

Clean Food  
CRUSH

BONUS

# 55 Fast, Easy and Delicious Smoothies



WITH  
**RACHEL MASER**



## 5 REASONS TO LOVE GREEN SMOOTHIES

1. Natural energy booster!
2. Natural weight loss can be a happy side effect of sipping these in place of a typical breakfast (make sure to include healthy fats and protein to make it a more complete meal).
3. Stay healthy all-year-long. Simple, tasty way to boost your immune system.
4. Packed with disease-fighting antioxidants. The phytonutrients in leafy greens boost your body's immune system and keep it functioning properly.
5. The best fast food. It takes less than 5 minutes to make a green smoothie (and clean up!) and they're super easy to take on the go – especially when you prep ahead. We know life can get crazy busy— especially in the morning.

### **Green Smoothie Tips:**

1. Chewing your green smoothie is no fun! To get a “smooth” green smoothie experience, blend up your leafy greens and liquid-base first. Then add your remaining fruits and blend again.
2. Freeze your favorite fruits like ripe bananas (peel first), grapes, pineapple or berries. This is also a great way to not waste ripe fruits. You can also freeze your leafy greens in a freezer-safe bag. Just make sure to add your frozen greens straight to the blender.
3. By sticking with naturally sweet fruits like bananas, mango, apples, pears or pitted dates, we avoid artificial sweeteners and processed sugars.



## **EASY CLEANFOODCRUSH SMOOTHIE FORMULA:**

### **STEP 1: PROTEIN**

1 Scoop of Whey Protein

### **STEP 2: HEALTHY FAT**

1 Tbsp Milled Flaxseed, OR

1 Tbsp. Nut Butter, OR

1 Tbsp. healthy oil, like UDO's oil, OR

1 Tbsp. unrefined Coconut oil OR

¼ Avocado

### **STEP 3: GREENS**

1 Handful of Spinach, OR

Kale, OR

Chard, OR

Romaine

### **STEP 4: FRUIT**

½ C FROZEN Berries, FROZEN Mango, FROZEN Peaches, OR FROZEN Pineapple

### **STEP 5: BANANA**

½ FROZEN Banana

### **STEP 6: LIQUID**

½ C Unsweetened Almond Milk, OR

½ C Unsweetened Coconut Milk

½ C cold water

### **STEP 7: SWEETENER**

a few drops of Stevia to taste, OR 1 tsp. raw honey



Clean Green AND Lean  
**SMOOTHIE**  
FORMULA

**1 CUP**  
Leafy Greens



**1 CUP**  
Liquid Base



**1 CUP**  
Fresh & Frozen Fruit

Bok Choy  
Collards  
Kale  
Mint  
Romaine  
Spinach  
Swiss Chard

Almond Milk  
Coconut Milk  
Coconut Water  
Hazelnut Milk  
Hemp Milk  
Water

Apple  
Avocado  
Banana  
Berries  
Dragon Fruit  
Grapes  
Guava  
Kiwi

Mango  
Melon  
Orange  
Passion Fruit  
Peach  
Pear  
Pineapple  
Pomegranite



1. Blend leafy greens & liquid base together first.
2. Add fruits and blend again.

\*USE AT LEAST ONE FROZEN FRUIT TO CHILL SMOOTHIE.

\*\*THIS FORMULA SERVES 2.



**CHARGE IT!**



Acai  
Acai Powder  
Almond Butter  
Cacao  
Coconut oil

Cinnamon  
Chia Seeds  
Flax seeds  
Hemp Protein Powder  
Hemp Seeds

Peanut Butter *(All Natural,  
No Added Sugar)*  
Spirulina  
Wheat Grass



**Clean Food**  
CRUSH



### **{Hot Strawberry Smoothie}**

Shared by: Lean Guns <https://www.facebook.com/leangunsllc>

*1 Serving*

Ingredients:

- 3 frozen strawberries
- 1/2 frozen peach
- 1 cup of water
- one package of true lemon
- 1 scoop vanilla protein powder
- dash of hot sauce

Prep:

In a blender, blend all ingredients until smooth.

