

The Okinawa **FLAT BELLY** **TONIC**

Energy-Boosting **Smoothies**



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ENERGY BOOSTING SMOOTHIES



It is important to burn fat and maintain a healthy look without depriving yourself of food or getting depressed. Similarly, in order to reduce disease, you must boost your immune system and regulate the functioning of your intestines and digestive tract. To achieve this, you can consume these 20 anti-inflammatory energy smoothies' recipes.

Green smoothies are the best at adding herbal substances to the body for a diet that will effectively reduce calories throughout the day. Green smoothies also taste great and retain fibers and nutrients in your body more effectively than simple fruit or vegetable juices.

With this collection of 20 smoothies' recipes, you will have a perfectly balanced diet combining sufficient proportions of fruits and vegetables. Just mix all the ingredients in your blender and you will keep the shape you desire.

1. GREEN PROTEIN SMOOTHIE



INGREDIENTS :

1. *A quarter cup of organic Greek yogurt.*
2. *Half a cup of almond milk.*
3. *One eighth of a teaspoon of spirulina.*
4. *A quarter cup of cucumber.*
5. *Half a cup of spinach.*
6. *A cup of parsley.*
7. *A quarter of a cup of fresh or frozen peaches.*
8. *Half a banana.*
9. *Two teaspoons of hemp seeds.*
10. *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until a perfectly smooth and homogeneous result is obtained.

2. GREEN PROTEIN COCONUT SMOOTHIE



INGREDIENTS :

11. *Half a cup of coconut milk.*
12. *Half a cup of coconut yogurt.*
13. *Two teaspoons of hemp seeds.*
14. *A teaspoon of chia seeds.*
15. *A cup of spinach.*
16. *A bowl of raw cabbage.*
17. *A green apple.*
18. *A teaspoon of raw honey.*
19. *One teaspoon of bee pollen.*
20. *A cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

3. COCONUT AND BLUEBERRIES PROTEIN SMOOTHIE



INGREDIENTS :

- *Half a cup of Greek yogurt.*
- *Half a cup of coconut water.*
- *A quarter cup of blueberries.*
- *A quarter cup of fresh or frozen coconuts.*
- *One teaspoon of bee pollen.*
- *A teaspoon of honey.*
- *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

4. FLAX AND STRAWBERRY SMOOTHIE



INGREDIENTS :

- 21. A quarter cup of coconut milk.*
- 22. A quarter cup of Greek yogurt.*
- 23. Half a cup of spinach.*
- 24. A cut of frozen strawberries.*
- 25. Half a cup of fresh pineapple.*
- 26. One tablespoon of ground flax seeds.*
- 27. A teaspoon of honey.*
- 28. Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

5. ALMOND AND BERRY SMOOTHIE



INGREDIENTS :

- 29. *Half a cup of coconut water.*
- 30. *A quarter cup of Greek yogurt.*
- 31. *Two tablespoons of almond butter.*
- 32. *A quarter cup of blueberries.*
- 33. *A quarter cup of raspberries.*
- 34. *Half a cup of spinach.*
- 35. *Half a banana.*
- 36. *One tablespoon of ground flax seeds.*
- 37. *One tablespoon of hemp seeds.*
- 38. *One tablespoon of chia seed.*
- 39. *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

6. OATMEAL AND BERRY SMOOTHIE



INGREDIENTS :

- 40. *Half a cup of almond milk.*
- 41. *Half a cup of Greek yogurt.*
- 42. *Two tablespoons of oats.*
- 43. *A quarter cut of berries.*
- 44. *Half a cup of spinach.*
- 45. *Half a banana.*
- 46. *One tablespoon of ground flax seeds.*
- 47. *One tablespoon of hemp seeds.*
- 48. *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

7. PUMPKIN AND OAT SEED SMOOTHIE



INGREDIENTS :

- 49. Half a cup of almond milk.*
- 50. A quarter cup of Greek yogurt.*
- 51. Two tablespoons of oats.*
- 52. A quarter cup of raspberries.*
- 53. Two tablespoons of pumpkin seeds.*
- 54. One tablespoon of ground flax seeds.*
- 55. One tablespoon of hemp seeds.*
- 56. One tablespoon of chia seeds.*
- 57. Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

8. SUPER PROTEIN FIG SMOOTHIE



INGREDIENTS :

- *Half a cup of coconut water.*
- *Half a cup of Greek yogurt.*
- *Two fresh figs.*
- *Half a cup of fresh or frozen raspberries.*
- *Half a banana.*
- *One teaspoon of ground flax seeds.*
- *A teaspoon of honey.*
- *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

9. GINGER AND PINEAPPLE SMOOTHIE



INGREDIENTS :

- 58. Half a cup of almond milk.*
- 59. A quarter cup of Greek yogurt.*
- 60. Half a cup of raw cabbage.*
- 61. A cup of fresh or frozen pineapple.*
- 62. One teaspoon of honey or agave nectar.*
- 63. Half a teaspoon of grated fresh ginger.*
- 64. One tablespoon of lemon juice.*
- 65. Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

