

Healthy **SMOOTHIES**

FOR ENERGY AND STAMINA



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Important Ingredients



TIPS:

How to

Build Your Own Protein Smoothie

- 1 Fruit vs. Ice:** Start with a base of around 1 cup of ice or 1 cup of frozen fruit to a high speed blender. A favorite base is frozen banana, but mixed berries are a close second.
- 2 Protein:** Next, choose your protein source(s). For example, you could do a serving of doTERRA protein powder + a teaspoon of chia/flax seed + a tablespoon of nut butter.
- 3 Sweetener:** Now, decide if you'd like to add a sweetener. Depending on how sweet your protein powder is or what base fruit you used, you may not need to add one! If you are going to add one, we suggest an all-natural sweetener such as maple syrup or honey.
- 4 Liquid:** Start with about 1/3 cup to 1/2 cup of liquid, gradually add more from there. Feel free to use any liquid you like such as water, orange juice, almond milk, etc.
- 5 Blend:** Blend it all up! The better the blender, the smoother your protein shake is going to be! If things are having a hard time "smoothing," this means you need to add more liquid.

SEEDS.....

I love adding chia seeds to get more fiber and protein!



EASY INGREDIENTS TO ADD TO A SMOOTHIE

CHIA SEEDS



- Chia seeds are also packed with omega-3 and omega-6 fatty acids. In addition to all that, it's an easy way to get more fiber and protein into your breakfast.
- Chia seeds also expand with water, whether that's in the smoothie or in your stomach. You will feel full for longer (hopefully until it's time for lunch!).

ANOTHER SEED OPTION.....

*These are great to
snack on all on
their own!*



EASY INGREDIENTS TO ADD TO A SMOOTHIE

PUMPKIN SEEDS



- Pumpkin seeds are rich in vitamins, minerals, essential fatty acids, B-complex compounds and phytonutrients!
- Pumpkin seeds have lots of antioxidants and antimicrobial benefits plus is packed with protein.

ANOTHER SEED OPTION.....

*A great way to
thicken up your
smoothie!*



EASY INGREDIENTS TO ADD TO A SMOOTHIE

FLAXSEEDS



- Flaxseeds add beneficial lignans, fiber, and omega-3 fatty acids to smoothies. They also act as a thickening agent in smoothies.

GET YOUR GREENS!

*Sneak these in -
you won't even
taste them!*



EASY INGREDIENTS TO ADD TO A SMOOTHIE

SPINACH



- Provides a generous amount of fiber, folate, calcium, and vitamins A, C, and K. Plus full of magnesium which supports our adrenal glands (where cortisol-the stress hormone is produced)
- High in antioxidants proven to prevent oxidative damage.
- Promotes overall eye health and protects eyes from damaging UV light

AVOCADOS

*This is a must for
a nice creamy
smoothie!*



EASY INGREDIENTS TO ADD TO A SMOOTHIE

AVOCADOS



- Avocados can give real substance and add a creamy touch to what might otherwise be an unfulfilling smoothie.
- They're high in protein and potassium, and a great source of fiber and healthy fat.

BERRIES

*Powerful
antioxidants and
taste so good!*



EASY INGREDIENTS TO ADD TO A SMOOTHIE

BERRIES



- Berries are a great source of antioxidants. In addition to protecting your cells, these plant compounds may reduce disease risk
- Berries are a good source of fiber, loaded with tons of nutrients, have strong anti-inflammatory properties all while adding a natural sweetness with your blend.

BONUS FLAVOR

*Antioxidant
powerhouses!*



EASY OILS TO ADD TO A SMOOTHIE

CITRUS OILS



- Citrus oils add a great flavor while adding both internal and therapeutic benefits.
- Great to have on hand in case you are short on fresh or frozen citrus for your blend.
- One or two drops may be all you need. Taste and adjust as needed.

METABOLISM BOOST

*Curb sugar
cravings and
balances energy!*



MetaPWR™ the metabolic blend



Ginger empowers
and supports healthy
digestion



Peppermint energizes and
improves focus and digestion



Cinnamon Bark
supports healthy
metabolic function



Lemon provides a
gentle detox for the
filtering organs



Grapefruit reduces hunger
cravings and increases motivation

KARA'S MOTIVATOR SMOOTHIE

*My tried and true
morning favorite!*



Ingredients

- 2 T Hemp Hearts
- Handful of Mixed Greens
- Pinch of microgreens
- 1 banana
- 1/2 cup frozen berries of choice
- 1 T sliced almonds
- 1 T almond butter
- 2 T yogurt of choice
- 1 small avocado
- 1 tsp bee pollen
- 1 cup dōTERRA vanilla protein
- 1 sachet of dōTERRA collagen
- 4 drops dōTERRA MetaPWR



TURMERIC PINEAPPLE SMOOTHIE

*Great for
antioxidant
support!*



TURMERIC PINEAPPLE SMOOTHIE

Ingredients

- 1 cup frozen pineapple
- 3/4 cup coconut water
- 1 ripe banana
- dash of cinnamon or a toothpick swirl of Cinnamon Bark oil
- 1 drop Turmeric oil
- 2-3 ice cubes

Instructions

- Combine all ingredients in a blender and pulse together until desired texture.
- Add more liquid if desired.
- Serve immediately.
- Makes 1 smoothie.



GINGER SMOOTHIE

*Support the
digestive system!*



ginger smoothie

Ingredients:

- 1 heaping cup fresh spinach
- 1 heaping cup pears, diced (cut fresh pears and freeze for 1 hour)
- ½ cup plain nonfat Greek yogurt
- 1 tablespoon almond butter
- 1 cup unsweetened almond milk or milk of choice
- 1 teaspoon raw honey
- ½ teaspoon vanilla extract
- 1 drop Ginger essential oil

Instructions:

Put all the ingredients in a blender and blend until creamy and smooth.



Resources



MetaPWR Advantage Collagen

MetaPWR Essential Oil

dōTERRA Vanilla Protein

Shop and Save 25% on these items!

All Natural Almond Butter

RePlay on Energy & Balance Class

Contact Me!



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**Helping you find time in your busy
schedule to nourish your mind and
body and live your best life!**