



SAM'S TOP 5  
FAVE SMOOTHIES



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### **Chocolate Ice-cream Smoothie**

½ cup Cashews; 1 small Banana; 2-4 Dates (pitted); 1 tbsp Honey/Maple Syrup/Coconut Nectar; ⅓ cup Coconut Milk/Cream; 1 tbsp Coconut Oil; 2 tbsp Cacao Powder; 1 pinch Sea Salt; 1+ cups Spring Water & Ice.

Blend until smooth!



### **Pink Summer Jango Smoothie**

½ cup Cashews; 1 tbsp Chia Seeds; ½ cup Strawberries; ½ small Mango; 2-4 Dates (pitted); ⅓ cup Coconut Milk/Cream (optional); 1 tbsp Coconut Oil; 1+ cups Spring Water & Ice.

Blend until smooth!



### **Creamy Kale Smoothie**

½ cup Cashews; 1 tbsp Chia Seeds; 2 Kale leaves (remove stalks); ½ small Avocado; 1 small Banana; 2-4 Dates (pitted); 1 tbsp Honey/Maple Syrup; ⅓ cup Coconut Milk/Cream; 1 tbsp Coconut Oil; 1+ cups Spring Water (or Coconut Water) & Ice.

Blend until smooth!



### **Minty Bananza Smoothie**

½ cup Cashews; 1 small Banana; ⅓ cup Coconut Milk/Cream; 1 tbsp Coconut Oil; 1 small handful fresh Mint leaves; 1+ cups Spring Water & Ice.

Blend until smooth!



### **Nutty Peaches & Cream Smoothie**

½ cup Cashews & Almonds; ½ - 1 fresh Peach; 1 tbsp Honey/Maple Syrup/Coconut Syrup; ⅓ cup Coconut Milk/Cream (optional); 1 tbsp Coconut Oil; ⅛ tsp ground Cinnamon; ⅛ tsp ground Nutmeg; 1+ cups Spring Water & Ice.

Blend until smooth!