10. MANGO AND GINGER SMOOTHIE



INGREDIENTS :

- 66. Half a cup of coconut milk.*
- 67. A quarter cup of Greek yogurt.*
- 68. Half a cup of raw cabbage.*
- 69. Half a cup of mango.*
- 70. Half an orange.*
- 71. One teaspoon of agave nectar.*
- 72. Half a teaspoon of grated fresh ginger.*
- 73. Half a cup of ice.*

PRÉPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

11. BLUEBERRIES AND BEE POLLEN SMOOTHIE



INGREDIENTS :

- 74. *Half a cup of almond milk.*
- 75. *A quarter cup of yogurt.*
- 76. *Half a teaspoon of bee pollen.*
- 77. *Half a banana.*
- 78. *Half a cup of frozen blueberries.*
- 79. *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

12. GREEN PROTEIN SMOOTHIE



INGREDIENTS :

- 80. Half a cup of coconut water.*
- 81. A quarter cup of Greek yogurt.*
- 82. Half a cup of raw cabbage.*
- 83. A cucumber.*
- 84. A cup of fresh or frozen green grapes.*
- 85. A banana.*
- 86. One teaspoon of ground flax seeds.*
- 87. A quarter teaspoon of spirulina.*
- 88. Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

13. BERRY COCKTAIL SMOOTHIE



INGREDIENTS :

- 89. Half a cup of almond milk.*
- 90. A quarter cup of Greek yogurt.*
- 91. Half a teaspoon of bee pollen.*
- 92. Half a banana.*
- 93. Half a cup of frozen berries.*
- 94. A cup of fresh pineapple.*
- 95. One teaspoon of ground flax seeds.*
- 96. Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

14. BERRY AND CHIA SEED SMOOTHIE



INGREDIENTS :

- 97. *Half a cup of coconut water.*
- 98. *A quarter cup of Greek yogurt.*
- 99. *Half a cup of frozen berries.*
- 100. *Half a cucumber.*
- 101. *One tablespoon of ground chia seeds.*
- 102. *A teaspoon of honey.*
- 103. *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

15. GREEN CHIA SEED SMOOTHIE



INGREDIENTS :

- 104. *Half a cup of coconut water.*
- 105. *A quarter cup of Greek yogurt.*
- 106. *Half a cup of parsley.*
- 107. *A cup of cabbage leaves.*
- 108. *Half a cucumber.*
- 109. *A quarter cup of pineapple.*
- 110. *A tablespoon of chia seeds.*
- 111. *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

16. AVOCADO PROTEIN SMOOTHIE



INGREDIENTS :

- 112. *Half a cup of coconut water.*
- 113. *A quarter cup of Greek yogurt.*
- 114. *Half a cup of raw cabbage.*
- 115. *Half a cup of kiwi.*
- 116. *Half a avocado.*
- 117. *Two tablespoons of hemp seeds.*
- 118. *A teaspoon of honey or agave.*
- 119. *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

17. PEANUT BUTTER AND BERRY SMOOTHIE



INGREDIENTS :

- *Half a cup of whole Greek yogurt.*
- *Half a cup of coconut water.*
- *One and a half teaspoons of peanut butter.*
- *A half-cut of a mix of fresh or frozen berries.*
- *Half a banana.*
- *One tablespoon of honey.*
- *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

18. BERRIES AND KEFIR PROTEIN SMOOTHIE



INGREDIENTS :

- 120. *A whole cup of Kefir.*
- 121. *A half-cut of a mix of fresh or frozen berries.*
- 122. *An apple.*
- 123. *Half a banana.*
- 124. *Two tablespoons of hemp seeds.*
- 125. *A teaspoon of chia seeds.*
- 126. *Half a cup of ic.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

19. KEFIR SUPER PROTEINE SMOOTHIE



INGREDIENTS :

- *A whole cup of Kefir.*
- *A quarter cup of Greek yogurt.*
- *Half a cup of fresh or frozen mangoes.*
- *Half a cucumber.*
- *Half a green apple.*
- *One tablespoon of oats.*
- *Two tablespoons of hemp seeds.*
- *A teaspoon of chia seeds.*
- *Half a cup of ice.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

20. GREEN PROTEIN SMOOTHIE WITH KEFIR



INGREDIENTS :

- 127. *A whole cup of Kefir.*
- 128. *Half a cup of kale.*
- 129. *Half a teaspoon of spirulina.*
- 130. *An orange.*
- 131. *Two tablespoons of hemp seeds.*
- 132. *A teaspoon of chia seeds.*
- 133. *Half a cup of ice cream.*

PREPARATION :

Combine all these ingredients in a blender.

Mix until you obtain a completely smooth preparation.

RECAP:

You need to absorb a certain amount of protein and fiber every day to maximize your body's ability to burn calories and avoid intestinal overload.

With these 20 smoothies' recipes, which inevitably combine berries, fruits and various seeds, you are sure to find satisfaction both in terms of taste and efficiency.

So be sure to incorporate smoothies into your eating habits, especially green smoothies, which have everything you need in ingredients for a balanced basic diet.