

<p>Immunity Smoothie Strawberry Goji</p> <p>2 Servings</p> <p>2 Cups Frozen Strawberries 3 Tbsp Navitas Naturals Lucuma Powder 3 Tbsp Navitas Naturals Goji Powder ½ tsp Navitas Naturals Camu Powder 2 Cups Almond Milk (original)</p> <p>Nutrition Info: Total Calories Per Serving: 224.5, Protein: 4.3 g, Carbs: 45.5g, Fat: 2.5 g, Fiber 4 g</p>	<p>Anti Aging Smoothie Chocolate Maqui Mint</p> <p>2 Servings</p> <p>3 Frozen Bananas 1/4 Cup Navitas Naturals Cacao Powder 2 tsp Navitas Naturals Maqui Powder 2 Tbsp Fresh Mint Leaves, Minced 2 Cups Vanilla Rice Milk</p> <p>Nutrition Info: Total Calories Per Serving 346; Protein: 4.7g; Carbs: 81.1g; Fat: 3.1g; Fiber: 8g</p>	<p>Cleansing Smoothie Very Veggie</p> <p>2 Servings</p> <p>3 Cups Cucumber, chopped (about 2) ½ Cup (packed) Parsley, stems discarded and leaves chopped 1 tsp <u>Navitas Naturals Wheatgrass Powder</u> ⅔ Cup freshly squeezed Lemon Juice 1½ Cups Apple Juice (1 Cup Ice and Sweetener, as needed)</p> <p>Nutrition Info: Total Calories Per Serving: 121.5; Protein: 1.55g; Carbs: 31.85g; Fat: 2.5g; Fiber: 0g</p>
<p>Energy Smoothie Acai Athlete Smoothie</p> <p>2 Servings</p> <p>2 Frozen Bananas 2 Tbsp <u>Navitas Naturals Acai Powder</u> 2 Tbsp <u>Navitas Naturals Chia Seeds</u> 3 Tbsp <u>Navitas Naturals Hemp Seeds</u> 2 Cups Coconut Water</p> <p>Nutrition Info: Total Calories Per Serving: 306; Protein: 12.95g; Carbs: 48.2g; Fat: 6.7g; Fiber: 9g</p>	<p>Stamina Smoothie (Energy) Maca Shake</p> <p>2 Servings</p> <p>2 Bananas 3 Tbsp <u>Navitas Naturals Lucuma Powder</u> 3 Tbsp <u>Navitas Naturals Hemp Seeds</u> 1 Tbsp <u>Navitas Naturals Maca</u> 1½ Cups Vanilla Rice Milk (2 Cups Ice, and Sweetener as needed)</p> <p>Nutrition Info: Total Calories Per Serving: 335.5; Protein: 5.5g; Carbs: 76.5g; Fat: 2.35g; Fiber: 4.5g</p>	<p>Protein Smoothie Blueberry Hemp</p> <p>2 Servings</p> <p>2 Cups Frozen Blueberries 1¼ Cups Almond-Milk Yogurt* (vanilla flavor) 3 Tbsp <u>Navitas Naturals Hemp Protein Powder</u> 1 Tbsp <u>Navitas Naturals Sprouted Flaxseed Powder</u> 1 Cup Water</p> <p>Nutrition Info: Total Calories Per Serving: 385; Protein: 9.6g; Carbs: 30.85g; Fat: 4.4g; Fiber: 5g</p>
<p>Radiance Smoothie (Anti Aging) Vanilla Mulberry</p> <p>2 Servings</p> <p>2 Cups Ripe Pear, Chopped ¼ Cup <u>Navitas Naturals Mulberries</u> 2 tsp <u>Navitas Naturals Maqui Powder</u> 1½ Cups Almond Milk (Unsweetened) ½ tsp Vanilla Extract (1½ Cup Ice)</p> <p>Nutrition Info: Total Calories Per Serving: 250; Protein: 2.95g; Carbs: 46.9g; Fat: 2.3g; Fiber: 9g</p>	<p>Immunity – Sinus Smoothie Pineapple Enzyme Banana Smoothie</p> <p>2 