

Drink your smoothies within 10-15 minutes of blending them to take full advantage of the nutrients before they oxidize and turn your smoothie brown in color. After 20 minutes, your smoothie will lose all the power of its live nutrients like enzymes.

Smoothie recipe 1

1 cup of frozen fruit or better fresh, if in season and organic (mangoes, berries, or peaches)
75ml of liquid beverage (rice milk or almond milk)
1/2 teaspoon of organic vanilla extract to add flavour (optional)
2 scoops (30g) of whole food antioxidant powder coming from 100% berries (goji, acai, pomegranate, mangosteen, cranberry, strawberry, acerola berry, and more) with no added synthetic minerals or vitamins). You can find this at any health food store.
2 scoops (30g) of green coming from a blend of spirulina, wheatgrass, barley grass, kelp, dulse and more (with no added synthetic minerals and vitamins)
2 bananas (this makes your fertility smoothie very smooth and gives it a good taste)
1/3 cup of yogurt or kefir (if you like it)
1 table spoon of bee pollen
1 table spoon of honey (best if raw)
2 table spoons of almond or cashew butter.
1 table spoon of flax seed oil or hemp oil (optional). You may not like the flavour so much, but it is great for you, add smaller amounts until you get used to the taste.

Smoothie recipe 2

1 Cup of cream of wheat or spelt (wait until it is cool)
1 cup of oats (soak them in hot water and then let them cool off)
2 table spoons of almond or cashew butter
1 teaspoon of cinnamon, or cocoa, or vanilla (optional)
1 table spoon of raw honey
1-2 teaspoons of bee pollen
Add rice or almond liquid beverage to make 75 ml
2 teaspoon of acidophilus powder (or open you tablet and place in smoothie or just take it at the same time)

Smoothie recipe 3

1/2 cup spinach (zinc)
1/2 banana (vitamin B6)
1/2 cup strawberries (vitamin C)
1 drop licorice (promotes consistent cycles)
1 teaspoon complete omega liquid vitamins (essential fatty acids 3-6-9)
1/4 teaspoon royal jelly powder (vitamins A, B, C, D, and E, calcium and iron)
1 cup raw milk or juice
1 ice cube (optional)

Smoothie recipe 4

1/2 cup almond milk
1/2 cup coconut water
1 tsp. coconut butter
1 tbsp. green protein
1 tsp. goji berries
1 tsp. Superfood Greens
1 tsp. ground flax powder
1 tbsp. maca root
1/4 tsp. royal jelly
1/2 cup frozen/ fresh banana
1/2 cup frozen/ fresh blueberries
1/4 avocado
1/3 cup ice