

21 Days of Holiday Smoothies 2020

happy healthy holidays!

This year has been quite a year. Let's go out with a resounding commitment to our health & well-being. At the Family Wellness Center we have been saying that if you change your breakfast, you can change your life. And I'd say we are all ready for a change. Remember, it only takes 21 days to change a habit. Make this your healthiest holiday season with these delicious smoothies. **Blend & Enjoy!**

Deb's Vanilla Dream Smoothie

- 2 bananas
- 2 cups Unsweetened vanilla almond milk
- 4 T Unsweetened organic shredded coconut
- 1 scoop Vanilla Dream Protein
- 1 scoop Vanilla Boost
- 1 date (remove pit)
- 1 T peanut butter
- 1 tsp pure vanilla extract or pinch vanilla bean



Blend! Serves 2

Chocolate Peppermint Smoothie

- 1 cup unsweetened Coconut milk
- 1 frozen banana
- 2 tbsp. unsweetened dark cocoa powder
- 1 scoop Chocolate Dream Protein powder
- ¼ tsp. pure peppermint extract



Just Blend!

Optional: Add 1 scoop Chocolate Green's First or Chocolate Boost

Deb's Chocolate Pumpkin Smoothie

This is basically an adaptation of my *Awesome* Chocolate Peanut butter Smoothie

- 1 banana
 - 1 cup frozen organic cherries
 - 1 cup unsweetened vanilla almond milk
 - 1/2 cup organic canned pumpkin (unsweetened)
 - 1 T carob
 - 1 T unsweetened cocoa or raw cacao
 - 2 T shredded coconut
 - 1 scoop Chocolate Dream Protein
 - 1 scoop Chocolate Boost
 - 1 tsp pumpkin allspice
- Optional: Add 1-2 T Peanut or almond butter



Blend and enjoy! This is a very thick smoothie so I eat it with a spoon. Yummy!

Healthy Eggnog

(Single-serving and high in protein!)

- 1 cup milk of choice; use thicker milk for best taste. (Coconut milk the full-fat kind that comes in a can works well.)
- 1/2 cup silken-firm tofu
- 1/2 tsp lemon juice (omit if desired)
- 1/8 tsp salt
- 1-2 dates or
- 1 stevia packet or to taste or date
- 1/2 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp each nutmeg and ginger
- 1/16 tsp (tiny dash) cloves



Combine all ingredients and blend until smooth. Drink cold, or heat if desired.

Orange Cranberry Zinger

- 1 cup fresh squeezed orange juice (about 3-4 oranges)
- 1/2 mango (peeled and cored)
- 1 banana
- 1/4-1/2 cup frozen fresh cranberries

Omit cranberries and add 1 banana for a different twist

Combine in blender for 30 seconds and enjoy! This tastes like a holiday Orange Julius!

Pumpkin Chai Smoothie

Ingredients

- 1/2 cup organic pumpkin puree (fresh or canned)
- 1 frozen organic banana
- 1 Scoop Garden of Life Raw Vanilla Meal*
- 1 cup unsweetened almond milk or milk of your choice
- 1 or 2 medjool dates (or 1 tablespoon maple syrup or raw honey)
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon ginger
- dash each of black pepper, ground cloves and ground cardamom

*or Protein powder of your choice

Add all of the ingredients to your blender and blend until smooth and creamy. Serve immediately.



Fig Pie Dessert Smoothie Thickie

Ingredients

- 2 cups water
- 2 cups almond milk (oat, rice, hemp, coconut milk)
- 2 bananas
- 1 cup dried figs
- 1/4 cup pecans
- pinch of nutmeg
- 1/2 teaspoon cinnamon
- 1 T lemon juice

Optional: 1 cup oats

Optional: 1 cup spinach or other leafy greens

Optional: 1 scoop Dream Protein/Boost



Blend the ingredients in the following order:

Blend the **dry ingredients** and **liquid** first for a short time.

Blend the greens next for a short time.

Blend the fruit and the rest of the ingredients until smooth (or as smooth as your blender will allow. High speed blenders may need 2 minutes for a green thickie, less powerful blenders may need a lot more, sometimes 5-10 minutes).