Servings</p> <p>1 Fresh Orange – No Seeds or Skin 1 Frozen Banana 1 Cup Fresh Chopped Pineapple ½ Cup Fresh Papaya or Kiwi (1 Kiwi) 1 ½ Cups Coconut Water Ice (or Tap Water) 2 Tbsp Fresh Lemon Juice 1 tsp Agave Syrup to Taste 1 tsp Cayenne 2 Tbsp Hemp Seeds Optional: Fresh Grated Ginger</p> <p>Nutrition Info: Total Calories Per Serving: 305; Protein: 6 g; Carbs: 65g; Fat: 5g; Fiber: 8g</p>	<p>Vitality Smoothie (Anti Aging) Cherry Berry</p> <p>2 Servings</p> <p>1/3 cup Navitas Naturals <u>Cashews</u> 1 Tbsp Navitas Naturals <u>Goji Berries</u> 1 Tbsp Navitas Naturals <u>Superfruit Blend</u> 1 Cup Frozen Cherries 1 Banana 2 Cups Fresh Spinach 1 Tbsp Vanilla Extract 1 1/2 cups Water 2 Cups Ice</p> <p>Nutrition Info: Total Calories Per Serving: 316; Protein: 8g; Carbs: 57g; Fat: 5g; Fiber: 8g</p>

<p>Detox Smoothie (Cleansing) Tropical</p> <p>2 Servings</p> <p>2 Tbsp Navitas Naturals <u>Lucuma Powder</u> 2 tsp Navitas Naturals <u>Wheatgrass Powder</u> 2 Cups Frozen Mango 1 Cup Orange Juice 1/2 Cup Almond Milk 1-2 Tbsp Lime Juice 1 Cup Chia Gel</p> <p>Nutrition Info: Total Calories Per Serving: 293; Protein: 4g; Carbs: 59g; Fat: 4g; Fiber: 10g</p>	<p>Antioxidant Smoothie Very Berry</p> <p>2 Servings</p> <p>1 Tbsp Navitas Naturals <u>Maqui Powder</u> 1 Tbsp Navitas Naturals <u>Goji Powder</u> 2 Cups Frozen Mixed Berries 1 Cup Cranberry Juice 1 Cup Vanilla Hemp Milk</p> <p>Nutrition Info: Total Calories Per Serving: 260; Protein: 4g; Carbs: 55g; Fat: 4g; Fiber: 13g</p>	<p>Protein Smoothie Chocolate</p> <p>2 Servings</p> <p>1/4 Cup Navitas Naturals <u>Cashews</u> 3 Tbsp Navitas Naturals <u>Hemp Seeds</u> 1/4 Cup Navitas Naturals <u>Cacao Powder</u> 2 Tbsp Navitas Naturals <u>Hemp Protein Powder</u> 2 tsp Navitas Naturals <u>Maca Powder</u> 1 1/2 Cups Frozen Blueberries 1 Frozen Banana 4 Medjool Dates Ice</p> <p>Nutrition Info: Total Calories Per Serving: 550; Protein: 21g; Carbs: 80g; Fat: 16g; Fiber: 13g</p>
<p>Good Mood Smoothie Mocha</p> <p>2 Servings</p> <p>2/3 Cup Navitas Naturals <u>Raw Cashews</u> 2 Tbsp Navitas Naturals <u>Cacao Powder</u> 2-3 Tbsp Navitas Naturals <u>Palm Sugar</u> 1 Tbsp Navitas Naturals <u>Cacao Nibs</u> 2 tsp Instant Coffee Powder 1 tsp Vanilla Extract 1 1/4 Cup Coconut Water 2-3 Cups Ice</p> <p>Nutrition Info: Total Calories Per Serving: 299; Protein: 6g; Carbs: 38g; Fat: 14g; Fiber: 5g</p>	<p>Anti Aging Smoothie Mulberry</p> <p>2 Servings</p> <p>1 Cup Navitas Naturals <u>Mulberries</u> 2 Tbsp Navitas Naturals <u>Acai Powder</u> 1/4 tsp Navitas Naturals <u>Camu Powder</u> 1/2 Cup Apple Juice 1 1/2 Cups Rice Milk (Unsweetened) 2 