### **{Zero Sugar Chocolate Peanut Butter Cup}**

Shared by: [www.coachshelleyrae.com](http://www.coachshelleyrae.com)

*2 Servings*

Ingredients:

- 2 cups unsweetened almond milk
- 3 tbsp. organic peanut butter, almond butter, or your favorite nut butter
- 2 heaping tbsp. raw organic cacao powder
- ¼ tsp. organic stevia, or about 10 drops liquid stevia
- 10+ ice cubes
- \*optional boosts: For added protein, add up to 1 scoop of chocolate protein powder ( I use ½ scoop chocolate Plant Fusion protein with this recipe). You can also boost it with Chia or Flax for added nutrients, fiber, and Omega 3's

Prep:

In a blender, blend all ingredients until smooth.



### **{Low Sugar Organic Butterfinger Bliss}**

Shared by: [www.coachshelleyrae.com](http://www.coachshelleyrae.com)

*2 Servings*

#### Ingredients

- 2 cups unsweetened almond milk
- 3 large tbsp. organic peanut butter, almond butter, or your favorite nut butter
- 2 heaping tbsp. raw organic cacao powder
- 4 medium organic carrots (chopped)
- ¼ tsp. organic stevia, or about 10 drops of organic liquid stevia
- 5-10 ice cubes
- \*optional boosts: For added protein, add up to 1 scoop of chocolate protein powder ( I use ½ scoop chocolate Plant Fusion protein with this recipe). You can also boost it with Chia or Flax for added nutrients, fiber, and Omega 3's

Prep:

In a blender, blend all ingredients until smooth.

### **{White Chocolate Raspberry Protein Smoothie}**

*Serves 1*

#### Ingredients

- 1 cup unsweetened coconut milk (from a carton)
- ¾ cup frozen raspberries
- 1 scoop vanilla whey protein powder
- 1 tablespoon chia seeds
- 1 tablespoon white chocolate chips
- 2 tablespoons water

Prep:

In a blender, blend all ingredients until smooth.



### **{Gingersnap Protein Smoothie Recipe}**

*Serves 1*

#### Ingredients

- 1 cup unsweetened almond milk
- 1 scoop whey powder in chocolate
- 1/2 banana, peeled, sliced and frozen
- 1 teaspoon molasses
- 1/4 teaspoon ground ginger

#### Prep:

Combine all ingredients in a blender and blend until smooth.

### **{Key Lime Pie Protein Shake}**

*Serves 1*

#### Ingredients

- 1 scoop whey protein in vanilla
- 1 cup unsweetened almond milk
- 1 frozen banana
- 1 tablespoon key lime juice
- Zest of one key lime
- 1/2 teaspoon pure maple syrup
- 1 cup ice cubes
- 1 tablespoon nonfat plain Greek yogurt
- 1 tablespoon crushed toasted pecans

#### Prep:

In a blender, mix protein powder, almond milk, frozen banana, key lime juice, maple syrup and ice until smooth. Top with a dollop of yogurt and crushed pecans.



### {Chocolate Peanut Butter Protein Shake}

*Serves 1*

#### Ingredients

- 1 scoops whey protein in chocolate
- 1 cup unsweetened almond milk, coconut milk, or cashew milk
- 1 banana (Frozen bananas are Good here!)
- 2 tablespoons peanut butter
- 3-5 ice cubes

#### Prep:

In a blender, mix until smooth.





## **{Black Forest Protein Shake}**

*Serves 1*

### Ingredients

- 1 scoop whey protein in chocolate
- 1 cup unsweetened almond milk, coconut milk, cashew milk
- 1 banana
- 1 heaping cup frozen dark sweet cherries
- 3-5 ice cubes

### Prep:

In a blender, blend until smooth.

