

TROPICAL TUNE UP SMOOTHIES

August is Tropical Tune Up Month

Select Protein Powders on Sale thru August!



Pineapple Banana & Coconut Cream Smoothie

1 frozen banana

1 cup pineapple

1/2 cup coconut milk (organic canned, fresh, cream of coconut, or coconut cream concentrate)

1/2 tsp. vanilla extract

1 cup ice cubes

1 scoop Green's First Vanilla Boost

The remainder is optional:

2 T shredded coconut or 1 T coconut oil 1 scoop

Vanilla Dream Protein or Garden of Life Fit Vanilla

Blend everything and drink outdoors in the sun!

Tropical Green Smoothie

2 cups organic spinach

1 cup mango

1 banana

1 cup pineapple chunks

1 cup coconut water

That's it! Blend and enjoy!



Summer Mango Mint Smoothie

3 handfuls of organic spinach

1 cup fresh or frozen mango

10-15 mint leaves

1/2 cup fresh or frozen fruit

1/2 banana

1/2 cup coconut water

1 cup cold water

1 scoop Vanilla Dream Protein or Dream Plus 5

Green's First Vanilla Boost

Blend with 5-10 ice cubes if you don't use frozen fruit.

Enjoy this refreshing summer treat!



Quick Mandarin Orange Smoothie

15 oz. Container Mandarin Oranges in 100% juice

2 Bananas

2 cups Coconut Milk

2 T Organic Shredded Coconut

Ice

Add your favorite Protein Powder to make it a meal!

Easy Breezy Amazing Grass Superfood Smoothie

1 Cup unsweetened almond milk or coconut water

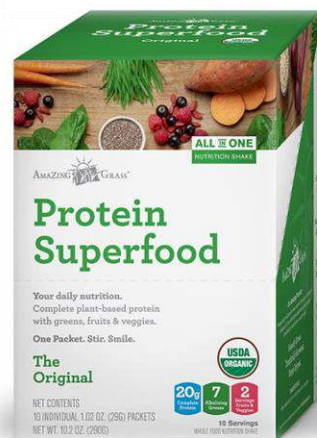
1 banana

1 scoop collagen

1 scoop or packet Amazing Grass Protein Superfood

1 scoop vanilla boost

Blend and enjoy the best tasting green protein smoothie!



Easy Watermelon Juice

Add about 3 plus cups of watermelon to blender (about $\frac{1}{2}$ to $\frac{3}{4}$ of your blender) and that's it!

Optional:

Add 3 parts watermelon, 1 part green seedless grapes or cantaloupe. Just blend and you have a super easy energy boost!

Try adding a few frozen strawberries for a creamy blend.

Add Coconut water for a potassium boost

Add a scoop of Green's First Vanilla Boost or your favorite protein powder;

Cantaloupe Milk

3 cups cantaloupe or about $\frac{1}{2}$ cantaloupe

$\frac{1}{2}$ cup coconut water or vanilla almond milk

1 scoop Vanilla Protein powder

Blend! Yum!



Garden of Life Chocolate Raw Organic Meal Smoothie

This is a delicious plant-based protein smoothie

1 scoop GOL Chocolate Raw Meal Protein Powder

1 ¼ cup Unsweetened Vanilla Almond Milk

1 cup frozen organic cherries or strawberries

1 Tablespoon nut butter

Optional:

1 scoop collagen

2 T shredded coconut

Blend & Enjoy!



Coconut Avocado Smoothie



1 cup coconut water

1 cup coconut milk (carton not can)

Juice of ½ a lime

2 T fresh chopped Basil

Pulp of 1 ripe avocado

1 cup frozen mango cubes

½ teaspoon lime zest

Optional: ½ scoop vanilla Boost, dash of salt, stevia or vanilla

Place all ingredients in blender in order listed except for lime zest. Blend until smooth. Add additional coconut water if smoothie is too thick. Garnish with lime zest. Makes 2 serving.



DRINKS with ESSENTIAL OILS

Summer is the perfect time to sit outside and sip an ice-cold drink! If you'd like to incorporate the benefits and flavors of **Essential Oils** into your summer drinks, here are some perfectly delicious options for you to try

Strawberry Chamomile Grapefruit Juice

- **Servings:** 4–6
- **Time:** 10 minutes active

Ingredients:

- 3/4 cup (180 ml) water
- 1/3 cup (80 ml) honey
- 2–3 drops Roman chamomile essential oil (you can substitute this with a citrus oil if desired)
- Juice of 2 fresh grapefruits (about 12–16 oz.)
- 1 lb. (450 g) fresh strawberries, sliced
- Sparkling water
- Crushed ice



Instructions:

1. In a small saucepan, bring water and honey to boil and simmer for 1 minute. Remove from heat, and allow to cool. Once cool, stir in the essential oil.
2. Divide sliced strawberries and grapefruit juice among 4–6 glasses. Using the back of a spoon, gently press the strawberries against the side of the glass to help release their juice.
3. Add 2–4 Tbsp. (30–60 ml) of the chamomile-honey syrup to each glass and stir in.
4. Fill the remainder of each glass with crushed ice and sparkling water.
5. Taste, and add more chamomile-honey syrup if desired.