Cups Frozen Strawberries</p> <p>Nutrition Info: Total Calories Per Serving: 461; Protein: 12g; Carbs: 97g; Fat: 6g; Fiber: 17g</p>	<p>Skinny Smoothie (Cleansing) Blueberry Peach</p> <p>2 Servings</p> <p>1/2 Cup <u>Chia Gel</u> 2 Sliced Peaches 1 Banana 1 Cup Green Tea (Unsweetened) 1 Tbsp Lemon Juice 2 1/2 Cups Frozen Blueberries</p> <p>Nutrition Info: Total Calories Per Serving: 250; Protein: 3g; Carbs: 44g; Fat: 3g; Fiber: 9g</p>
<p>Energy Smoothie Chocolate Almond</p> <p>2 Servings</p> <p>2-3 Cups Ice 1 Frozen Banana 1/2 Avocado 6 Medjool Dates 1/4 Cup Navitas Naturals <u>Cacao Powder</u> 2 tsp Navitas Naturals <u>Maca Powder</u> 1 Tbsp Almond Butter 1 1/2 Cups Vanilla Almond Milk 1 Cup Coconut Water</p> <p>Nutrition Info: Total Calories Per Serving: 455; Protein: 10g; Carbs: 85g; Fat: 14g; Fiber: 16g</p>	<p>Immunity Smoothie Goji Berry</p> <p>2 Servings</p> <p>2 Cups Frozen Blueberries 1/2 Cup Navitas Naturals <u>Goji Berries</u> 1 Tbsp Navitas Naturals <u>Pomegranate Powder</u> 1/2 tsp Navitas Naturals <u>Camu Powder</u> 1/2 Cup Cranberry Juice (unsweetened) 2 1/2 Cups Rice Milk 1 tsp Vanilla Extract Stevia (to taste) OR Navitas Naturals <u>Coconut Palm Sugar</u></p> <p>Nutrition Info: Total Calories Per Serving: 485; Protein: 11g; Carbs: 105g; Fat: 4g; Fiber: 10g</p>	<p>Balance Smoothie (Energy) Pomberry</p> <p>2 Servings</p> <p>3 Cups Frozen Strawberries 3 Tbsp Navitas Naturals <u>Pomegranate Powder</u> 1 Tbsp Navitas Naturals <u>Yacon Syrup</u> (optional) 1/2 tsp Freshly Grated Lemon Zest 2 Cups Almond Milk Stevia (to taste) OR Navitas Naturals <u>Coconut Palm Sugar</u></p> <p>Nutrition Info: Total Calories Per Serving: 388; Protein: 7g; Carbs: 84g; Fat: 4g; Fiber: 13g</p>

<p>Radiance Smoothie (Anti Aging) Golden Skin Glow</p> <p>2 Servings</p> <p>1 Cup Frozen Mango ½ Cup Navitas Naturals <u>Goldenberries</u> ¼ tsp Navitas Naturals <u>Camu Powder</u> ¼ Cup Navitas Naturals <u>Cashews</u> 2 Tbsp Navitas Naturals <u>Hemp Seeds</u> ¾ Cup Pineapple Juice ½ Cup Orange Juice 2 Tbsp Lime Juice 1 Cup Water 1 tsp Vanilla Extract 2 Cups Ice Stevia (to taste) OR Navitas Naturals <u>Coconut Palm Sugar</u></p> <p>Nutrition Info: Total Calories Per Serving: 440; Protein: 11g; Carbs: 75g; Fat: 11g; Fiber: 10g</p>	<p>Fiber and Energy Smoothie Blueberry and Oat</p> <p>2 Servings</p> <p>1 Cup Ice 2 Cups Frozen Blueberries ½ Cup Navitas Naturals <u>Mulberries</u> ¼ Cup Rolled Oats 2 Tbsp Navitas Naturals <u>Sprouted Flax Powder</u> 1 tsp Vanilla Extract 2 Cups Almond Milk</p> <p>Nutrition Info: Total Calories Per Serving: 317; Protein: 8.35 g; Carb: 60.65 