

byDesign Juice Plus Smoothie Recipes

Vanilla Complete Smoothies

INGREDIENTS INSTRUCTIONS

All ingredients should be organic and washed thoroughly prior to consumption. Do not use milk or other processed, fortified, sugar-laden ingredients.

MIXING INSTRUCTIONS

You can follow the measuring cup instructions as provided, or you can just eyeball it like we do.

BLENDING INSTRUCTIONS

Throw all ingredients in a blender (we use the NutriBullet), blend until desired consistency is reached. Add clean water as needed to achieve desired consistency.

Banana Berry Blast

INGREDIENTS:

- 1 scoop Vanilla Complete
- ¼ Cup frozen organic blueberries
- ¼ Cup frozen organic raspberries
- ½ Banana
- 1 Cup spinach
- ¼ Cup organic coconut milk
- ½ Cup filtered water*
- *add water to desired consistency

Pina-Kale-Ada

INGREDIENTS:

- 1 scoop Vanilla Complete
- ½ Cup frozen organic pineapple
- 1/2 banana
- 1 Cup kale
- ¼ Cup organic coconut milk
- ½ Cup coconut water
- *add water to desired consistency

Strawberry Bliss

INGREDIENTS:

- 1 scoop Vanilla Complete
- 1 banana
- ½ Cup Frozen Strawberries
- ¼ Cup coconut Milk
- ¼ Cup filtered water
- *add liquid to desired consistency

Green Machine

INGREDIENTS:

1 scoop Vanilla Complete

½ Cup Spinach

½ Cup Kale

½ Cup Swiss Chard

½ Cup Coconut Milk

½ Cup Filtered Water

*add liquid to desired consistency

Peach-Mango

INGREDIENTS:

1 scoop Vanilla Complete

½ Cup frozen peaches

½ Cup frozen mango

½ Cup spinach

½ Cup Coconut Milk

½ Cup Filtered Water

*add liquid to desired consistency

Thai-Ginger

INGREDIENTS:

1 scoop Vanilla Complete

1 Banana

1 Cup frozen mango or pineapple chunks

1 inch piece of fresh ginger (depending on how much zing you want), peeled

½ Cup coconut milk

1 TBS coconut oil

½ Cup Filtered Water

4 ice cubes

*add liquid to desired consistency

Dutch Chocolate Complete Smoothies

Coco-loco

INGREDIENTS:

1 scoop Chocolate Complete

1/2 banana

1 tablespoon almond butter

1/4 c* organic coconut milk

½ Cup filtered water*

*add water to desired consistency

Ch-ch-ch-chia!

INGREDIENTS:

- 1 scoop Chocolate Complete
- 1 tablespoon almond or peanut butter
- 1 tablespoon chia seeds
- ¼ Cup organic coconut milk
- ½ Cup coconut water*
- *add water to desired consistency

PB and Jelly

INGREDIENTS:

- 1 scoop Chocolate Complete
- 1 cup frozen raspberries
- 1 tablespoon almond or peanut butter
- ¼ Cup organic coconut milk
- ½ Cup filtered water*
- *add water to desired consistency

Cacao-Berry

INGREDIENTS:

- 1 scoop Chocolate Complete
- 1 banana
- ½ Cup frozen blueberries
- ¼ Cup frozen blackberries
- ¼ avocado
- 2 pitted medjool dates
- 2 tablespoons raw cacao powder
- 1 tbs chia seeds
- 1 tsp cinnamon
- ¼ cup full fat coconut milk
- ½ Cup filtered water*

Chocolate Almond Joy

INGREDIENTS:

- 1 scoop Chocolate Complete
- 2 pitted medjool dates
- 2 tablespoons raw cacao powder
- 1 tablespoon almond butter
- ¼ cup full fat coconut milk
- ½ Cup filtered water*

Quick “On The Go” - Complete Shakes

K.I.S.S (Keep it Simple Shake)

INGREDIENTS:

- 1 scoop Vanilla or Chocolate Complete
- ¼ Cup organic coconut milk
- 1 Cup water
- ½ Cup ice

INSTRUCTIONS:

Throw all ingredients in a shaker bottle and GO!

Chai Smoothie

INGREDIENTS:

- 1 scoop Vanilla or Chocolate Complete
- ½ Cup coconut milk
- ½ Cup unsweetened Bhakti Chai
- ½ Cup ice

INSTRUCTIONS:

Throw all ingredients in a shaker bottle and GO!

Superfoods Shake

INGREDIENTS:

- 1 scoop Vanilla or Chocolate Complete
- 1 tablespoon Raw Maca Powder
- 2 Tablespoons Raw Cacao Powder
- ¼ Cup organic coconut milk
- 1 Cup water
- ½ Cup ice

INSTRUCTIONS:

Throw all ingredients in a shaker bottle and GO!

For more healthy tips and lifestyle advice visit us @ www.byDesignLiving.com
Come find us on Facebook @ www.facebook.com/bydesignliving
Workouts and recipes on our YouTube channel @ [byDesign on YouTube](https://www.youtube.com/byDesign)