspoon ginger, grated

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 157 cal, 1 g fat, 0.8 g sat fat, 57 mg sodium, 34 g carbs, 28 g sugars, 1.5 g fiber, 5 g protein

TROPICAL PERFECTION

Rich in tropical flavors this smoothie sure keeps your gut up and running!

YIELDS: 1

Ingredients

1 papaya, peeled and cubed

1 cup fat-free plain yogurt

½ cup fresh pineapple chunks

½ cup crushed ice

1 teaspoon coconut extract

1 teaspoon flaxseed powder

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 299 cal, 1.5 g fat, 0.1 g sat fat, 149 mg sodium, 64 g carbs, 44 g sugars, 7 g fiber, 13 g protein

JUST PEACHY

It is a healthy gut friendly smoothie!

YIELDS: 2

Ingredients

1 cup low fat milk

2 tablespoons low-fat vanilla yogurt

½ cup frozen peaches, peeled

½ cup strawberries

⅛ teaspoon ginger, grated

2 teaspoons whey protein powder

3 ice cubes

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 150 cal, 2 g fat, 1 g sat fat, 73 mg sodium, 26.5 g carbs, 24 g sugars, 2 g fiber, 9 g protein

APRICOT AND MANGO MADNESS

This preparation is a tangy and sweet smoothie, which is rich in fiber!

YIELDS: 2

Ingredients

6 apricots, peeled, pitted, and chopped

2 ripe mangoes, peeled and chopped

1 cup plain low-fat yogurt

4 teaspoons fresh lemon juice

¼ teaspoon vanilla extract

8 ice cubes

Lemon peel twists, for garnish

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass.

Garnish with lemon twists and serve.

NUTRITION: 252 cal, 3.5 g fat, 1.5 g sat fat, 57 mg sodium, 53 g carbs, 45.5 g sugars, 6 g fiber, 7 g protein

BERRY GOOD SMOOTHIE

Get energized with this easy to make high fiber beverage!

YIELDS: 1

Ingredients

1½ cups strawberries, chopped

1 cup blueberries

½ cup raspberries

2 tablespoons honey

1 teaspoon fresh lemon juice

½ cup ice cubes

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 162.5 cal, 1 g fat, 0.1 g sat fat, 5 mg sodium, 41.5 g carbs, 32 g sugars, 6 g fiber, 2 g protein

LUSCIOUS SMOOTHIE

Enjoy this healthy smoothie any time of the day and keep your gut clean with every passing day!

YIELDS: 1

Ingredients

1 cup skim milk

1 cup frozen, unsweetened strawberries

1 tablespoon organic flaxseed oil

1 tablespoon pumpkin seeds

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 256 cal, 14 g fat, 1.5 g sat fat, 106 mg sodium, 26 g carbs, 19 g sugars, 3 g fiber, 9 g protein

TOP SMOOTHIE RECIPES FOR BEAUTY (HEALTHY HAIR, SKIN AND NAILS)

APPLE SMOOTHIE

It is a healthy smoothie preparation to keep your beauty intact!

YIELDS: 1

Ingredients

½ cup soy milk

6 oz vanilla yogurt

1 teaspoon apple pie spice

1 apple, peeled and chopped

2 tablespoons cashew butter

A handful ice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 482 cal, 19 g pro, 71 g carbs, 5 g fiber, 57 g sugar, 16.5 g fat, 3.5 g sat fat, 300 mg sodium

WARRIOR TONIC

This smoothie is rich in super foods, which keeps your body in great shape and you appear wonderful every day.

YIELDS: 1

Ingredients

1 cup almond milk

2 tablespoons maca powder

1 scoop vanilla protein powder

2 tablespoons chia seeds

1 organic ripe banana, peeled

1 tablespoon coconut oil

1 tablespoon stevia

1 tablespoon cacao nibs

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

BERRY ELIXIR

Antioxidant rich goji makes every sip of this healthy beverage worth trying!

YIELDS: 1

Ingredients

1 cup coconut milk

1 cup blueberries

½ cup raspberries

½ cup blackberries

2 tablespoons goji berries, soaked

1 tablespoon coconut oil

1 tablespoon flaxseed powder

2 dates, pitted

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

BERRY BREAKFAST

Start your day with this nutrient packed beverage to stay beautiful forever!

YIELDS: 2

Ingredients

1 cup frozen unsweetened raspberries

$\frac{3}{4}$ cup chilled unsweetened almond milk

$\frac{1}{4}$ cup frozen unsweetened cherries, pitted

1 $\frac{1}{2}$ tablespoons honey

2 teaspoons fresh ginger, grated

1 teaspoon flaxseed powder

2 teaspoon fresh lemon juice

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 112 cal, 1.5 g fat, 0 g sat fat, 56 mg sodium, 25.5 g carbs, 20 g sugars, 3 g fiber, 1 g protein

<http://www.prevention.com/food/healthy-recipes/20-super-healthy-smoothie-recipes/very-berry-breakfast>

Best Smoothie

It is a very filling and healthy smoothie!

YIELDS: 1

Ingredients

1 cup plain nonfat yogurt

1 banana, peeled

½ cup orange juice

6 frozen strawberries

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 300 cal, 14 g pro, 63 g carbs, 5 g fiber, 45 g sugars, 0.5 g fat, 0 g sat fat, 180 mg sodium

STRAWBERRY AND KIWI SMOOTHIE

An antioxidant rich nutritious smoothie preparation.

YIELDS: 4

Ingredients

1¼ cups cold apple juice

1 ripe banana, peeled and sliced

1 kiwifruit, peeled and sliced

5 frozen strawberries

1½ teaspoons honey

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 87 cal, 0.3 g fat, 0 g sat fat, 3.5 mg sodium, 22 g carbs, 16.5 g sugars, 1.5 g fiber, 0.5 g protein

BLUEBERRY AND SOY SMOOTHIE

It is a summery health beverage bursting with flavors and nutrients!

YIELDS: 2

Ingredients

1¼ cups light soy milk

½ cup frozen blueberries

½ frozen banana, peeled and sliced

2 teaspoons sugar

1 teaspoon pure vanilla extract

Preparation

Process all ingredients together in NUTRIBULLET until they are smooth in consistency.

Pour the mixture into a serving glass and serve.

NUTRITION: 125 cal, 1.5 g fat, 0.1 g sat fat, 60 mg sodium, 25 g carbs, 11 g sugars, 2 g fiber, 3 g protein

CONCLUSION

So, waste no time and start churning out your favorite recipes among this pool of delicious and healthy smoothie recipes that we have shared with you.

Moreover, in no time you will see a healthier version of yourself without compromising on the taste and variety of food that you were accustomed to!

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