

DR ELEN'S



RECIPE BOOK

# SMOOTHIES

POWERED BY PROTEIN POWDER



REST, RESET & ENERGISE YOUR BODY

# PAPAYA POWER SHAKE

**3 cups coconut water**  
**1 scoop vanilla**  
**protein powder**  
**1 teaspoon Activated**  
**Barley powder**  
**1 cup fresh papaya**  
**fruit, with a few**  
**seeds**  
**1 tablespoon chia**  
**seeds**  
**¼ cup goji berries**  
**¼ teaspoon camu**  
**camu powder**  
**½ teaspoon ground**  
**vanilla bean**  
**Pinch of Himalayan**  
**crystal salt or sea**  
**salt**

Add all ingredients to a high-speed blender, adding the chia seeds LAST. Blend for 20-30 seconds on high speed until smooth, frothy, and creamy. Serve immediately

# GREEN SMOOTHIE

**1 bunch kale**  
**1 bunch parsley**  
**½ cup / 120 ml wheat**  
**grass**  
**1 scoop clean energy**  
**protein powder**  
**½ fresh pineapple,**  
**roughly chopped**  
**1 2cm piece ginger**  
**1 lime**  
**½ avocado**  
**1 cup / 240 ml**  
**unsweetened almond**  
**milk**  
**2 scoops vanilla protein**  
**powder**  
Juicer- juice kale, parsley, wheat grass, pineapple, ginger, and lime. Pour juice into a blender and add avocado, almond milk. Blend until combined.  
Blender - blend all ingredients until smooth. Blending (instead of juicing) will leave you with a thick, fibrous drink. Add more almond milk if you prefer a smoother beverage.



# chocolate grasshoper

1 cup almond milk

1 cup frozen banana

1 small scoop chocolate protein powder

1 tablespoon fresh chopped mint

1 ½ teaspoons supergreen powder

1 tablespoon cacao nibs

A few ice cubes

Blend until combined

# super shake

1 cup coconut water

1 scoop vanilla Protein powder

1 handful baby spinach

1/2 teaspoon fermented super food

A few ice cubes

Blend all ingredients

# energy shake

2 large handfuls baby spinach

1 teaspoon cacao powder

1-2 bananas, frozen without skin

1 cup mangos (fresh or frozen)

1 scoop clean energy protein powder

1 pinch sea salt

1-4 cups water

OPTIONAL INGREDIENTS:

1 teaspoon cacao powder

1 teaspoon carob powder



# SPICY BANANA SMOOTHIE

1 CUP COCONUT WATER  
2 TABLESPOONS RAW CASHEWS  
1 MEDIUM CARROT, ROUGHLY CHOPPED  
½ INCH CUBE PEELED GINGER  
½ TEASPOON CINNAMON  
½ VANILLA BEAN  
1 SCOOP PROTEIN POWDER, VANILLA OR  
NATURAL  
2 FROZEN BANANAS

BLEND ALL INGREDIENTS UNTIL SMOOTH

# VERY BERRY SMOOTHIE

1 CUP COCONUT WATER  
2 CUPS FROZEN BERRIES  
1 SCOOP VANILLA PROTEIN POWDER  
½ TABLESPOON SUPERGREENS  
1 TSPN VANILLA (OPTIONAL)

BLEND AND ENJOY!

# GREEN GOODNESS

1 CUP COCONUT WATER  
1 SCOOP OF CLEAN ENERGY PROTEIN POWDER  
1 TABLESPOON GREEN  
½ -1 RIPE BANANA  
1/2 TEASPOON FERMENTED SUPER FOOD  
1 TABLESPOON FLAX, HEMP, OR COCONUT OIL  
1/2 CUP ICE  
BLEND AND ENJOY!



