



Your Guide to Incredible Smoothies

There's something about smoothies...they can be sipped up as a healthy start to the day, a pre- or post-workout drink, a meal replacement, an easy way to help detox, a sweet treat, healthy fast food for on the go, a thirst quencher and hydrator and can be made to please any age, any taste or any lifestyle.

Our guide isn't about recipes, it's about inspiring you to try as many SUPER foods as possible in liquid form!

Cheers!

Content, product testing and layout by
Borden Communications + Design



How to use our Smoothie Guide

Drinking organic smoothies is good. And, they are good for you. By drinking them, and raving about them to others, you will inspire more good, which is naturally good for us all. So, we figured we'd put a little inspiration together for you to use, and share.

This guide is all about being open-minded and trying as many **super** foods as possible. We've made it easy for you by creating pages with little tick boxes - you can make sure you get to trying everything...at least once. And, because we pride ourselves on being a little unconventional, we've given you a rating scale from 1-11 for each ingredient, and obviously, we hope many things rank above 10!

Drink and be well!

Lisa

P.S. Please remember, in the following pages there are tons of great options, but the lists are by no means comprehensive - and the value of each ingredient goes well beyond what we've listed. If you want to get great health advice, and get your diet and lifestyle cleaned up, we highly recommend connecting with a holistic nutritionist near you - and online.



10 ways to make your smoothies even better than you do now!

It's always best to continually improve, right?

IMPORTANT PLEASE MAKE SURE EVERYTHING IS ORGANIC!

SUPPORT YOUR HEALTH AND THE FOOD SYSTEM WE ALL NEED.







1. Use frozen fruit instead of fresh
2. Use food-grade, organic, essential oils
(peppermint is really good in a chocolately green smoothie)
3. Change up your liquid base
4. Add more vegetables - try squash, it's a great thickener
5. Freeze your favourite adds into ice cubes and add them, adds all of the goodness, plus froth and chill! (from wheatgrass to cultured coconut)
6. Add a crunchy topping to the finished glass (and a sprinkle of cinnamon)
7. Eat it with a spoon, in a bowl instead
8. Sip up safely through a reusable (and super durable) glass straw
9. Freeze it into “popsicles” or make it into ice cream!
10. Make a huge one and enjoy it as a family



Liquid Bases

SWITCHING UP YOUR BASE IS AN EASY WAY TO GET A VARIETY OF VITAMINS AND MINERALS INTO YOUR DIET.








BONUS, YOU CAN MAKE MOST OF THESE PLANT BASED LIQUIDS AT HOME.

	TRIED IT	RATING SCALE
Coconut water <i>high in electrolytes, low in calories</i>	<input type="checkbox"/>	
Brewed herbal tea <i>healing, comforting, and caffeine-free</i>	<input type="checkbox"/>	
Kombucha <i>sparkling fermented live tea</i>	<input type="checkbox"/>	
Nut milks <i>lactose and cholesterol free</i>	<input type="checkbox"/>	
Seed milks <i>allergy friendly, good source of healthy fats</i>	<input type="checkbox"/>	
Oat milks <i>high in protein and fibre</i>	<input type="checkbox"/>	
Water <i>the ultimate hydrator</i>	<input type="checkbox"/>	
Rice Milk <i>good source of vitamin B and antioxidants</i>	<input type="checkbox"/>	
Coconut Milk <i>healthy fats, promotes weight maintenance</i>	<input type="checkbox"/>	



True Sweeteners

WHY USE ARTIFICIAL CHEMICALS, TOXIC SUGAR, OR A SWEETENER THAT CLAIMS TO BE NATURAL, EVEN THOUGH IT'S PROCESSED, WHEN YOU CAN GET REAL SWEETNESS THAT GREW ORGANICALLY JUST FOR YOU.

	TRIED IT	RATING SCALE
Coconut nectar <i>high in potassium, magnesium, and iron</i>	<input type="checkbox"/>	
Coconut sugar <i>unrefined, prevents blood sugar crashes</i>	<input type="checkbox"/>	
Yacon <i>low calories, low sugar levels</i>	<input type="checkbox"/>	
Dates <i>rich in iron and dietary fiber</i>	<input type="checkbox"/>	
Stevia <i>plant based, no calories</i>	<input type="checkbox"/>	
Fresh or frozen berries <i>prevents disease, aids weight loss</i>	<input type="checkbox"/>	
Frozen bananas <i>improves mood, reduces PMS symptoms</i>	<input type="checkbox"/>	



Smoothie Tools

YOU DON'T NEED A LOT OF GADGETS OR GIZMOS TO MAKE A HEALTHY LIQUID MEAL.

INVEST IN HIGH QUALITY PRODUCTS FROM GOOD COMPANIES FOR A LIFETIME OF BLENDED ENJOYMENT.

	TRIED IT	RATING SCALE
Strawesome Glass Straw <i>beautiful, reusable, lifetime guaranteed</i>	<input type="checkbox"/>	<input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> <input type="text" value="8"/> <input type="text" value="9"/> <input type="text" value="10"/> <input type="text" value="11"/>
High Speed Blender <i>Blendtec or Vitamix get the job done</i>	<input type="checkbox"/>	<input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> <input type="text" value="8"/> <input type="text" value="9"/> <input type="text" value="10"/> <input type="text" value="11"/>
Klean Kanteen Insulated <i>keeps hot for 6 hrs, cold for 24 hrs</i>	<input type="checkbox"/>	<input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> <input type="text" value="8"/> <input type="text" value="9"/> <input type="text" value="10"/> <input type="text" value="11"/>
Lifefactory Glass Bottle <i>safely see-through, chemical free</i>	<input type="checkbox"/>	<input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> <input type="text" value="8"/> <input type="text" value="9"/> <input type="text" value="10"/> <input type="text" value="11"/>
Full Circle Bottle Brush <i>made ethically from recycled materials</i>	<input type="checkbox"/>	<input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> <input type="text" value="8"/> <input type="text" value="9"/> <input type="text" value="10"/> <input type="text" value="11"/>
Straw Cleaner <i>gets the gunk out of small places</i>	<input type="checkbox"/>	<input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> <input type="text" value="8"/> <input type="text" value="9"/> <input type="text" value="10"/> <input type="text" value="11"/>
Green Smoothie Cleanse <i>3 day program by Meghan Telpner</i>	<input type="checkbox"/>	<input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> <input type="text" value="8"/> <input type="text" value="9"/> <input type="text" value="10"/> <input type="text" value="11"/>
Open-Minded Person <i>for ultimate well-being and happiness</i>	<input type="checkbox"/>	<input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> <input type="text" value="8"/> <input type="text" value="9"/> <input type="text" value="10"/> <input type="text" value="11"/>





Lifetime
Guaranteed



Toxin
Free



Dishwasher
Safe



Designed &
Handmade in USA



Kid
Friendly

It's a Drink Changer.



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MAKE DRINKING SAFE, FUN + ECO-FRIENDLY.



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