



With all the different fruits and veggie combinations you can mix together to make healthy smoothie recipes, the options are simply endless! For me, I was able to reduce my consumption of coffee and tea and quit snacking during the day, and replaced them with healthy smoothies instead. I feel great when I enjoy my healthy smoothies as my snack and stopped feeling guilty like before.

In this guide, you'll find 87 delicious smoothie recipes that will light up your life with fantastic energy and nutrition. These smoothies are so powerful because they allow you to pack in several servings of fruits and veggies into an easy to drink and digest format. Plus, they take about 2 minutes to make!

The vast majority of these recipes only call for basic fruits and vegetables that can be purchased at your local grocery store. Other than that, you'll need a good blender or food processor to blend everything together. In most of the recipes I also haven't included a measurement for water so feel free to add as little or as much as you like to make your smoothie more or less runny.

I also haven't included other ingredients like healthy fats or proteins to these smoothies. If you want to do so, then by all means go ahead but I encourage you first to see how you feel with a fruit/veggie-only smoothie before trying to add in other ingredients. It's important to tune in to how your body feels after drinking and eating food and that's why I recommend keeping things simple to start – as your baseline, if you will.

Enjoy the recipes!

Your friend and coach,

A handwritten signature in black ink, appearing to read 'Deborah Sandoval', with a stylized flourish at the end.

Deborah Sandoval

Certified Fitness Nutrition Coach

925-518-3434

info@teamdivinefitness.com

No portion of this manual may be used, reproduced, or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording, or any information storage and retrieval system by anyone. This manual may not be reproduced in any form without the express written permission of Deborah Sandoval.

The information in this book is for educational purposes only. The information in this book is based on my own personal experiences and my own interpretation of available research. It is not medical advice and I am not a medical doctor.

The information within this book is meant for healthy adult individuals. You should consult with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that fitness and nutrition needs vary from person to person, depending on age, sex, and health status.

If you have any health issues or concerns please consult with your physician. Always consult your physician before beginning or making any changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Classic Strawberry-Banana Smoothie

1 Banana, chopped
5 Strawberries (stemmed & chopped)
¼ tsp Fresh Lime Juice
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Banana-Almond Smoothie

2 Bananas, chopped
1/4 cup Almonds, finely chopped
1/8 tsp Pure Vanilla Extract
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Choco-Banana Smoothie

1 Banana, chopped
1 Tbsp Cacao Powder
½ tsp Honey
Pinch of Cinnamon
5 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy. Stir in extra honey to desired sweetness.

Banana-Walnut Smoothie

- 1 Banana, chopped
- 1 Apple, cored & chopped
- ¼ cup Apple Juice
- ¼ cup Walnuts, chopped
- ½ Tbsp Honey

Serves 1

You may need to adjust the amount of honey depending on the sweetness of the fruit used. Puree ingredients in a blender or food processor until smooth.

Banana-Peanut Butter Smoothie

- 1 Banana, chopped
- 2 Tbsp Peanut Butter
- ½ tsp Honey
- 5 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Banana-Colada Smoothie

- 1 Banana, chopped
- ¼ cup Pineapple Juice
- ¼ cup Pure Coconut Milk
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Banana-Peach-Pear Smoothie

1 Banana, chopped
1 Peach (pitted & chopped)
1 Pear, chopped
Pinch of Cinnamon

Serves 1

You may peel the peach & pear if desired before chopping, if desired. Puree ingredients in a blender or food processor until smooth.

Banana-Blueberry Smoothie

1 Banana, chopped
¼ cup fresh Blueberries
½ cup Orange Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.

Banana-Ginger Smoothie

1 Banana, chopped
½ inch fresh Ginger Root (peeled & chopped)
½ Tbsp Honey
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice cubes should be slushy.

Banana-Maple Syrup Smoothie

1 Banana, chopped
½ cup Apple Juice
1 ½ Tbsp Maple Syrup (100% pure)
Pinch of Cinnamon

Serves 1

Puree ingredients in a blender or food processor until smooth.

Pear-Vanilla Smoothie

1 Pear, cored & chopped
1 Apple, cored & chopped
1/8 tsp Pure Vanilla Extract
½ inch fresh Ginger Root (peeled & chopped)

Serves 1

Puree ingredients in a blender or food processor until smooth.

