



### **Strawberry Banana Smoothie**

1/2 cup milk/milk alternative  
1/2 cup plain greek yogurt or 1 scoop Protein powder  
1/2 frozen banana, peeled and chopped  
1 1/2 tablespoons flax seed (can start with less and as taste buds develop,  
increase)  
1 teaspoon honey  
1/2 cup frozen strawberries

### **Green Monster Smoothie**

1 cup milk alternative (or milk)  
1/2 cup Greek yogurt or protein powder  
1 banana, frozen and chunked  
1 tablespoon natural peanut butter  
2 cups fresh spinach  
1 cup ice cubes (optional)

### **Blueberry Smoothie**

1 1/4 cups Blueberry Juice (health food store)  
3/4 cup Fresh Blueberries  
1 cup vanilla Greek yogurt or vanilla protein powder

### **Very Berry Smoothie**

1/2 cup cranberry juice (pure)  
1/2 cup ryza Original or Vanilla (or other milk alternative)  
1/2 cup frozen mixed berries  
1/2 cup Vanilla Greek Yogurt or vanilla protein powder  
Can also reduce sugar by using Greek Yogurt, 1 tsp vanilla

### **Peanut Butter and Honey Smoothie**

1 banana  
1/8 cup peanut butter (or other nut butter)  
1/2 cup soy milk (or milk alternative)  
2 tablespoons honey (slowly reduce the amount used)

### **Groovy Green Smoothie**

1 banana, cut in chunks  
1 cup grapes (green)  
1 (6 ounce) tub vanilla Greek yogurt  
(or vanilla protein powder, or plain Greekyogurt and vanilla extract)  
1/2 apple, cored and chopped  
1 1/2 cups fresh spinach leaves



### **Oatmeal Breakfast Smoothie**

- 1 cup soy milk (or milk alternative)
- 1/2 cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons Coconut sugar, honey, maple syrup or Agave Syrup

### **Soyalicious Strawberry Smoothie**

- 10.5 Oz Silken Tofu, soft, Organic (or Greek Yogurt)
- 1 cup Papaya nectar (or other tropical Juice)
- 1 Cup Fresh or frozen strawberries (organic preferably)
- 1 Banana
- 1 tbsp honey
- 8 ice cubes

### **Soyalicious Blueberry Smoothie**

- 10.5 Oz Silken Tofu, soft, Organic (or Greek Yogurt)
- 1 Cup Papaya necta (or other tropical juice)
- 1 cup Blueberries (fresh or frozen)
- 1 Banana
- 1 tsp honey
- 8 ice cubes

### **Mango Lassi**

- 2.5 cups chopped, peeled mango (very ripe)
- 1/4 cup coconut sugar (or small amount of stevia)
- 1 quart organic plain Greek yogurt

### **Acai Fruit Smoothie**

- 1 Cup Fresh Fruit
- 1 Cup Pure juice
- 3 Tbsp protein powder
- 1 Oz 100% pure Acai juice
- 1 Tbsp Omega 3 oil
- 1 Tbsp Ground flax seed



### **Strawberry Smoothie**

- 1 pint Organic Strawberries
- ½ Cup Plain Greek Yogurt
- ½ Cup Orange Juice
- 1 Tbsp nut butter
- 1 Banana
- 1 tsp real vanilla extract
- 1 tbsp honey

### **First Kiss**

- 6 slices pineapple
- 3 oz Water
- 1 banana, peeled
- 6 fresh or frozen strawberries (preferably organic)
- 1 scoop protein powder

### **Blue Lagoon**

- 8 oz bottled mango juice
- 1 banana, peeled
- 2 Tbsp fresh or frozen blueberries
- 1 scoop protein powder

### **One Love**

- 6 slices watermelon
- 4 oz coconut milk
- 1 banana, peeled
- 1 scoop protein powder

### **Peach Tree**

- ½ cup orange juice
- 1 banana
- 8 slices fresh or frozen peaches
- 1 scoop protein powder

### **Banana Oat Milk**

- 2 tbsp quick cooking oats
- 1 banana, peeled
- 1 cup filtered water (preferably hot)
- 1 tsp maple syrup
- 1 Shake cinnamon



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### **Tour de Force**

- 3 tsp blueberries
- 1 banana, peeled
- 3 tbsp Greek yogurt
- 1 cup vanilla Soy or other milk alternative
- 1 tsp spirulina
- 1 tbsp vanilla protein powder
- 3 cubes of ice

### **Pacific protein**

- 6 slices pineapple
- 4 oz Coconut milk (more if necessary)
- 1 banana, peeled
- 1 tsp spirulina
- 1 scoop protein powder
- Ice optional

**LOTUS TREE**

WELLNESS AND HEALING

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