



DRINK UP!

7 IMMUNE-SUPPORTING
SMOOTHIE RECIPES



INDEAL
CARES

RECIPES BY ROSIE COELHO
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rosie coelho



Hi! I'm Rosie - Chief Creator of Deliciousness and Owner of Rosie's Kitchen Co.

I inspire people to connect with themselves and loved ones through food. I also help you gain culinary skills, expand your kitchen know-how and learn new recipes along the way.

As a Culinary Nutrition Expert, I understand the importance of supporting our bodies through food and that is why I developed these recipes.

Drink Up contains 7 immune-supporting recipes to help support your wellbeing with nutritious smoothies.

Here's to your good health!

♥ **Rosie**

P.S. Interested in becoming the Rock Star of your own kitchen? Then join me in my Zoom Kitchen for Online Culinary Classes.

Whether you're a beginner or experienced cook, it's a rocking good time creating deliciousness together!



smoothies

Smoothies are an easy way to incorporate healthy whole foods into your diet. Great as a snack or breakfast. These 7 recipes are particularly helpful supporting your immune system by including nutrients such as vitamin C. All you need is a blender and a few minutes. Drink Up!

drink tips

FOR THICKER SMOOTHIES

♥ use frozen fruit or add ice

FOR PROTEIN ADD

♥ protein powder, hemp seeds or nut butter

FOR SWEETNESS ADD

♥ dates, maple syrup or raw honey or pitted dates

FOR FIBRE ADD

♥ ground flax seeds, chia seeds or hemp seeds

FOR MORE HYDRATION ADD

♥ filtered water, coconut water or green tea

by the way

Smoothies are best done in a high-speed blender. Conventional blenders work 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 GOOD SLEEP
- ♥ MANAGE YOUR STRESS
- ♥ MOVE YOUR BODY DAILY
- ♥ PRACTICE MINDFULNESS & MEDITATION
- ♥ EAT HEALTH-SUPPORTING FOODS

healthy eating tips

- ♥ EAT A VARIETY OF WHOLE 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 (spinach, kale or chard)
1/2 cup pineapple
1/2 cup mango or papaya
1 banana
1 orange, peeled and sectioned
6-8 strawberries (optional)

how to

Whip up all the ingredients in your blender, 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
1/2 tsp cinnamon
1 1/2 tsp ginger
pinch of each: cloves and nutmeg
1 tbsp flax seed
3/4 cup unsweetened almond milk
2 oranges, peeled
1 tbsp maple syrup

how to

Whip up all the ingredients in your blender, on high until smooth.

notes

You can use any non-dairy milk: cashew, hemp, oat, soya, coconut, etc.

You can substitute cooked sweet potato for the pumpkin.



mango oat smoothie

SERVINGS: 2

ingredients

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

how to

Whip up all the ingredients in your blender, on high until smooth.

notes

You can use any non-dairy milk: cashew, hemp, oat, soya, coconut.

For a thicker consistency, add some greek yoghurt.



vitamin C smoothie

SERVINGS: 2

ingredients

1 cup mango chunks
1 cup peach slices
1/2 cup pineapple chunks
1/2 cup shredded carrots
1 cup freshly squeezed orange juice
1 banana
1/2 cup water as needed

how to

Whip up all the ingredients in your blender, 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 or other leafy green
1/2 cucumber
1 lime, juiced
1 lemon, juiced
1 apple, peeled and sliced
1-1/2 cups mango or pineapple chunks
2 cups coconut water

how to

Whip up all the ingredients in your blender, on high until smooth.

notes

To sweeten add unpasteurized honey or maple syrup.



super booster smoothie

SERVINGS: 2

ingredients

- 4 cups greens (kale, spinach or swiss chard)
- 1/2 cup pineapple chunks
- 1 orange, peeled and seeded
- 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

how to

Whip up all the ingredients in your blender, 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 berries, your choice!
2 cups spinach or other leafy green
1 tsp cinnamon
1 tbsp ground flaxseed
1 tbsp hemp seeds
1 orange, peeled and seeded

how to

Whip up all the ingredients in your blender, on high until smooth.

notes

You can use any non-dairy milk: cashew, hemp, oat, soya, coconut.

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