Apple-Peanut Butter Smoothie

2 Apples, cored & chopped
½ cup Apple Juice
Tbsp Peanut Butter
Pinch of Cinnamon

Serves 1

Puree ingredients in a blender or food processor until smooth.

Apple-Walnut Smoothie

1 Apple, cored & chopped
½ cup Apple Juice
¼ cup Walnuts, chopped
½ tsp Honey
Pinch of Cinnamon

Serves 1

Puree ingredients in a blender or food processor until smooth.

Caribbean Cooler Smoothie

3 Strawberries, stemmed & chopped
1 Peach, pitted & chopped
½ tsp fresh Ginger Root, peeled & grated
¼ cup Pure Coconut Milk
3 Ice cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice cubes should be slushy.

Berry-Green Tea Smoothie

5 Strawberries, stemmed & chopped
¼ cup fresh Blueberries
½ cup Green Tea, fresh brewed & chilled
½ inch fresh Ginger Root (peeled & chopped)

Serves 1

Puree ingredients in a blender or food processor until smooth, ice cubes should be slushy.

Simple Strawberry Smoothie

1 cup Strawberries, stemmed & chopped
1 tsp fresh Lemon Juice
1/2 tsp Honey
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice cubes should be slushy.

Pink Watermelon Smoothie

2 cups Strawberries, stemmed & chopped
1/8 Watermelon (seedless)
1/2 cup Apple Juice
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy. Garnish with a wedge of watermelon.

Peach-Almond Smoothie

1 Peach, pitted & chopped
1/2 cup Apple Juice
1/4 cup Almonds, finely chopped
Pinch of Cinnamon

Serves 1

Puree ingredients in a blender or food processor until smooth.

Peach- Citrus Smoothie

2 Peaches, pitted & chopped
½ cup Orange Juice
½ tsp fresh Lime Juice
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Peachy-Pear Smoothie

1 Peach, pitted & chopped
1 large Pear, chopped
1/2 cup Apple Juice
1/8 tsp Pure Vanilla Extract
Pinch of Cinnamon

Serves 1

Puree ingredients in a blender or food processor until smooth.

Peach Tea Smoothie

2 Peaches, pitted & chopped
½ cup Black Tea, fresh brewed & chilled
1 tsp Maple Syrup (100% pure)

Serves 1

Puree ingredients in a blender or food processor until smooth.

Peach Island Smoothie

1 Peach, pitted & chopped
½ cup fresh Pineapple, peeled & chopped
1 Banana, chopped
¼ cup Pure Coconut Milk

Serves 1

Puree ingredients in a blender or food processor until smooth.

Plum-Green Tea Smoothie

3 Plums, pitted & chopped
¼ cup Acai Berries
½ cup Green Tea, fresh brewed & chilled

Serves 1

Puree ingredients in a blender or food processor until smooth.

Walnut-Plum Smoothie

3 Plums, pitted & chopped
¼ cup Walnuts, chopped
½ cup Black Tea, fresh brewed & chilled

Serves 1

Puree ingredients in a blender or food processor until smooth. Garnish with plum slice.

Plum-Strawberry Smoothie

2 Plums, pitted & chopped
3 Strawberries, stemmed & chopped
¼ tsp fresh Lime Juice
½ cup Apple Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.

Orange Island Smoothie

2 Oranges, peeled, seeded & chopped
1 Banana, chopped
¼ cup Pineapple Juice

Serves 1

Puree ingredients in a blender or food processor until smooth. Garnish with an orange wedge.

Vanilla-Orange Smoothie

1 Orange, peeled, seeded & chopped
1 Apple, cored & chopped
1/2 cup Orange Juice
1/2 tsp Pure Vanilla Extract

Serves 1

Puree ingredients in a blender or food processor until smooth.

Pineapple-Banana Smoothie

½ cup fresh Pineapple, peeled & chopped
1 Banana, chopped
1 Kiwi, peeled & chopped
¼ cup Pineapple Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.

Pineapple-Coconut Smoothie

½ cup fresh Pineapple, peeled & chopped
1 Peach, pitted & chopped
½ cup Orange Juice
¼ cup Pure Coconut Milk

Serves 1

Puree ingredients in a blender or food processor until smooth.