## **{Mango Protein Smoothie}**

*1 serving*

### Ingredients

- 3/4 cup frozen mango chunks
- 3/4 cup (one 6-ounce container) plain Greek yogurt
- 1/2 cup cold water
- 1/2 teaspoon fresh lemon juice
- 1/2 teaspoon pure maple syrup
- tiny splash of vanilla extract
- Pinch of cardamom
- 1 teaspoon chopped pistachios

### Prep:

Combine all ingredients together in a blend and mix until smooth. Pour into a glass and top with pistachios.



### {Peachy Green Smoothie}

*1 serving*

#### Ingredients

- 1 scoop vanilla whey protein
- 1 cup unsweetened almond milk
- 1 cup frozen peaches
- 1/2 cup frozen pineapple
- 1/2 banana
- 2 cups kale
- 1 tablespoon ground flaxseed

#### Prep:

Add all ingredients to blender. Mix until smooth.

### (Orange Creamsicle Protein Smoothie)

#### Ingredients

- 1 scoop Vanilla whey
- 1/2 cup unsweetened almond milk
- 1/2 cup ice cold water
- 3 ounces frozen orange juice concentrate
- 1/2 frozen banana
- 1 tsp raw honey
- 3-5 ice cubes
- 1 teaspoon orange zest (optional)

#### Prep:

In a blender, mix until smooth.



### {Protein Frosty Shake Recipe}

*Serves 1*

#### Ingredients

- 1 scoop whey chocolate protein powder
- 1 cup unsweetened almond milk
- 1/2 banana
- 2 cups ice
- ½ teaspoon xanthan gum
- ¼ teaspoon vanilla extract

#### Prep:

Add all ingredients to blender, and blend until smooth.

### {Banana Oat Protein Smoothie}

#### Ingredients

- 1 scoop whey protein in Vanilla
- 2 tablespoons dry rolled oats
- 1 banana
- 1 cup unsweetened almond milk
- ½ cup cold water
- 1 teaspoon raw honey
- ¼ teaspoon cinnamon
- 4 ice cubes

#### Prep:

Combine ingredients and blend until smooth.



### **{Berry-Grape Protein Smoothie}**

*Serves 1*

#### Ingredients

- 1 teaspoon dry chia seeds
- 1 scoop Vanilla whey
- 1 cup seedless red or purple grapes
- 1/2 cup blueberries
- 1/2 cup water

#### Prep:

Combine ingredients and blend until smooth.

### **{Fresh Mango Smoothie}**

*Serves 1*

#### Ingredients

- 1/2 cup unsweetened almond milk
- 2 tbsp fresh orange juice
- 1/2 cup fresh or frozen cubed mango
- 1/2 frozen banana
- 6 ice cubes

#### Prep:

In a blender, combine the almond milk, orange juice, mango, banana, and ice cubes. Blend until smooth.



### {Red Watermelon Love Smoothie}

*Serves 2*

#### Ingredients:

- 1 Red Apple
- 1/2 Cup Pomegranate Seeds {I love frozen ones}
- 2 Cups Watermelon Cubed
- 1 Oz Package of Raspberries
- 1 FROZEN-chopped banana

#### Prep:

Combine ingredients in blender and blend until smooth.



### **{Delicious Green Smoothie}**

*Serves 1*

#### Ingredients:

- 1 cup fresh spinach
- 1 cup icy cold water
- ½ cup mango
- ½ cup pineapple
- 1 FROZEN-chopped banana

#### Prep:

Tightly pack leafy greens in a measuring cup and then toss into blender.

Add water and blend together until all leafy chunks are gone.

Add mango, pineapple and bananas and blend again until smooth.

### **{Strawberry Mango Spring Smoothie}**

*2 servings*

#### Ingredients:

- 1 cup coconut milk
- 1 banana, peeled, sliced, and frozen
- 1 mango, skinned and chunked
- 12 large strawberries, hulled

#### Prep:

Combine ingredients in blender and blend until smooth.



### {Pumpkin Pie Fall Smoothie}

*2 servings*

#### Ingredients:

- 1 cup unsweetened almond milk
- 1 teaspoon raw honey or pure maple syrup
- 1 cup real pumpkin puree
- 2 teaspoons cinnamon
- 1 apple, cored
- Dried cranberries

#### Prep:

Combine all ingredients except cranberries in blender and blend until smooth. Top with cranberries.



