

# SMOOTHIEOLOGY

Simple, Delicious & Nutritious Smoothies  
for Optimal Health

Want a smoothie that is easy, delicious and packs a nutritional punch? The GCH Smoothieology Guide makes living Good Clean Health easy. Follow the steps below to create super yummy and tremendously nutritious smoothies for you and your entire family.

## Good Clean Health's Recommended Smoothies:

**Simple Smoothie-(Kid-friendly):** 1.5 cups of Almond Milk, 1 Tablespoon Coconut Oil, 2 Small Handfuls of Strawberries, 1 Frozen Banana, 2 Large handfuls of spinach

**Almond Pure Joy Smoothie:** 1.5 cups Coconut Milk, 2 Tablespoons Almond Butter, 2 Handfuls of Kale, 2 Tablespoons of Raw Cacao, 1 Tablespoon Ground or Sprouted Flax Seeds

## 1 pick one base

Use 1-1.5 cups

- Coconut water
- Pure water
- Yerba mate (brewed tea)
- Almond milk (unsweetened)
- Coconut milk
- Hemp milk
- Rice milk
- Kefir

## 2 pick one fat

Use 1-2 tbsp

- Flax oil
- Avocado (use 1 half)
- Coconut oil
- Almond Butter
- Peanut Butter

## 3 pick two fruits

Use 2 small handfuls of each fresh or frozen fruit

- Banana\*
- Strawberries\*
- Blackberries
- Blueberries
- Raspberries
- Acai
- Cherries
- Lemon/Lime
- Mango\*
- Peach/nectarines\*
- Apples
- Plums
- Watermelon/cantaloupe\*
- Pears
- Kiwi\*

\*Soluble fiber fruits provide a smoother overall finish to your smoothie.

## 4 pick two to three vegetables

Use 1 heaping handful of each vegetable choice

- Spinach
- Kale
- Swiss chard
- Collards
- Beet greens
- Turnip greens
- Dandelion greens
- Endive
- Sprouts
- Wild salad greens
- Watercress
- Romaine lettuce
- Cucumber
- Cilantro
- Parsley
- Basil
- Mint

## \*5 optional

### pick one superfood

- Bee Pollen 1-2 tsp
- Chia seeds 1-2 tbsp
- Hemp Seeds 1-2 tbsp
- Chlorella 1-2 tsp
- Maca Powder 1-2 tsp
- Goji berries 1-2 tbsp
- Flax seeds/sprouted flax 1-2 tbsp
- Raw Cacao Powder 1-2 tbsp

### pick one supplement/spice

- Cinnamon 1-2 tsp
- Greens Powder 1-2 tsp
- Vanilla 1-2 tsp
- Oatmeal 1-2 tbsp
- Cardamom 1 tsp
- Ginger 1 tsp
- Plant based protein powders 1 scoop
- All natural Whey protein powders 1 scoop

### pick one sweetener

Use 1 tbsp or less

- Stevia
- Raw agave
- Dates
- Xylitol
- Honey
- Grade B Maple Syrup

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