Berry-Peach Smoothie

1 cup fresh Blueberries
¼ cup Acai Berries
1 Peach, pitted & chopped
1 Tbsp Maple Syrup (100% pure)
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice should be slushy.

Berry-Ginger-Green Tea Smoothie

- ¼ cup fresh Blueberries
- ½ cup fresh Raspberries
- ½ cup Green Tea, fresh brewed & chilled
- ½ inch fresh Ginger Root (peeled & chopped)

Serves 1

Puree ingredients in a blender or food processor until smooth.

Blueberry-Apple Smoothie

- ¼ cup fresh Blueberries
- 1 Apple, cored & chopped
- ¼ tsp Pure Vanilla Extract
- 1 tsp Maple Syrup (100% pure)
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice should be slushy.

Blueberry-Peach Smoothie

- ¼ cup fresh Blueberries
- ½ cup Peach Juice
- 1 Peach, pitted & chopped
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice should be slushy.

Three Berry Smoothie

- ¼ cup fresh Blueberries
- 3 Strawberries, stemmed & chopped
- ½ cup 100% Cranberry Juice
- ½ tsp Honey
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice should be slushy.

Cantaloupe-Orange Smoothie

- 1 cup Cantaloupe, chopped
- ½ cup Orange Juice
- ½ cup Apple Juice
- ½ inch fresh Ginger Root (peeled & chopped)
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice should be slushy.

Melon-Banana Smoothie

- 1 cup Cantaloupe, chopped
- 1 cup Honeydew Melon, chopped
- 1 Banana, chopped
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice should be slushy.

Melon-Green Tea Smoothie

1 cup Honeydew Melon, chopped
1 Banana, chopped
1/2 tsp Honey
1/2 cup Green Tea, fresh brewed & chilled

Serves 1

Puree ingredients in a blender or food processor until smooth.

Mango-Banana Smoothie

1 Mango, peeled & chopped
1 Banana, chopped
1/2 cup Orange Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.

Mango-Colada Smoothie

1 Mango, peeled & chopped
1 Apple, cored & chopped
1/2 cup fresh Pineapple, peeled & chopped
1/4 cup Pure Coconut Milk

Serves 1

Puree ingredients in a blender or food processor until smooth.

Red Veggie Smoothie

1 cup fresh Tomato Juice
1 cup fresh Beet Juice
1 tsp fresh Lemon Juice
Salt & Pepper to taste

Serves 1

Puree ingredients in a blender or food processor until smooth, serve chilled immediately.

Tomato & Greens Smoothie

1 cup fresh Tomato Juice
1 cup Spinach, chopped
1/2 cup Celery, chopped
Salt & Pepper to taste

Serves 1

Puree ingredients in a blender or food processor until smooth.

Tomato Avocado Smoothie

1 cup fresh Tomato Juice
1 small Avocado, peeled, pitted &
chopped 1 cup Cucumber peeled &
chopped Tabasco to taste

Serves 1

Puree ingredients in a blender or food processor until smooth.

Beet-Carrot-Ginger Smoothie

1 cup fresh Beet Juice
½ cup fresh Carrot Juice
½ inch fresh Ginger Root (peeled & chopped)
1 tsp fresh Lemon Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.

Tomato-Spinach Smoothie

1 cup fresh Tomato Juice
1 tsp fresh Lemon Juice
1 cup Spinach, chopped

Serves 1

Puree ingredients in a blender or food processor until smooth.

Carrot-Ginger Smoothie

½ cup fresh Carrot Juice
½ inch fresh Ginger Root (peeled & chopped)
¼ tsp fresh Lemon Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.

Avocado-Greens Smoothie

1 small Avocado, peeled, pitted & chopped
1 cup Spinach, chopped
1/2 cup Celery, chopped

Serves 1

Puree ingredients in a blender or food processor until smooth.

Light Cucumber Smoothie

1 cup Cucumber, peeled & chopped
1 tsp fresh Lemon Juice
½ inch fresh Ginger Root (peeled & chopped)

Serves 1

Puree ingredients in a blender or food processor until smooth.

Beet & Greens Smoothie

1 cup fresh Beet Juice
½ cup Spinach, chopped
1 cup Cucumber, peeled & chopped

Serves 1

Puree ingredients in a blender or food processor until smooth.