### **{Ultimate Greens Smoothie}**

*2 servings*

Ingredients:

- 1/4 cup carrot juice
- 1/2 cup fresh orange juice
- 1 cup fresh spinach
- 1 cup roughly chopped kale, ribs removed
- 4 small broccoli florets, sliced and frozen
- 1 banana, peeled, sliced, and frozen
- 1 apple, cored and roughly chopped

Prep:

Combine ingredients in blender and blend until smooth

### **{Ginger and Baby Spinach Smoothie}**

*2 servings*

Ingredients:

- 1 cup fresh orange juice
- 1 cup plain greek yogurt
- 1 cup frozen mango chunks
- 1/3 english cucumber, cut into 1-inch chunks
- 1 handful fresh baby spinach
- 1 tablespoons fresh minced ginger
- 6 ice cubes

Prep:

Combine all ingredients in a blender; purée on high speed until smooth.





## **{Raspberry Coconut Shortcake Smoothie}**

*2 servings*

### Ingredients

- 2 cups baby spinach
- 1 cup coconut milk
- 1 cup coconut water
- 3 cups frozen raspberries
- 1 Tablespoon ground flax seed
- 1 teaspoon vanilla extract

### Prep:

1. Blend spinach and liquid until smooth.
2. Add remaining ingredients, and blend until smooth.

## **{Pineapple Mojito Smoothie}**

*Serves 2*

### Ingredients

- 2 cups kale
- 2 cups coconut water
- 3 cups frozen pineapple
- ¼ cup fresh mint leaves
- Juice of 1 lime

### Prep:

1. Blend kale and coconut water until smooth.
2. Add remaining ingredients, and blend until smooth.



## **{Green Strawberry Banana Smoothie}**

*Serves 1*

### Ingredients

- ½ cup frozen strawberries
- 1 whole banana
- 1 cup fresh spinach
- 1 scoop Vanilla protein powder
- 6 oz plain, Greek yogurt
- 1 cup icy cold water

### Prep:

Add all ingredients to blender, and blend until smooth.

## **{Tropical Greens Smoothie}**

*1 smoothie*

### Ingredients:

- 1 cup cold coconut water
- 1 handful of fresh baby spinach
- ¾ cup frozen mango chunks
- ¾ cup frozen pineapple chunks
- 2 tablespoons unsweetened coconut flakes
- 1 tablespoon chia seeds

### Prep:

Place coconut water and spinach in a powerful blender and process until smooth. Add the remaining ingredients and process until smooth again.



### **{Almond Butter Spinach Smoothie}**

*1 serving*

#### Ingredients

- 1 tablespoon creamy almond butter
- 2 cups fresh baby spinach (tightly packed)
- 1 cup unsweetened vanilla almond milk
- 1/2 frozen banana
- 1/4 cup frozen pineapple chunks

#### Prep:

Combine all ingredients in a blender and blend on medium high speed until fully combined.

### **{Strawberry Orange & Kale Smoothie}**

*Serves: 1*

#### Ingredients

- 1 cup chopped strawberries
- 1 fresh orange
- 3 large kale leaves, stem removed
- 1/2 cup unsweetened almond milk
- 1 tablespoon raw honey
- 6 ice cubes

#### Prep:

Combine all ingredients in a blender and blend well until smooth.



### **{Reese's PB Cup Spinach Smoothie}**

*2 servings*

#### Ingredients

- 1 tablespoon raw honey
- 2 cups baby Spinach
- 2 cups unsweetened Vanilla Almond Milk
- 1 cup Plain greek yogurt
- 2 tablespoons all natural Peanut Butter
- 1 scoop Chocolate Protein Powder
- 1 tablespoon Chia Seeds
- 10-12 ice cubes

Prep:

Blend everything together until smooth.