Summer Citrus Cooler

- **Servings:** 8–12
- **Time:** 20 minutes active

Ingredients & Supplies:

- Juice of 6 lemons
- Juice of 6 limes
- Juice of 6 oranges
- 2 quarts (~2 liters) cold water
- 5 drops lemon essential oil
- 5 drops tangerine essential oil
- 2 drops bergamot essential oil
- 3/4 cup (180 ml) raw organic agave nectar*
- Mint leaves and sliced citrus fruits for garnish
- Ice

*Deb's Comments: For those with sugar concerns; use Stevia or liquid stevia.



Instructions:

1. Combine the fresh juices and the water in a large pitcher.
2. Add the essential oil and agave.
3. Pour into glasses with ice, and garnish with mint leaves and sliced citrus fruits.

Floating mint leaves and sliced citrus fruits in the serving pitcher will add flavor and make the drink look extra appealing.

Raspberry Mint Iced Tea

- **Servings:** 8
- **Time:** 15 minutes active; 3–5 hours inactive **Ingredients:**
- 1 Tbsp. honey
- 1 bunch of mint leaves (set aside a few sprigs)
- 4 raspberry herbal tea bags
- 8 cups boiling water
- 1 drop peppermint essential oil
- 1 cup fresh raspberries



Instructions:

1. Add honey, mint, and raspberry tea bags to the boiling water.
2. Steep the tea bags for 3–5 minutes; then remove.
3. Put tea in the refrigerator for 3–5 hours until cold.
4. Remove from fridge, and add essential oil.
5. Add raspberries to cups.
6. Pour tea over the raspberries.
7. Garnish with mint leaves.
8. Enjoy!

Cherry Lemonade with Lemon Essential Oil

- **Servings:** 8–12
- **Time:** 10 minutes

Ingredients:

- 2/3 c. blue agave
- 4 drops lemon essential oil
- 4 large lemons
- 1 two-liter bottle of sparkling cherry soda**
- 4 cups water



Instructions:

1. In a gallon pitcher, combine agave, lemon essential oil, juice of lemons, and sparkling cherry soda.
2. Stir. Then add water to fill the pitcher.
3. Chill in the refrigerator. Serve over ice.

*Deb's Comments: For those with sugar concerns; use Stevia or liquid Stevia.

**Deb's Comments: Try using IZZI Natural Fruit Juice Spritzer

www.abundanthalth4u.com

Source: <http://blog.youngliving.com/summer-recipes-with-essential-oils/#>.

Beat The Heat Tropical Smoothies

Peachy Protein Smoothie

This is a light tasting smoothie with a hint of peaches because I use the frozen mixed Tropical Fruit form Costco. If I use frozen peaches only, then it has a stronger peach taste.



Ingredients:

- 1 cup frozen peaches, pineapple and melon
- 1 banana
- 2 Tbsp. shredded coconut
- 1 Tbsp. Coconut
- 1 scoop Vanilla Dream Protein
- 1 scoop Green's First Vanilla Boost
- 1 cup unsweetened organic almond milk

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!

Tropical Green Smoothie

It's so easy to drink green! Again, if you want to turn this into a meal, scoop of your favorite protein powder. That's it! Blend and enjoy!

- 1 cup coconut water
- 2 cups organic spinach
- 1 banana
- 1 cup pineapple chunks
- 1 cup mango
- 2 Tbs. Shredded coconut



add 1

Summer Energizer Smoothie

So refreshing but very sweet, so I like to add the option of the protein to tone down the sweetness

Ingredients:

1/2 cup coconut water
1/4 fresh pineapple, peeled and cut into pieces
10 organic strawberries fresh or frozen
1 mango peeled and cut into pieces
1 banana
3 ice cubes

Option: Add your favorite protein powder such as Vanilla Dream Protein to make it a meal.

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!

Christmas in July Pomegranate Smoothie

Get your blood pumping with this easy smoothie recipe. It's chockfull of ingredients with antioxidants that boost blood flow and can help to keep your arteries clear.

Ingredients:

1 cup pomegranate juice
1 banana
10 organic strawberries fresh or frozen
1 cup unsweetened organic almond milk

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!



Watermelon Juice

Watermelon Juice is hydrating, detoxifying, and nutrient rich. It is super easy to make. You *will* love it!

Ingredients:

Just Watermelon. That's it! Cut up seedless water melon, fill blender and blend until pure liquid. Enjoy!



Summer Cinnamon Banana Smoothie

This is thick, rich and almost pudding like. Give your summer a hint of the tastes of winter.

6 small bananas ripe enough to be speckled.

Ingredients:

6 ripe, speckled bananas

5 dates, pitted

1.5 cups coconut water

2 Tbs. unsweetened shredded coconut

1 scoop Vanilla Dream Protein

1 scoop Green's First Vanilla or Chocolate Boost

Option: Add 2 Tbs. unsweetened cocoa and 1 Tbs. unsweetened Peanut butter

Blend all ingredients in a high speed blender