Tomato Lime Smoothie

1 cup fresh Tomato Juice
¼ tsp fresh Lime Juice
½ cup Celery, chopped
Salt & Pepper to taste

Serves 1

Puree ingredients in a blender or food processor until smooth.

Beet-Lemon Smoothie

1 cup fresh Beet Juice
1/2 cup Celery, chopped
1 tsp fresh Lemon Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.

Raspberry-Almond Smoothie

½ cup Raspberries
1 large Pear, chopped
¼ cup Almonds, finely chopped
1 Tbsp Cacao Nibs, finely chopped (or cacao powder)
½ tsp Honey

Serves 1

Puree ingredients in a blender or food processor until smooth. Adjust honey for desired sweetness.

Raspberry-Banana Smoothie

½ cup Raspberries
1 Banana, chopped
2 Kiwis, peeled & chopped
½ cup Apple Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.

Raspberry-Tea Smoothie

½ cup Raspberries
1 cup Peach Juice
½ Cup Black Tea, fresh brewed & chilled
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice should be slushy.

Nectarine-Strawberry

Smoothie 2 Nectarines, pitted
& chopped 1 Peach, pitted &
chopped
3 Strawberries, stemmed & chopped
1/2 tsp Honey
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Garnish with a strawberry.

Nectarine Ginger Smoothie

2 Nectarines, pitted & chopped
1 large Pear, chopped
½ inch fresh Ginger Root (peeled & chopped)
1 tsp Maple Syrup (100% pure)

Serves 1

Puree ingredients in a blender or food processor until smooth.

Cinnamon Nectarine Smoothie

3 Nectarines, pitted & chopped
½ cup Apple Juice
Pinch of Cinnamon
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice should be slushy.

Celery-Apple Smoothie

1 Apple, cored & chopped
1/2 cup Celery, chopped
1/2 tsp fresh Lemon Juice

Serves 1

Puree ingredients in a blender or food processor until smooth. Salt to taste

Apple-Carrot Smoothie

1 Apple, cored & chopped
1 cup Cucumber, peeled & chopped
1/2 cup fresh Carrot Juice

Serves 1

Puree ingredients in a blender or food processor until smooth. Salt to taste

Uber-Melon Smoothie

1 cup seedless Watermelon (or remove seeds), chopped
1 cup Cantaloupe, chopped
1 cup Honeydew Melon, chopped
1/2 tsp Honey

Serves 1

Puree ingredients in a blender or food processor until smooth.

Watermelon-Peach Smoothie

1 cup seedless Watermelon (or remove seeds), chopped
1 Peach, pitted & chopped
1/2 inch fresh Ginger Root (peeled & chopped)

Serves 1

Puree ingredients in a blender or food processor until smooth.

Honey Citrus Smoothie

- 1 cup Grapefruit, peeled, chopped
- 1 Orange, peeled, seeded & chopped
- ½ tsp fresh Lime Juice
- ½ tsp Honey
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice should be slushy. Adjust Honey to desired sweetness.

Grapefruit Smoothie

- 1 cup Grapefruit, peeled, chopped
- ½ cup fresh Pineapple, peeled & chopped
- 1 Apple, cored & chopped
- ½ tsp Honey
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice should be slushy.

Strawberry-Grapefruit Smoothie

- 1 cup Grapefruit, peeled, chopped
- 5 Strawberries, stemmed & chopped
- 1/2 tsp Honey
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice should be slushy.

Cherry-Choco Smoothie

½ cup Cherries, stemmed & pitted
1 Apple, cored & chopped
Cacao Powder
1/2 tsp Honey

Serves 1

Puree ingredients in a blender or food processor until smooth.

Cherry-Apple Smoothie

½ cup Cherries, stemmed & pitted
1 Apple, cored & chopped
½ tsp fresh Lime Juice
½ tsp Honey

Serves 1

Puree ingredients in a blender or food processor until smooth.

Cherry-Berry Smoothie

½ cup Cherries, stemmed & pitted
½ cup Blackberry
½ cup 100% Cranberry Juice
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth.

Cherry-Nectarine Smoothie

½ cup Cherries, stemmed & pitted
2 Nectarines, pitted & chopped
1 tsp fresh Lemon Juice
1/2 tsp Honey

Serves 1

Puree ingredients in a blender or food processor until smooth.

