



ESTROGEN SHRINKING SMOOTHIES

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Kale Pineapple Smoothie

Ingredients:

1 cup coconut milk (unsweetened)
½ cup pineapple juice (not from concentrate)
1 cup kale (chopped, packed)
½ cup fresh pineapple (diced)
1 banana

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Green Apple Kale Smoothie

Ingredients:

⅔ cup coconut milk (unsweetened)
¾ cup ice
1 ½ cups kale (chopped, packed)
1 stalk celery (diced)
½ Gala apple (cut into chunks)
1 tbsp ground flax seed

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Banana Kale Smoothie

Ingredients:

1/3 cup water
1 tbsp lemon juice
2 cups baby kale (chopped)
1/2 banana
1/2 strawberries (frozen)

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Coconut Kale Smoothie

Ingredients:

1/4 cup canned coconut milk
1/2 cup water
1/4 cup unsweetened shredded coconut
1/2 cup pineapple chunks (frozen)
1/2 banana (frozen)
1 kale leaf (remove stems)
1 cup spinach

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Red Grape Smoothie

Ingredients:

1 cup seedless red grapes
1 frozen banana
1/4 cup coconut milk
1/3 cup Greek yogurt with probiotics

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Spicy Estrogen Lowering Smoothie

Ingredients:

1 cup chopped kale
1/4 cup cilantro
1/2 cucumber (chopped)
1/2 pear (chopped)
1/2 lemon (peeled)
1/2 avocado (peeled and pit removed)
1/2 pinch of cayenne pepper
1 cups of filtered water

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Orange Blueberry Smoothie

Ingredients:

1 Cup frozen or fresh blueberries

1 orange

3 figs (fresh, or dried. If dried, soak for 3-minutes in warm water)

1/2 cup green tea

1/2 cup ice

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Kiwi and Spinach Smoothie

Ingredients:

2 kiwi , peeled and halved

1/2 banana , peeled

1 cup baby spinach

1/2 cup vanilla Greek yogurt

1/2 cup apple juice (not from concentrate)

10-12 ice cubes

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Tropical Hormone Balancing Smoothie

Ingredients:

1 small container (11.2 oz) coconut water
1/3 cup fresh pineapple chunks
4 handfuls fresh spinach
1 banana

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Cruciferous Veggie Smoothie

Ingredients:

One bunch of kale
One handful of spinach
2-3 medium sized carrots
1 lemon, peeled
1 thumb size knob of ginger

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Cruciferous Carrot Juice

Ingredients:

8 carrots
1 pear
1 head of broccoli
1 head of cauliflower
1 handful of kale
1/2 lime

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Strawberry Lemon Smoothie

Ingredients:

6 strawberries
1/4 banana
1/2 lemon (peel on)
2 handfuls romaine lettuce
1/3 avocado
Dash of cinnamon
8-10 oz unsweetened coconut milk

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Mixed Berry Cauliflower Smoothie

Ingredients:

1 Tbsp almond butter
10 oz coconut water
1/4 cup frozen blueberries
1/4 cup frozen raspberries
1/2 cup frozen cauliflower

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Coconut Greens Smoothie

Ingredients:

1 banana
1/3 avocado
2 Tbsp coconut flakes
1 Tbsp spirulina or chlorella (blue-green algae)
Dash dried turmeric
2 handfuls spinach
8-10 oz coconut milk

Directions:

In a blender, combine all ingredients and blend on high until smooth.

Coconut Lime Smoothie

Ingredients:

1 cup (250 ml) coconut water

1 pear, cored

1/3 cucumber

1 cup of spinach

½ lime, peeled

1 tsp coconut oil

1 handful of ice

Directions:

In a blender, combine all ingredients and blend on high until smooth.