# CHOCOLATE BREAKFAST SMOOTHIE

2 BANANAS  
½ CUP OF FROZEN BERRIES  
½ A RIPE AVOCADO  
1 SCOOP CHOCOLATE PROTEIN POWDER  
2 TABLESPOONS CACAO POWDER  
COCONUT WATER TO YOUR DESIRED CONSISTENCY.

BLEND AND ENJOY!

# WILD WARRIOR

1 CUP ALMOND MILK  
¾ FROZEN BANANA  
½ CUP FROZEN MANGOES  
1 SCOOP CLEAN ENERGY PROTEIN POWDER  
1 TEASPOON CACAO POWDER  
LARGE TABLESPOON HONEY  
BLEND AND ENJOY!

# VANILLA BREAKFAST SMOOTHIE

2 FROZEN BANANAS  
1 SCOOP VANILLA PROTEIN POWDER  
2 TABLESPOONS ALMOND BUTTER  
1 TEASPOON VANILLA BEAN POWDER  
¾ CUP COCONUT WATER  
1 TEASPOON VANILLA  
1 TEASPOON FERMENTED SUPERGREENS  
BLEND AND ENJOY!



# TROPICAL DREAM

$\frac{3}{4}$  cup coconut yogurt  
1 cup coconut water  
3 large chunks of  
pineapple  
 $\frac{1}{2}$  small banana  
1 scoop vanilla protein  
powder  
1 tspn vanilla  
 $\frac{1}{2}$  teaspoon fermented  
supergreens  
 $\frac{1}{2}$  cup of ice  
Blend and Enjoy!

# CHERRY- LICIOUS

1 cup coconut milk  
1 scoop chocolate  
protein powder  
1 frozen banana  
1 cup pitted cherries  
1 tablespoon golden  
flax seed  
2 Medjool dates  
1 tablespoon cacao  
 $\frac{1}{2}$  cup ice  
Blend and enjoy!

# CHOCOLATE CASHEW SHAKE

1 cup almond milk  
2 tablespoons cashew  
butter  
1 scoop chocolate  
protein powder  
2 tablespoon cacao  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{2}$  teaspoon  
supergreens  
 $\frac{1}{2}$  cup ice  
Blend and Enjoy!



# CARAMEL SHAKE

1 cup almond milk  
1 scoop chocolate Protein Powder  
1 handful of spinach  
1 frozen banana  
 $\frac{1}{2}$  avocado  
3 Medjool dates  
2 teaspoons cacao  
 $\frac{1}{2}$  cup ice  
Blend and enjoy!

# MAGIC MANGO

1 cup almond milk  
1 scoop vanilla protein powder  
1 banana  
 $\frac{1}{2}$  cup mango  
2 tablespoon chia seed or flax seed  
1 tablespoon goji berries  
1 teaspoon cacao  
Blend and enjoy!

# BERRY CHOC SHAKE

1 banana  
1 cup strawberries  
1 tablespoons almond butter  
1 scoop chocolate Protein powder  
1  $\frac{1}{2}$  cup water  
1 teaspoon cinnamon  
1 teaspoon vanilla essence  
1 teaspoon fermented superfood



# CHEERY CRUNCH

½ cup water

1 cup frozen cherries

2 tablespoons raw cashew or raw almond

butter

2 tablespoons raw cacao nibs

1 scoop chocolate protein powder

1/2 teaspoon fermented super food

Blend all of the ingredients.

# COCO- VANILLA MAGIC

1 ¾ cups almond milk

1 large piece coconut meat

1 scoop of vanilla protein powder

½ tablespoon coconut butter

½ vanilla bean, chopped

Blend all ingredients in a high speed

blender until

smooth. Be sure the coconut meat is

thoroughly blended.

Makes 1 large serving.