### **{Raw Chocolate Cashew Milkshake}**

*3 servings*

#### Ingredients

- 2/3 cup raw Cashews nuts
- 2 cups icy cold water
- 1 cup ice
- 3 large FROZEN bananas
- 3 Tbsp raw cacao powder
- 4-6 pitted dates (optional, adds natural sweetness)
- 1 tsp cinnamon
- pinch sea salt

Prep:

Throw all of your ingredients in the blender and puree until smooth and creamy



## **{Raspberry Greek Yogurt Smoothie}**

*1 serving*

### Ingredients

- 1/2 frozen banana, chopped
- 1/4 cup of frozen raspberries
- 1/2 cup of frozen strawberries
- 1/2 cup of strawberry or raspberry Greek yogurt
- 1 cup of unsweetened almond or coconut milk
- 1 medjool date, pitted and diced(natural sweetener)

Prep:

Add everything into a blender, and blend until smooth.

## **{Cleansing Green Smoothie}**

*2 servings*

### Ingredients

- 1 Cup Frozen Fruit Blend
- ½ Small Banana (Frozen)
- 2 Cups Fresh Spinach
- ¼ cup Plain Greek Yogurt
- 2 tbsp Chia Seeds
- 1 tbsp Sliced Almonds
- ½ Cup Ice Cold Water
- 1 Scoop Vanilla Protein Powder

Prep:

Add all ingredients to blender and blend until smooth.



## {Frozen Chocolate Protein Coffee}

*Serves 1*

### Ingredients

- 4-8 oz brewed coffee (I used the remaining morning coffee from the pot)
- 1-1/2 cups ice cubes
- 4 oz unsweetend Almond Milk
- 1 scoop Chocolate protein powder
- tiny drop of vanilla extract or a bit of pure vanilla bean. (both optional)
- 1 tsp cacao powder
- pinch of stevia

Prep: Blend until Frothy



### **{Vanilla Latte}**

*1 serving*

#### Ingredients

- 1 cup brewed coffee (cooled)
- 1 tsp pure maple syrup (or raw honey)
- ½ cup unsweetened vanilla almond milk
- 1 scoop Vanilla Protein Powder

Prep: Add all ingredients to blender and blend until smooth.

### **{Chocolate Bananas Foster}**

*1 serving*

#### Ingredients

- 1 medium frozen banana-chopped
- ½ tsp. cinnamon
- ½ tsp. rum extract
- 1 cup COLD unsweetened coconut or almond milk
- 1 scoop Chocolate protein powder

Prep: Add all ingredients to blender and blend until smooth

### **{Minty Watermelon}**

*1 serving*

#### Ingredients

- 1 cup cubed fresh watermelon
- 6 fresh mint leaves
- 1 scoop Vanilla protein powder

Prep: Add all ingredients to blender and blend until smooth.



### **{Orange Dream}**

*1 serving*

#### Ingredients

- ½ cup 100% orange juice
- ½ cup icy cold water
- ½ tsp grated orange peel
- 1 scoop Vanilla protein powder

Prep:

Add all ingredients to blender and blend until smooth.

### **{Creamy Lime Green Smoothie}**

*1 serving*

#### Ingredients

- 1/2 cup vanilla greek yogurt
- 1 cup baby spinach leaves, packed
- 2 teaspoons raw honey
- 1/2 frozen banana
- 2 tablespoons fresh lime juice
- 1/2 teaspoon vanilla extract
- 1/2 cup unsweetened almond or coconut milk
- 1/2 cup ice

Prep:

Place all ingredients except the ice in a blender and puree until blended. Add ice and puree until smooth.





### {Blueberry Basil}

*1 serving*

#### Ingredients

- ½ cup icy cold water
- ½ cup unsweetened almond milk
- ½ cup frozen blueberries
- 4 fresh basil leaves
- 1 scoop Vanilla protein powder

#### Prep:

Add all ingredients to blender and blend until smooth



### {Coconut-Lime}

*1 serving*

#### Ingredients

- ½ cup icy cold water
- 2 Tbsp fresh lime juice
- ½ tsp pure coconut extract
- 1 scoop Vanilla protein powder
- ½ cup unsweetened coconut milk

#### Prep:

Add all ingredients to blender and blend until smooth.