g; Fat: 7.25; Fiber: 9.15</p>	<p>Friendly Fats and Energy Smoothie Creamy Acai</p> <p>2 Servings</p> <p>1 Cup Ice ½ Cup Navitas Naturals <u>Mulberries</u> 3 Tbsp Navitas Naturals <u>Acai Powder</u> 2 Tbsp Navitas Naturals <u>Hemp Seeds</u> ½ Avocado 2 Cups Coconut Milk (boxed) ⅓ Cup Frozen Blueberries (optional - for color)</p> <p>Nutrition Info: Total Calories Per Serving: 270; Protein: 7.65 g; Carb: 31.45 g; Fat: 15.7; Fiber: 8.05</p>
<p>Protein Smoothie Vanilla Almond</p> <p>2 Servings</p> <p>2 Cups Ice 3 Large Medjool Dates, Pits Removed 2 Tbsp Navitas Naturals <u>Goji Berries</u> 3 Tbsp Almond Butter (unsalted, unsweetened) 2 Tbsp Navitas Naturals <u>Hemp Protein Powder</u> 1 Tbsp Navitas Naturals <u>Lucuma Powder</u> 2 tsp Vanilla 1 ½ Cup Fresh Coconut Water</p> <p>Nutrition Info: Total Calories Per Serving: 360.5; Protein: 14.05 g; Carb: 45 g; Fat: 1.55 g; Fiber: 9.2 g</p>	<p>Green Veggie Smoothie Green Extreme</p> <p>2 Servings</p> <p>1 Cup Ice 1 Ripe Pear, chopped with seeds and core removed ½ Avocado 1 Cup Kale Leave, center stem removed and packed ½ Cup Broccoli Florets, chopped and packed ½ tsp Navitas Naturals <u>Wheatgrass Powder</u> 1 Tbsp Fresh Lemon Juice 2 Cups Apple Juice</p> <p>Nutrition Info: Total Calories Per Serving: 243; Protein: 3 g; Carb: 50.75 g; Fat: 5.45 g; Fiber: 6 g</p>	<p>Mineral Smoothie (Energy) Chocolate Dream</p> <p>2 Servings</p> <p>1 ½ Cups Ice ¼ Cup Brazil Nuts 3 Large Medjool Dates, pits removed 2 Tbsp Navitas Naturals <u>Cacao Powder</u> 2 Tbsp Navitas Naturals <u>Maca Powder</u> 2 Cups Almond Milk ("original") 1 Tbsp Navitas Naturals <u>Cacao Nibs</u></p> <p>Nutrition Info: Total Calories Per Serving: 261.5; Protein: 6.2 g; Carb: 29 g; Fat: 15 g; Fiber: 5.5 g</p>

<p>Sweet Smoothie Lucuma Macadamia</p>	<p>Balance Smoothie (Energy) Very Berry</p>	
<p>2 Servings</p> <p>2 Cups Ice ¼ Cup Macadamia Nuts ¼ Cup Silken Tofu 2 Large Medjool Dates, pits removed 2 Tbsp Navitas Naturals <u>Lucuma Powder</u> 1 Tbsp Navitas Naturals <u>Coconut Sugar</u> ¾ Cup Fresh Coconut Water</p>	<p>2 Servings</p> <p>1 Cup Ice 2 Cups Frozen Blueberries ⅓ Cup Navitas Naturals <u>Cashews</u> 5-6 Large Medjool Dates, pits removed 2 Tbsp Navitas Naturals <u>Hemp Protein</u> 1 Tbsp Navitas Naturals <u>Chia Seeds</u> 1 Tbsp Navitas Naturals <u>Cacao Nibs</u> 1 Cup Kale, center stem removed, packed 2 Cups Water</p>	
<p>Nutrition Info: Total Calories Per Serving: 300;, Protein: 4.85 g; Carb: 40.95 g; Fat: 14.35 g; Fiber: 21.15 g</p>	<p>Nutrition Info: Total Calories Per Serving: 449; Protein: 14.3 g; Carb: 71.4 g; Fat: 16.7 g; Fiber: 12.75 g</p>	