



BE WELL

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RECHARGE SMOOTHIES

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For all smoothies, please use more or less liquid depending on how thick you like your smoothies.

Please use organic whenever possible.

RECHARGE SMOOTHIES

Green-a-Colada Smoothie, serves 1

1 Recharge packet
1 cup frozen pineapple chunks
8 oz coconut water, or 4 oz water and 4 oz unsweetened vanilla almond milk
1/4 avocado
1/2-1 tablespoon coconut oil, to taste
4 ice cubes

Blend in a blender until smooth and creamy.

Greeno Mojito Smoothie, serves 1

1 Recharge packet
1/4 avocado
1 teaspoon vanilla extract
1/4 cup fresh mint leaves
Juice of one lime
8 oz water
3-4 ice cubes
Sweeten to taste with either raw honey, xylitol, stevia.

Blend in a blender until smooth and creamy.

Blueberry Avocado Smoothie, serves 1

1 Recharge packet

1 cup frozen organic blueberries

1/4 avocado

8 oz coconut water, or 4 oz water and 4 unsweetened vanilla almond milk

vanilla almond milk

Juice of half a lime

4 ice cubes

Sweeten to taste with either raw honey, xylitol.

Blend in a blender until smooth and creamy.

Cherry Peach Avocado Smoothie, serves 1

1 Recharge packet

1/4 avocado

3-4 ice cubes

8 oz water

1/2 cup frozen organic cherries

1/2 cup frozen organic peaches

Juice of 1/2 a lime

Sweeten to taste with either xylitol, stevia.

Blend in a blender until smooth and creamy.

Pineapple Peach Banana Smoothie, serves 1

- 1 Recharge packet
- 1/2 small frozen banana, cut into chunks
- 1/2 cup frozen pineapple pieces
- 1/2 cup frozen peach slices
- 1/2-1 teaspoon vanilla extract
- 2 tablespoons raw unsalted almond butter
- 8 oz water
- 4 ice cubes

Almond butter and water can be replaced with 4 oz water and 4 oz unsweetened vanilla almond milk.

Blend in a blender until smooth and creamy.

Banana Berry Smoothie, serves 1

- 1 Recharge packet
- 1/2 frozen banana cut into chunks
- 1 cup mixed frozen berries
- 4 oz unsweetened vanilla almond milk
- 4 oz water
- 4 ice cubes

Blend in a blender until smooth and creamy.

Strawberry Mango Smoothie, serves 1

1 Recharge packet
1/2 cup diced strawberries, fresh or frozen
1/2 cup frozen mango chunks
1/2 frozen banana, cut into chunks
4 oz unsweetened vanilla almond milk
4 oz water
4 ice cubes

Blend in a blender until smooth and creamy.

Ginger Pear Smoothie, serves 1

1 Recharge packet
1 large ripe pear, peeled and diced, a Bartlett pear is best
1 teaspoon vanilla extract
Pinch of ground ginger
Juice of 1/2 a lime
4 oz unsweetened vanilla almond milk
4 oz water
3 ice cubes

Blend in a blender until smooth and creamy.

Pom Pom Cherry Smoothie, serves 1

1 Recharge packet
Seeds of 1 fresh pomegranate
1 cup frozen cherries
4 oz unsweetened vanilla almond milk
4 oz water
3-4 ice cubes

Blend in a blender until smooth and creamy.

Blueberry Pear Smoothie, serves 1

1 Recharge packet
1 large ripe pear, peeled and diced, a Bartlett pear is best
1/2 cup frozen blueberries
1 teaspoon vanilla extract
Pinch of ground ginger
Juice of 1/2 a lime
4 oz unsweetened vanilla almond milk
4 oz water
3-4 ice cubes

Blend in a blender until smooth and creamy.