Kiwi-Banana Smoothie

3 Kiwis, peeled & chopped
1 Banana, chopped
½ inch fresh Ginger Root (peeled & chopped)
½ tsp Honey

Serves 1

Puree ingredients in a blender or food processor until smooth.

Kiwi-Green Tea Smoothie

2 Kiwis, peeled & chopped
1 Orange, peeled, seeded & chopped
½ tsp Honey
½ Cup Green Tea, fresh brewed & chilled

Serves 1

Puree ingredients in a blender or food processor until smooth.

Kiwi-Apple Smoothie

- 2 Kiwis, peeled & chopped
- 1 Apple, cored & chopped
- ½ tsp fresh Lime Juice
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice cubes should be slushy.

Kiwi-Strawberry Smoothie

- 3 Kiwis, peeled & chopped
- 5 Strawberries, stemmed & chopped
- 1 Banana, chopped
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice cubes should be slushy.

Kiwi-Peach Smoothie

- 2 Kiwis, peeled & chopped
- 1 Peach, pitted & chopped
- 3 Strawberries, stemmed & chopped
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice cubes should be slushy.

Kiwi-Pineapple Smoothie

4 Kiwis, peeled & chopped
½ cup fresh Pineapple, peeled & chopped
Honey to taste
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth, ice cubes should be slushy.

Mango-Strawberry Smoothie

1 Mango, peeled & chopped
3 Strawberries, stemmed & chopped
1 Banana, chopped
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Mango-Green Tea Smoothie

1 Mango, peeled & chopped
1 Peach, pitted & chopped
½ cup Green Tea, fresh brewed & chilled
½ tsp Honey

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Mango-Kiwi Smoothie

1 Mango, peeled & chopped
 ½ cup Orange, peeled, seeded & chopped
 2 Kiwis peeled & chopped
 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Orange-Mango-Melon Smoothie

1 Mango, peeled & chopped
 1 cup Cantaloupe, chopped
 1 Orange, peeled, seeded & chopped
 1/2 tsp Honey

Serves 1

Puree ingredients in a blender or food processor until smooth.

Mango-Mint Smoothie

1 Mango, peeled & chopped
 ½ inch fresh Ginger Root (peeled & chopped)
 1 tsp Mint, chopped
 ½ tsp fresh Lime Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.

Mango-Carrot Smoothie

1 Mango, peeled & chopped
1/2 cup fresh Carrot Juice
1/2 tsp Honey

Serves 1

Puree ingredients in a blender or food processor until smooth.

Cinnamon-Apricot Smoothie

3 Apricots, pitted & chopped
1 Peach, pitted & chopped
Pinch of Cinnamon
1 tsp Maple Syrup (100% pure)
3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Cran-Apple Smoothie

1 Apple, cored & chopped
1 cup 100% Cranberry Juice
½ tsp fresh Lime Juice
3 Ice Cubes
Honey to taste

Serves 1

Puree ingredients in a blender or food processor until smooth, ice cubes should be slushy.

Carrot, Apple & Greens Smoothie

- 1 cup Spinach, chopped
- 1/2 cup fresh Carrot Juice
- 1 Apple, cored & chopped

Serves 1

Puree ingredients in a blender or food processor until smooth.

Peach-Pistachio Smoothie

- 1 Banana, chopped
- 1 Peach, pitted & chopped
- 1/2 cup Pistachios, finely chopped
- 1/4 cup Pure Coconut Milk

Serves 1

Puree ingredients in a blender or food processor until smooth.

Mango Nut Smoothie

- 1 Orange, peeled, seeded & chopped
- 1 Mango, peeled & chopped
- 2 Tbsp Cashew Butter
- 3 Ice Cubes

Serves 1

Puree ingredients in a blender or food processor until smooth. Ice cubes should be slushy.

Apple Cucumber Smoothie

1 Apple, cored & chopped
1 cup Cucumber, peeled & chopped
1/2 cup Celery, chopped

Serves 1

Puree ingredients in a blender or food processor until smooth.

Strawberry Cucumber Smoothie

3 cups Strawberries, stemmed & chopped
1 cup Cucumber, peeled & chopped
½ tsp fresh Lemon Juice

Serves 1

Puree ingredients in a blender or food processor until smooth.