Homemade Cookie Dough: Green Smoothie

Ingredients

- 2 cups almond milk or milk of your choice
- 2 Bananas
- 2 cups kale, tightly packed. (Or Spinach or any other mild greens) or use *Greens First Greens*
- 1 cup oats (if you don't have a powerful blender you can soak the oats in one of the cups of liquid for an hour if you want to make it smoother)
- 2 T almond butter
- ½ cup dates (or any other dried fruit)
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- ¼ teaspoon nutmeg
- juice of half a lemon



Blend the ingredients in the order listed.

Blend the ingredients a few at a time so that your blender can cope with the work, unless you've got a high powered blender, then you might be able to add them all in at once. Add water to thin.

Gingerbread Dessert Smoothie

Ingredients

- 1 cup water
- 1 cup almond milk (or rice, hemp, coconut or raw nut or seed milk)
- 4 bananas
- ¼ cup almonds (use ground almonds if you don't have a powerful blender)
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 teaspoon of fresh or ground ginger
- ¼ cup dates or raisins (or 1 Tablespoon raw honey) If it gets too thick, add a little bit more water.
- 1 T lemon juice
- 1 cup spinach

- Optional: 1 cup oats
- Optional: 1 scoop Vanilla Dream Protein



Blend the ingredients in the following order:

Blend the dry ingredients and liquid first for a short time
Blend the greens next.

Blend the fruit and the rest of the ingredients until smooth (or as smooth as your blender will allow. High speed blenders may need 2 minutes for a thick green smoothie, less powerful blenders may need a lot more, sometimes 5-10 minutes)

Tropical Green Smoothie Escape

Ingredients

- ½ frozen banana
- ½ cup frozen mango
- 1 orange
- 1 cup almond- coconut milk
- 1-2 cups baby spinach
- 1 scoop Vanilla Dream Protein
- ½ T chia seeds
- 1 teaspoon unsweetened shredded coconut (optional)

Optional: Add Vanilla Boost

Instructions

Place all ingredients except the shredded coconut into a high-powered blender and blend until smooth. Sprinkle a few extra chia seeds and the unsweetened coconut on top. Enjoy!



Pistachio Ice Cream Smoothie

A green smoothie that tastes like ice cream - you have to try it to believe it!

Ingredients

- 1 cup curly green kale leaves (about 3 large leaves)
- 2 ripe bananas - fresh or frozen
- 2 cups ice (a little less ice if using frozen bananas)
- ½ cup filtered water
- ½ cup raw cashews
- 1 scoop Green's First Vanilla Boost
- 1 teaspoon pure alcohol-free vanilla extract
- ½ teaspoon finely minced ginger
- pinch of Celtic sea salt



Instructions

Throw all of the ingredients in your high speed blender (I use a Vitamix) and puree until smooth and creamy. For a regular blender you may want to soak the cashews in water first.

Winter Green Smoothie

Ingredients

- 2 apples, cored and cut into large chunks
- 2 pears, cored and cut into large chunks
- handful of fresh or frozen cranberries
- 1-2 inch pieces of ginger
- handful of fresh parsley
- 6-7 large kale leaves
- 4-5 large collard greens
- 2 cups of water
- large chunk of green cabbage (about 1-2 cups chopped)



Place apples, pears, cranberries, ginger, and water into a high-powered blender and blend until smooth. Stuff in the greens and blend again until smooth. Add more water for a thinner smoothie.

Apple Crisp Smoothie

Ingredients

- 1 Scoop amazing Grass Protein Superfood Vanilla
- 1 Cup oat milk
- 1/2 Cup vanilla plant based yogurt
- 1/4 Cup gluten free oats
- 1 chopped pink lady apple
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 1 C ice



Blend in high-power blender and enjoy!

Amazing Grass Holiday Cookie Smoothie

Ingredients

- 3 tablespoons raw cashews
- ½ very ripe pear, cored (may use 1 canned pear half)
- 1 Medjool date, pitted
- 1 scoop Green Superfood Original
- ¾ cup coconut water
- pinch sea salt
- 1 cup ice



Directions

In a blender, combine all the ingredients except the ice and blend until smooth. Add the ice and blend once more until frosty.

Optional: blend in a handful of fresh baby greens for added green color and top with 1 teaspoon chopped cashews.

