

Super Smoothie Makeover Recipe List

Please choice 2 smoothies from the list below that you would like to make during your consultation.

Chocolate Peanut Butter Smoothie

Banana, Dates, Peanut butter, Cacao

Peanut Butter Oatmeal Smoothie

Banana, Dates, Peanut Butter, Oats

Chocolate Blueberry Smoothie

Blueberry, Banana, Avocado, Cacao

Tropical Green Smoothie

Pineapple, Avocado, Spinach, Coconut

Green Creamsicle Smoothie

Peach, Orange, Avocado, Parsley, Spinach, Yogurt

Mint Chip Smoothie

Banana, Avocado, Spinach, Mint, Chocolate Chips

Chocolate Mint Smoothie

Banana, Beets, Avocado, Mint, Coconut, Cacao

Chocolate Sweet Potato Smoothie

Sweet Potato, Dates, Coconut, Nut Butter, Cacao

Pumpkin Pie Smoothie

Pumpkin, Dates, Nut Butter, Spice, Yogurt

Golden Milk Smoothie

Butternut Squash, Dates, Nut Butter, Turmeric, Coconut

The Homemade Sage