## {Minty Honeydew}

*1 serving*

### Ingredients

- 1 cup freshly cubed honeydew melon
- 2/3 cup icy cold water
- 4 fresh mint leaves
- 1 scoop Vanilla protein powder

### Prep:

Add all ingredients to blender and blend until smooth



## {Summer Fruit Smoothie}

*2 servings*

- 1 cup Greek yogurt
- 1 plum, pit removed, flesh roughly chopped
- 1 peach, pit removed, flesh roughly chopped
- 1 nectarine, pit removed, flesh roughly chopped
- 1 cup frozen blueberries

Prep: Combine ingredients in blender and blend until smooth.

## {Piña Colada}

*1 serving*

### Ingredients

- ½ cup icy cold water
- ½ cup 100% pineapple juice
- ½ tsp pure coconut extract
- 1 scoop Vanilla protein powder

Prep:

Add all ingredients to blender and blend until smooth



### {Morning Refresher}

*1 serving*

#### Ingredients

- 1/3 cup cubed mango
- 1/2 medium banana
- 1/3 cup pineapple chunks
- 1/2 cup cold water
- 1 scoop Vanilla protein powder

#### Prep:

Add all ingredients to blender and blend until smooth



### **{Vanilla Almond Fudge}**

*1 serving*

#### Ingredients

- 2 Tbsp. almond butter
- 1/8 teaspoon cinnamon
- 1 cup cold unsweetened coconut milk or almond milk
- 1/2 scoop vanilla protein powder
- 1 scoop Chocolate protein powder

#### Prep:

Add all ingredients to blender and blend until smooth

### **{Pear and Arugula Smoothie}**

*Serves: 1*

#### Ingredients

- 1/2 cup freshly squeezed orange juice
- 1 tablespoon raw almonds
- 1/4 cup Greek yogurt
- 1/2 ripe pear, cored
- 1 1/4-inch slice fresh ginger, peeled
- 1 cup arugula, tightly packed
- 3 - 4 ice cubes

#### Prep:

Combine all ingredients in a blender and process until smooth.



### {Peanut Butter Cup Cheesecake}

*1 serving*

#### Ingredients

- 1 scoop Chocolate protein powder
- ¼ cup fat-free ricotta cheese
- ¼ cup plain Greek yogurt
- 2 Tbsp. peanut butter
- ½ cup cold unsweetened almond milk
- ¼ cup water
- 8 Ice Cubes

#### Prep:

Add all ingredients to blender and blend until smooth

### {Chocolate Glazed Carrot Cake}

*1 serving*

#### Ingredients

- ½ cup frozen pineapple
- 4 oz. steamed baby carrots
- ½ tsp. ground cinnamon
- ½ tsp. vanilla extract
- ½ cup cold water
- ½ cup unsweetened almond milk
- 8 Ice cubes (optional)
- 1 scoop Chocolate protein powder

#### Prep:

Add all ingredients to blender and blend until smooth



### {Cherry Protein Garcia}

*1 serving*

#### Ingredients

- ½ cup frozen cherries (pitted)
- ½ medium FROZEN banana
- 1 cup unsweetened almond milk
- 1 scoop Chocolate protein powder

#### Prep:

Add all ingredients to blender and blend until smooth



### {Frozen Mint Chocolate}

*1 serving*

#### Ingredients

- Fresh mint leaves (10-12 leaves)
- 1 cup COLD water
- 1 cup ice
- 1 scoop Chocolate protein powder

#### Prep:

Add all ingredients to blender and blend until smooth



## {PB and J}

*1 serving*

### Ingredients

- 1 Tbsp. natural peanut butter
- ½ cup frozen strawberries
- 1 cup COLD water
- 1 scoop Chocolate protein powder

### Prep:

Add all ingredients to blender and blend until smooth





## {Blackberry Green Smoothie}

*1 Serving*

### Ingredients

- 3/4 cup unsweetened vanilla almond milk
- 1 cup kale, baby spinach, or chard leaves (or a combination)
- 1 ripe FROZEN chopped banana
- 1/2 cup blackberries
- 1/4 cup frozen pineapple

### Prep:

Place the the almond milk, mixed greens, banana, blackberries, and pineapple in a blender in this order. Blend until smooth.

