



SAM'S TOP 4 SECRETS TO
THE BEST SMOOTHIES EVER!

PLUS your
'No Expensive Blender Needed' Cheat Sheet.



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Secret #1 Creaminess is Dreaminess!

½ cup Cashews and/or ⅓ cup Coconut Milk/Cream or Avo is a great way to add a decadent, healthy edge to your smoothies.

The high (good) fat content will also help make your smoothies more filling and our brains thrive on good fats too.



Secret #2 Get your Good Oils into ya!

Add 1+ tbsp of raw, good-for-you oils to all your smoothies.

I usually add Coconut Oil, Hemp Seed Oil and Flaxseed Oil (flax seed oil can be a strong flavour, start with a little to get used to taste).



Secret #3 Chocolate hides Greens!

1 tbsp Cacao + 1 small Banana and/or 2-4 Dates (pitted) + 1 tbsp Honey/Maple Syrup (optional) = sweet, healthy ‘chocolate paste’.

Add and blend this together with your green smoothies, to make greens more enjoyable for you AND the rest of the family.



Secret #4 You DON'T need an expensive Blender!

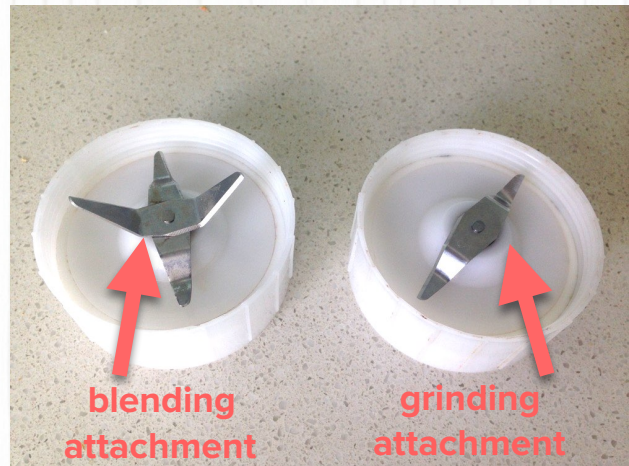
'NO EXPENSIVE BLENDER NEEDED' CHEAT SHEET

The biggest secret to a delicious smoothie is... smoothness, right!? We are led to believe you need a powerful, very expensive blender to achieve this. Not so. And after 4 years of spending and wasting lots of money, trying lots of different blenders, I believe I have settled on the most practical solution.

It's a time saver and a money saver!

I've tried 'em all and I always revert back to using my little 200W personal travel blender - very practical because I can take it/use it anywhere! Plus it's quicker and easier to use and clean.

The reason this blender works, is the grinding blade attachment (in addition to the blending blade), which is the secret to making smoothies smooth... without the price tag!



HERE ARE MY 4 STEPS TO THE SMOOTHEST (MOST COST EFFECTIVE) SMOOTHIES!

STEP 1	PRESOAK	Soak dried fruits like dates and goji berries in warm water a few minutes before blending. Optional - You can also presoak nuts (OR just go to step 2).
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Using the grinding attachment:

STEP 2	GRIND	Add all dry ingredients: nuts, seeds, coconut etc, to dry blender cup, and blend/grind using the grinder attachment.
STEP 3	BLEND	Add water and other 'wet' ingredients + any presoaked ingredients, and blend again, still using the gringer attachment.

Using the blending attachment:

STEP 4	BLEND	Now add your ice, blend with the blending blade attachment and VOILA!
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