

Healthy Chocolate Lover's Smoothies

Chocolate Cherry Fave Smoothie

1 cup cherries
2 bananas
1 cup mixed berries frozen
¼ - ½ cup crushed pineapple
1 scoop Chocolate Dream Protein
1 scoop Dutch Chocolate Greens First BOOST
1 Tbsp peanut or almond butter, no sugar
2-3 tsp coconut oil
32 ounces water



Blend and enjoy.

Dancing with Gorillas Breakfast

2 bananas
1 Tbsp natural peanut butter
1/2 cup frozen berries
1 fresh peach, or 1 cup of frozen peaches
1 scoop Chocolate Dream Protein powder
1 scoop Vanilla Greens First Boost
16 ounces water
2 ice cubes
Optional: Alternate with Chocolate Green's Boost or pure unsweetened cocoa or carob.

Blend, dance and enjoy!

Dr. Bill's Breakfast for Two

2 bananas
2 cups of fresh or frozen strawberries
1 apple (cored)
1 orange
1 cup frozen wild blueberries
2 ½- 3 Scoops of Chocolate Dream Protein
2 Scoops of Vanilla or Dutch Chocolate Boost
32 oz Water or Coconut Water
Yummy!

Healthy Chocolate Milkshake Recipe

2 frozen bananas
½-1 cup almond milk
2 heaping tbsp Chocolate Dream Protein Powder
2 squirts Vanilla Stevia
Simply add everything together in a blender and blend until smooth. Voila! The perfect snack that takes 5 minutes to make and helps you stay on track with healthy eating!



Chocolate Silk

¼ cup coconut milk
¾ cup pure water
5 dates, pitted and soaked in water
¼ avocado
1Tbsp of raw cacao
10 ice cubes
Pour the milk and water into the blender w/ the dates, avocado, and cacao on top.
Blend. Add ice and Blend until completely smooth.



Chocolate Divine

1/3 cup cashew, raw
7 dates
1 Tbsp of raw cacao
1 cup water
10 ice cubes
Blend all ingredients except the ice cubes until smooth. Add the ice and blend again till smooth. Very Yummy!
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Pecan Delight

1/3 cup raw pecans
4-8 dates, soaked in water (depending on your desire of sweetness)
1 packet of stevia
1 tsp vanilla
1 Tbsp raw cacao
1 cup water
12 ice cubes
First blend the pecans, dates, stevia, vanilla cacao, and water. Then add the ice and blend until smooth.

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Purple Chocolate **Green** Smoothie

1 ripe banana, peeled
5-8 oz spinach, fresh
2 dates, pitted
1 cup blueberries, frozen
1tbsp powdered cacao
5 ice cubes
1 ½ cup water

Pour the water in first. Then blend and banana, spinach, and dates with the water. Add the remaining ingredients and blend until smooth.

Chocolate Banana Smoothie

2 bananas, peeled frozen
¼ cup raw almonds
1 Tbsp cacao/carob
1-2 packet of vanilla stevia
½ cup of water
2-4 ice cubes

First, pour water, stevia, and chocolate into the blender. Second, place the nuts on the bottom with the frozen Bananas and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.



P & B Berry Blast

2 cups mixed berries, fresh or frozen
2 frozen bananas
2 cups almond milk
2 heaping Tbsp peanut butter, no sugar
1 scoop Chocolate Protein Powder
1 cup frozen cherries
Add water if needed.

Blend on high until smooth.

Deb's **Green** Chocolate Smoothie

1 cup frozen or fresh strawberries
1 banana
¼ head of organic romaine lettuce
1 scoop Chocolate Dream Protein
1 scoop Dutch Chocolate Greens First Boost
2 cups water

Blend and Enjoy!

Sweet Escape

2 bananas, fresh or frozen
1 avocado
3Tbsp of unsweetened cocoa
3 dates, pitted
1 Tbsp coconut oil
½ tsp cinnamon
1-2 scoops Chocolate Dream Protein
24-32 ounces water, coconut water or almond milk
Blend on high until smooth

Deb's Awesome Chocolate Peanut Butter Smoothie

2 Tbsp. unsweetened cocoa powder/or Carob
2 Tbsp peanut butter (organic, no sugar)
1 banana
1 cup almond milk (unsweetened)
1 scoop Chocolate Dream Protein
1 scoop Chocolate Greens' First Boost
1 cup ice (use more for added thickness)

Optional Add 1 cup frozen organic cherries

Blend until smooth.

Deb's Carob Pudding Chocolate

2 Tbsp unsweetened carob powder
1 banana
1 cup unsweetened almond, or coconut milk
1-3 pitted Mejdool Date (soaked in water to soften)

½-1 avocado (cored and peeled)
1 scoop Greens First Vanilla Boost
1 cup ice (thicker with no ice)

Blend, and eat with a spoon!
A bit more liquid will thin a smoothie consistency.



Smoothie Healthy Dark **Green** Smoothie

½ large mango
¾ cup frozen blueberries
2 cups (or handfuls) of raw spinach
¼ cup raw cacao nibs (or 1/8 cup raw cacao powder)
4-6 ounces of filtered water
a few dates or stevia sweetener (optional)
Add all the ingredients to your blender, and blend on high for 30 seconds or until the smoothie is creamy. Note: if you don't have a high-speed blender you'll want to grind the Cacao nibs or beans in a coffee grinder.

Chocolate Mint Green Smoothie

Part I

- ½ avocado
- ½ cup fresh baby spinach leaves
- ¼ cup fresh mint leaves
- ½ cup unsweetened almond or coconut milk
- ½ scoop (20g) vanilla flavored whey protein
- ¼ cup pasteurized egg whites

Part II

- 2 heaping tbsp. extra dark cocoa powder
- 1 tbsp. flaxseed meal

Garnish (optional)

- Plain Greek or Coconut Yogurt
- Cacao nibs
- Fresh mint leaves



INSTRUCTIONS

1. Add all ingredients of Part 1 to your blender or food processor and process until smooth (a mini blender might not cut it here... spinach and mint leaves do take up a lot of room. You need the real arsenal for this one!)
2. Transfer half of that mixture into a separate container and reserve.
3. Add the cocoa powder and flaxseed meal to what's left in your blender or food processor and process until smooth.
4. Pour half of that into a serving glass. Top with reserved mint mixture. Finish with the rest of the chocolate.
5. Garnish with a dollop of plain yogurt, cacao nibs and mint leaves, if desired.

Super Banana Sundae

- 4 large very ripe bananas
- ½ cup dates
- 1 cup pineapple
- ½ cup blueberries
- ¼ cup carob powder

Directions:

1. Place banana slices into a sealable freezer bag (a splash of lemon will prevent browning) and let freeze all day or overnight.
2. When ready to eat, place dates in a bowl of water to soften. Put bananas in food processor and blend. They will become the texture and consistency of ice cream.