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THE PERFECT POWER SMOOTHIE CHEAT SHEET

How to build the perfect smoothie

There are numerous reasons as to why smoothies are a great option when it comes to a nutritious snack or meal replacement. A smoothie's versatility and "all in one" convenience makes them the perfect start to the day or a healthy snack on the go. And heck, you can sneak in those healthy greens and veggies without anyone suspecting it!

STEP 1

Choose 1 Cup Power Liquid

WATER
COCONUT WATER
ALMOND MILK
COCONUT MILK
GREEN TEA

STEP 2

Choose 1 Cup Power Vegetable

KALE	BEETS (PRE-COOKED)
SPINACH	CHINESE CABBAGE
SWISS CHARD	ROMAINE LETTUCE
WATERCRESS	SHREDDED CARROTS
BROCCOLI	SWEET POTATO
BELL PEPPER	(SOFTENED)
COLLARD GREENS	

Then blend for 10-15 seconds

STEP 3

Choose 1.5 Cups Power Fruits

BERRIES	PINEAPPLE
KIWI	APPLES
PAPAYA	MANGO
GRAPEFRUIT	BANANA
CITRUS FRUIT	PEACHES
TART CHERRIES	

STEP 4

Add 1 Teaspoon Power Spice (Choose 1-2)

GINGER	CAYENNE PEPPER
CACAO POWDER	PARSLEY
TURMERIC	CLOVE
CINNAMON	MACA POWDER

STEP 5

Chill

3-4 ICE CUBES
USE FROZEN FRUIT INSTEAD
OF FRESH

OPTIONAL

Power Boost - 1 Tablespoon

CHIA SEEDS	HEMP SEEDS OR OIL
PUMPKIN SEEDS OR	FLAX SEED OR OIL
PEPITAS	AVOCADO
NUT BUTTER	

THE GOTTA GLOW POWER SMOOTHIE

This refreshing smoothie is every woman's dream. And it's not only delicious—it's an excellent source of magnesium and potassium, keeping your skin well hydrated. Kiwis are loaded with vitamin E and C, which will keep skin firm and ward off fine lines and wrinkles!

INGREDIENTS

- 1 cup coconut water
- 3 kiwi fruits
- 1 clementine
- 1 cup spinach
- 1 tablespoon lime juice
- ½ banana
- 1 tablespoon pepita or pumpkin seeds
- 3-4 ice cubes

SERVES



INSTRUCTIONS

- 1 In a powerful blender, combine all the ingredients until smooth.
- 2 Serve immediately.



Power Tip

If made correctly, smoothies are full of fiber, vitamins, minerals and antioxidants. Because of this, they keep you full and hydrated, get your skin glowing, and boost your energy levels. They also satisfy a "sweet tooth" with the natural sugar from the fresh fruit.

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