# ORANGE DREAM

1 cup of almond milk or water  
1 scoop clean energy Protein Powder  
1 whole orange (peeled)  
1 teaspoon of vanilla extract  
1 cup of ice  
Optional: Your choice of 1 teaspoon  
hemp seeds, flax seed oil,  
or coconut oil  
Blend all ingredients

# RASPBERRY RIPPLE

1 cup almond milk  
1 scoop chocolate or natural Protein Powder  
1 cup frozen raspberries  
1 frozen banana  
Optional: Your choice of 1 teaspoon  
hemp seeds, flax seed oil,  
or coconut oil  
Blend all ingredients

# BANANA SPLIT

1 cup coconut milk,  
1 scoop vanilla or natural Protein Powder  
1 frozen ripe banana  
1 tablespoon raw cacao powder  
1 teaspoon vanilla extract  
1 cup of ice  
1 tablespoon coconut oil  
Blend all ingredients



# *Almond breeze*

1 cup almond milk  
1 scoop vanilla or natural Protein Powder  
1 frozen ripe banana  
1 teaspoon of vanilla extract  
1 cup of ice  
1 teaspoon of flax seed oil  
Blend all ingredients

# *Summer Dream*

1 cup coconut milk  
1 scoop clean energy Protein Powder  
½ cup diced rockmelon  
½ cup diced honeydew  
½ cup diced watermelon  
1 teaspoon lime juice  
Few mint leaves  
1 cup of ice  
1 teaspoon of coconut oil  
Blend all ingredients

# *Tropical Paradise*

1 cup coconut milk  
1 scoop natural Protein Powder  
1 frozen ripe banana  
½ cup frozen papaya  
½ cup frozen mango  
1 cup of ice  
1 teaspoon coconut oil  
Blend all ingredients



# *strawberry banana bliss*

1 cup of almond milk

1 scoop clean energy protein powder

1 cup frozen strawberries

1/2 avocado

1 frozen ripe banana

1 cup of ice

Blend all ingredients

# *cheery charmer*

1 cup of coconut milk

1 scoop chocolate protein powder

1/2 teaspoon fermented superfood

1 cup of frozen black cherries

1 tbsp of raw cacao powder

1 tsp of raw cacao nibs

1 cup of ice

Blend all ingredients

# *chocolate monkey*

cup of almond milk

1 scoop of chocolate Protein Powder

1 frozen ripe banana

1 tablespoon raw cacao powder

1 teaspoon raw cacao nibs

1 teaspoon coconut oil



# Magic Mocca

1 cup of iced brewed coffee  
1 scoop chocolate protein powder  
1 teaspoon maca powder  
1 teaspoon raw cacao powder  
¼ teaspoon of cinnamon  
1 cup of ice  
1 teaspoon flax seed oil  
Blend at high speed.

# Peanut butter smoothie

1 cup of coconut milk or almond milk  
1 scoop chocolate Protein Powder  
1-2 tablespoons peanut butter  
1 tablespoons raw chocolate powder  
1/2 an avocado  
1 cup of ice  
Blend at high speed.

# Mint Chocolate

1 cup coconut milk  
1 scoop chocolate Warrior Protein  
Powder  
1 teaspoon Fermented superfood  
1 tablespoon of raw cacao powder  
1 teaspoon of raw cacao nibs  
few sprigs of mint  
1/2 banana  
1 cup of ice  
Blend at high speed.



# SOY ALMOND SHAKE

1 scoop vanilla or natural protein powder

1 cup soy milk

1 tablespoon slivered almonds

1 teaspoon maple syrup

Three drops vanilla extract

1 cup of ice

1 tbsp low-fat Greek yogurt

Blend all ingredients

# STRAWBERRY SAVIOUR

1 scoop vanilla protein powder

1 cup almond milk

1 cup strawberry Greek yogurt

3 -5 frozen strawberries

1 banana

1 teaspoon flaxseed oil

1 cup of ice

Blend all ingredients

# STRAWBERRY NUT SHAKE

1 scoop vanilla or natural protein powder

1 cup fat-free strawberry Greek yogurt

4 frozen strawberries

6 chopped macadamia nuts

1 cup of ice

Blend all ingredients



# protein powders used in all recipes...