## {Mojito Smoothie Recipe}

*2 Servings*

### Ingredients

- 2 bananas, frozen-chopped
- 12 fresh mint leaves
- 1/2 cup plain kefir or Greek yogurt
- 1/2 cup coconut milk, full fat from the can
- 1/2 cup unsweetened almond milk
- 1 tablespoon fresh lime juice
- 1 tablespoon raw honey or pure maple syrup

Add all ingredients to a high-powered blender, and blend until smooth.



### **{Pineapple Blueberry Green Smoothie Recipe}**

*2 servings*

#### Ingredients

- 12 ounces coconut water
- 2 cups fresh pineapple
- 1 cup fresh or frozen blueberries
- 3 large broccoli leaves, tough stems removed
- 1/2 frozen banana
- 2 dates
- 1 cup ice

#### Prep:

Add all ingredients to a high powered blender in the order listed and blend until smooth.

### **{Blueberry Almond Smoothie Recipe}**

*2 servings*

#### Ingredients

- 12 ounces unsweetened vanilla almond milk
- 2 cups frozen blueberries
- 1 cup fresh raspberries
- 1 cup baby spinach leaves
- 1 frozen banana
- 1 Tbsp. almond butter
- 1 cup ice

#### Prep:

Add all ingredients to a high powered blender in the order listed and blend until smooth.



### {Chocolate Raspberry}

*1 serving*

#### Ingredients

- 1 cup frozen raspberries
- 1 cup icy cold water
- 1 scoop Chocolate protein powder

#### Prep:

Add all ingredients to blender and blend until smooth

### {Green Smoothie}

*1 serving*

#### Ingredients

- 10 red grapes
- ½ cup baby spinach
- ½ cup arugula
- ½ cup parsley
- 1 heaping cup kale leaves
- ½ granny smith apple-seeds/core removed
- Juice of one lime
- 6 baby carrots
- ½ cup filtered water

#### Prep:

Place all the ingredients into a blender, pouring the water in last. Pulse blender until vegetables and fruits are broken down then run the blender until the mixture is fully blended.



### {Avocado Superfood Smoothie}

*Yield: 1 smoothie*

#### Ingredients:

- 1 frozen banana, chopped
- 1/2 cup Greek blueberry yogurt
- 1 cup kale (or spinach) leaves, chopped
- 1/2 ripe avocado
- 1/2 cup unsweetened almond milk

#### Prep:

Place the banana, blueberry yogurt, kale/spinach, avocado and almond milk in a blender. Blend on high speed until smooth.



### **{Raspberry Pina Colada Smoothie}**

*2 small servings*

#### Ingredients

- ½ cup plain Greek yogurt
- ½ cup cold coconut milk
- ½ cup pure pineapple juice
- 1.5 frozen bananas
- ½ cup fresh raspberries, mashed

#### Prep:

Place the fresh raspberries in a bowl and mash them using a fork. Set side  
Add the yogurt, coconut milk, pineapple juice and frozen banana to a blender and blend until completely smooth.

Pour the smoothie into a glass and add in the mashed raspberries.

### **{Berry-Love Smoothie}**

*Serves 2 o*

#### Ingredients

- 1 cup frozen Strawberries
- 1/2 cup frozen Raspberries
- 1/2 cup frozen Blackberries
- 1/2 cup fresh Raspberries
- 2 large Kale leaves, removed from the stem and torn into small pieces
- 1/2 ripe frozen Banana
- Juice of ½ Fresh Lime
- 1 1/2 cups Water (can substitute coconut milk if desired)

#### Prep:

Add all ingredients to a blender. Blend until ingredients are smooth



### {Mango Spinach Green Smoothie}

*Yield: 1 smoothie*

Ingredients:

- 3/4 cup unsweetened vanilla almond or coconut milk
- 1 cup fresh baby spinach leaves
- 1 banana
- 1/2 cup frozen mango chunks

Prep:

Place the the milk, spinach, banana and mango in a blender in this order. Blend until smooth.

