



Drink Up!

7 IMMUNE-SUPPORTING
SMOOTHIE RECIPES

RECIPES BY ROSIE COELHO

INDEAL
CARES



rosie coelho



I'm a Food Enthusiast. Soul Nourisher. Cook. Baker. Kitchen Dancer and Certified Culinary Nutrition Expert. I love to inspire people to connect with themselves and loved ones through food.

I became a Culinary Nutrition Expert because I wanted to learn more about what I always knew to be true: food nourishes our body and soul. I grew up in a family that always understood that eating a variety of nutritious whole foods is a cornerstone to good health and a big part of overall wellness. Believe me, we also enjoy sweet treats and indulgences too! It's a balance.

So, come dance in the kitchen and let's eat better, together!

♥ **Rosie**

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smoothies

Smoothies are an easy way to incorporate healthy whole foods into your diet. These recipes are packed with immune-supporting nutrients like vitamin C. All you need is a blender and a few minutes. So Drink Up!

drink tips

FOR PROTEIN ADD

♥ protein powder, hemp seeds or nut butter

FOR SWEETNESS ADD

♥ dates, maple syrup or raw honey

FOR FIBRE ADD

♥ ground flax seeds or chia seeds

FOR MORE HYDRATION ADD

♥ filtered water, coconut water or green tea

by the way

Smoothies are best done in a high-speed blender. A conventional blender works too - just blend on high/ice crush for a longer time.

To store: refrigerate in fridge for up to 2 days.



healthy living tips

- ♥ get sleep
- ♥ manage stress
- ♥ exercise
- ♥ practice mindfulness & meditation
- ♥ eat a healthy diet

healthy eating tips

- ♥ eat whole foods
- ♥ eat a variety of foods
- ♥ eat the rainbow
- ♥ avoid sugars
- ♥ keep hydrated
- ♥ practice mindful eating



tropical paradise smoothie

SERVINGS: 2

ingredients

- 1-1/2 cups coconut water
- 3 kiwis, peeled and sliced
- 1 cup greens
- 1/2 cup frozen pineapple
- 1/2 cup mango or papaya
- 1 banana
- 1 orange, peeled and sectioned
- 6-8 strawberries (optional)

directions

Throw ingredients into your blender and blend on high until smooth.

notes

To make this smoothie creamy, add some canned coconut milk/cream.



pumpkin spice smoothie

SERVINGS: 2

ingredients

1 cup pureed pumpkin
1 frozen banana
1/2 tsp turmeric
1/4 tsp cinnamon
1 1/2 tbsp ginger
1 tbsp flax seed
3/4 cup unsweetened almond milk
2 oranges, peeled
1 tbsp maple syrup

directions

Throw ingredients into your blender and blend on high until creamy and smooth.

notes

You can use any alternative milk: cashew, hemp, oat, soya, coconut.

You can substitute cooked sweet potato for pumpkin instead.



mango oat smoothie

SERVINGS: 2

ingredients

2 cups frozen mango
1 banana
1/4 cups rolled oats
2 cups unsweetened almond milk
2 tbsp hemp seeds
1/4 lemon, juiced

directions

Throw ingredients into your blender and blend on high until smooth.

notes

You can use any alternative milk: cashew, hemp, oat, soya, coconut.

For a thicker consistency, add some greek yoghurt.



Vitamin C smoothie

SERVINGS: 2

ingredients

1 cups frozen mango chunks
1 cups frozen peaches, sliced
1/2 cup pineapple chunks
1/2 cup shredded carrots
1 cup fresh orange juice
1 banana
1/2 cup water as needed

directions

Throw ingredients into your blender
and blend on high until smooth.

notes

Feel free to adjust the quantities of each fruit,
as long as you have 3 cups worth.



green booster smoothie

SERVINGS: 2

ingredients

4 cups spinach
1/2 cucumber
1 lime, juiced
1 lemon, juiced
1 apple, skin and sliced
1-1/2 cups mango, frozen
2 cups coconut water

directions

Throw ingredients into your blender and blend on high until smooth.

notes

To sweeten a bit more add raw honey.



super booster smoothie

SERVINGS: 2

ingredients

- 4 cups greens (kale, spinach or swiss chard)
- 1/2 cup pineapple chunks
- 1 orange, peeled and sectioned
- 1 kiwi, peeled and sliced
- 2 tbsp ground flaxseed
- 1 cup plain greek yoghurt
- 1 cup frozen berries (your choice)
- 1-1/2 - 2 cups coconut water

directions

Throw ingredients into your blender and blend on high until smooth.
Add more water as desired.

notes

If you want to add more sweetness, add raw honey, dates or maple syrup.



very berry smoothie

SERVINGS: 2

ingredients

1-1/2 cups unsweetened almond milk
2 cups frozen berries, your choice!
2 cups spinach
1 tsp cinnamon
1 tbsp ground flaxseed
1 tbsp hemp seeds
1 orange, peeled

directions

Throw ingredients into your blender and
blend on high until smooth.

notes

You can use any alternative milk:
cashew, hemp, oat, soya, coconut.

Berries: blueberries, strawberries, raspberries,
blackberries. Even cherries.
Use just one kind or a combination.