Four Ingredient Chestnut Smoothie

- 1 cup roasted and peeled chestnuts (150 grams)
- 1 cup vanilla yogurt (230 grams)
- 1/2 cup almond milk (120 milliliters)
- 2 frozen bananas - chopped

-theworktop.com



Skinny Fruitless Sweet Potato Pie Smoothie

Ingredients

- 1 cup sweet potato cubes steamed, then frozen
- 1/2 cup cauliflower heads steamed, then frozen
- 1/2 cup zucchini cubes steamed, then frozen
- 1 scoop vanilla collagen powder Vital Proteins brand
- 2-3 tablespoons nut butter I love peanut butter or almond!
- 1-2 tablespoons maple syrup or honey or stevia to taste
- 1/2 teaspoon pumpkin pie spice or more
- sprinkle of sea salt
- 1 1/4 cup almond milk or water. You can add more liquid to make it less thick.



Make sure you have prepared your steamed then frozen vegetables.

I just cut them into 1-2" chunks steam for 8-10 minutes until soft, but not mushy. Allow to cool in a strainer before freezing- freeze vegetables in a zip lock, lay flat in the freezer.

Blend all ingredients in a high-powered blender for 1 1/2 minutes. You can add more or less liquid, depending on how thick you like it. Serve or top with your favorite nut butter and granola.

-Paleoglutenfree.com

Coffee Protein Smoothie

Ingredients

- 2 Bananas, peeled
- 1 scoop or about ¼ cups organic grain-free plant protein, smooth coffee flavored
- 2 to 2 ½ cups flax milk
- 2 dates, pitted (optional)
- ¼ cup cashews
- 2 tablespoons shelled hemp seeds

Place everything in a high-speed blender (like a Vitamix). Blend everything on high speed until smooth.

-mychefsapron.com



Gingerbread Oatmeal Smoothie

Ingredients

- 1/3 cup rolled oats
- 1 tablespoon chia seed
- 1 cup vanilla yogurt
- 1 cup almond milk
- ¼ teaspoon nutmeg
- 1 ½ teaspoons cinnamon
- ½ teaspoon ginger
- 1/8 teaspoon ground cloves
- 1 teaspoon vanilla extract
- 1 tablespoon molasses

Optional: Add 1 scoop Garden of Life Fit Vanilla Protein Powder

Directions

Blitz together the rolled oats, chia seeds, yogurt, nutmeg, cinnamon, ginger, ground cloves, vanilla extract, and molasses in a blender until deliciously smooth and creamy.

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Cranberry Orange Smoothie

Ingredients

- ¾ cup frozen whole cranberries
- ¼ cup dried goji berries
- 1 chopped ripe pear
- 1 cup orange juice
- ½ cup coconut milk
- 1 tablespoon flaxseed

Optional: Add 1 scoop Vanilla Boost

Directions

Cut pear into quarters and remove seeds. Add to blender together with cranberries, goji berries, orange juice, coconut milk and flaxseed. Blend until all the ingredients are thick and creamy.

Pour into two glasses and decorate with cranberries.

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Banana Cinna-Roll Smoothie

Ingredients

- 1/2 cup almond milk
- 1/2 cup coconut water (or more almond milk)
- 1 frozen banana
- 1 tbsp hemp seeds (or nut of choice)
- 1/2 tsp chia seeds
- 1 tbsp raisins
- 1/2 tsp pure vanilla extract
- 1/2 tsp cinnamon (or more because cinnamon is amazing)
- 1 scoop Vanilla Protein Powder
- Ice, lots of ice.

Blend all. Serve in a cup with more raisins and a sprinkle of cinnamon.

whatrunslori.com



Decadent Chocolate Smoothie

Ingredients

- 1 small or ½ large peeled and frozen banana
- ¼ avocado
- 1 plant almond or coconut-based milk
- 2 tablespoons cacao powder
- 1 tablespoons maple syrup
- 1 tablespoon almond or hazelnut butter
- 1 tablespoons chia seed
- Pinch of cinnamon
- Handful ice cubes
- Handful of spinach leaves, optional
- Granola, to top

Optional: Add 1 scoop Chocolate Dream Protein /1 scoop Chocolate Boost



Instructions:

Place all of the ingredients in a blender and blend until completely smooth and creamy.

Transfer to a glass and top with the granola. Enjoy with a spoon!



Try just one of these smoothies, or all 21. Either way your body, mind, mood, and spirit will thank you...You may even kick those holiday cravings and feel your best before January rolls in. Eat & drink healthy throughout the holiday season and you won't need any resolutions. 21 Days. One day at a time. That's all it takes.



Happy Healthy Holiday Challenge!