### {Mango Smoothie}

*2 servings*

Ingredients:

- 2 cups FROZEN mango
- 1 cup boiling water
- 2 green tea bags
- 2 cups ice
- 1/2 frozen banana-chopped
- raw honey (optional)

Prep:

Add the tea bags to the hot water, then place in the freezer to cool while you are preparing the rest of the smoothie.

Add the mango, ice, banana, and 1 tablespoon of honey.

Then remove the tea from the freezer and discard the tea bags. Pour the tea in the blender, cover, and blend until smooth.



## My Only Blender Recommendation.

There's only one blender I recommend. It's the best I've ever owned, and Guaranteed to work for at least 7 years. My previous blenders always broke on me. I know this one works for all of my smoothie recipes.

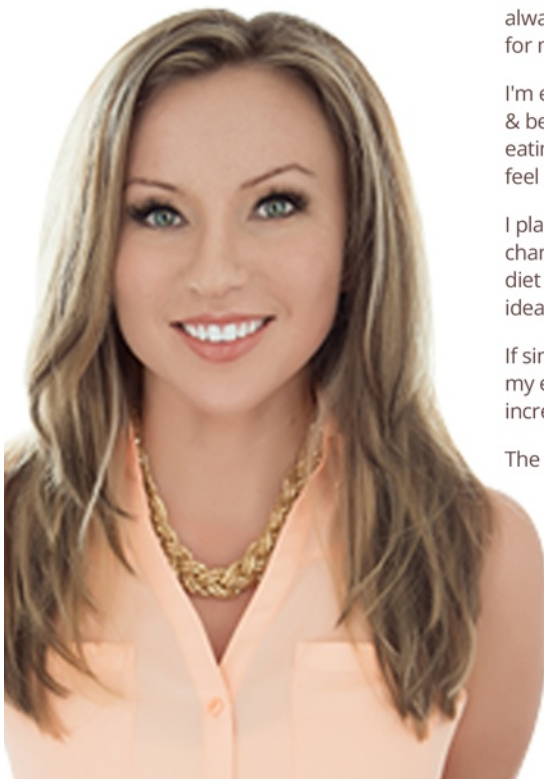
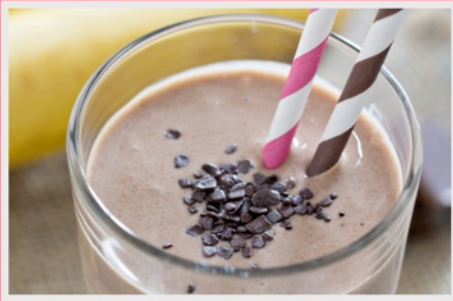
Here's a link to learn more about ordering a Blendtec Total Blender from amazon right here:

<http://CleanFoodCrush.com/blendtec>





# Clean Food CRUSH



## Hi! I'm Rachel.

I'm a mom to 4 young children who were all born within a 5 year time period. (Whew!) They are the highlight of my life. I LOVE yoga, I lift weights a few times a week. Some days I even love to run. Fitness is a HUGE part of who I will always be, because it makes me feel strong. I started posting clean food ideas for my close friends in the summer of 2013. Now, I have a A LOT of friends. :)

I'm extremely passionate about teaching the concept of real food tasting great & being simple to prepare. I like to leave the science & education of healthy eating to the pros. My creations are always about real, whole food. I know I feel better when I fuel my body this way.

I plan to spend my life advocating real food, because I know proper nutrition changes lives. I want people to feel their best, mentally & physically. Proper diet can do this! Families need access to fun, easy, inexpensive, real food ideas that are doable!

If simply seeing a picture helps someone choose to eat veggies that day, then my efforts are worth it! It's so much more than just the food. It's about increasing quality of life.

The more happy, healthy people on this planet the better!

I'm having so much fun getting to know each of you! Thank you for joining me on this journey.

<3 Rachel

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