



Breakfast is challenging for most people.

Here's why you can choose **smoothies as a great option for breakfast:**

1. It's easy to make.
2. It primes your metabolism.
3. It sets you up for a clear, clean pattern of eating for the day.

Equally important, when you know how to make a top-notch breakfast smoothie, the ingredients provide the right blend of extremely high-quality protein, fat, fiber and a nice variety of important nutrients, all of which are needed for healthy cells, increased fat burning and a smooth-running metabolism.

And you can make them in about 2 minutes flat.

How do you learn to make nutrition powerhouse breakfast smoothies like these?

Simple, you just follow the recipes in this report.

The following delicious, protein- and fat-packed, metabolism-boosting smoothies below will have your fat-burning engines humming in no time. I mean that literally—they only take a couple of minutes to make.

But they aren't only delicious. They are specifically designed to help you:

1. **Control Insulin and Blood Sugar.** High blood sugar and high insulin (the fat-storage hormone) are the twins of fat storage. Both cause your body to keep cranking out the “fat storage” message. Blood sugar and insulin are elevated by carbohydrates. These smoothies are so low-carb they're almost no carb. They keep fat-storage hormones in check.



2. **Cool Inflammation.** A diet low in sugar and starch and higher in healthy fat, protein and fiber is by definition less likely to contribute to inflammation. And remember: inflammation = less effective fat burning, not to mention a host of health problems. These smoothies are not only low in carbs, they are packed with the anti-inflammatory fats you need to keep your metabolism humming.
3. **Crush Cravings.** Most addictive foods are loaded with sugar and literally create their own cravings. A diet higher in protein, fat and fiber will eliminate the craving-producing foods and eliminate the blood-sugar roller coaster that perpetuates those cravings. That is precisely what these recipes are designed to do. These smoothies will keep you satisfied and energized until lunchtime.
4. **Accelerate Fat Burning.** By balancing insulin and driving down inflammation, these smoothies prime your metabolic engines so your body will start burning the fat on your belly, butt, thighs and more. You may see that small belly disappear simply by shifting from your current breakfast to the smoothies in this report.

So if you're looking for a delicious, metabolic-boosting, fat-burning, nutrition-optimizing breakfast you've come to the right place.

Enjoy!



COCONUT ALMOND DELIGHT SMOOTHIE

Yield: 1 Serving (2 cups)

If you love the flavor of chocolate-covered coconut bars, you'll enjoy this healthy smoothie! The smoothie contains some of the same yummy ingredients minus high-fructose corn syrup. Coconut and cocoa powder give you a fiber boost to help you feel fuller longer, and more satisfied.

Ingredients:

1 serving protein powder (here's my favorite brand: [OZiva Protein & Herbs for Women](#))
½ cup unsweetened almond milk
4 ice cubes
¼ cup unsweetened shredded coconut
¼ cup unsalted almonds, chopped
1 tablespoon unsweetened cocoa powder
1 tablespoon orange-flavored fish oil swirl (here's my favorite brand: fish oil [swirl](#))
½ teaspoon almond extract/vanilla extract
½ teaspoon stevia (optional)

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.

Note:

RASPBERRY ZINGER SMOOTHIE

Yield: 1 Serving (2 ½ cups)

Tart, sweet raspberries are delicious on their own. However, this smoothie adds a zing with the antioxidant power of zesty ginger.

Ingredients

1 serving protein powder
⅓ cup frozen raspberries
1 carrot, chopped
½ cup unsweetened almond milk
4 ice cubes
¼ cup unsweetened shredded coconut
2 tablespoons macadamia nuts, chopped
2 teaspoon ginger, grated
1 tablespoon orange-flavored fish oil swirl
½ teaspoon vanilla extract

Instructions



Place all ingredients in a blender and process until smooth. Serve immediately.



TROPICAL BREEZE SMOOTHIE

Yield: 1 serving (2 ½ cups)

Blending up this smoothie will take your taste buds on a breezy mini vacation! Tropical tastes are created using citrus, coconut and rum extract. Raspberries can be substituted for the strawberries.

Ingredients

- 1 serving protein powder
- 1/3 cup orange, segmented
- ¼ cup unsweetened, full-fat canned coconut milk
- 4 ice cubes
- 1 lime, juiced and zested
- 2 tablespoons unsalted macadamia nuts, chopped (or hemp seeds)
- 1 tablespoon chia seeds
- ½ teaspoon rum extract
- ½ teaspoon stevia (optional)

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.

CARROT CAKE SMOOTHIE

Yield: 1 serving (2 ¼ cups) *Carrots, orange and spice blend together for a carrot-cake lover's dream breakfast. Cinnamon is not only a sweet tasting spice, but it also packs plenty of antioxidant power and blood-sugar balancing properties.*

Ingredients

- 1 serving protein powder
- 1 carrot, chopped
- ¼ cup apple (skin on), chopped
- ½ cup unsweetened almond milk
- 4 ice cubes
- 1 tablespoon walnuts, chopped
- 1 tablespoon chia seeds
- 1 tablespoon orange zest
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.⁷



BLACK FOREST CHERRY CAKE SMOOTHIE

Yield: 1 serving (2 ¼ cups) *Black Forest cake is famous for its luscious dark chocolate and dark cherries. This version has sweet dark cherries and cocoa nibs that are 100% crushed cocoa bean. If you aren't able to find cocoa nibs, you can swap in unsweetened cocoa powder mixed with a touch of coconut oil.*

Ingredients

- 1 serving protein powder
- 1/3 cup frozen cherries
- ¼ cup baby spinach
- ½ cup unsweetened almond milk
- 4 ice cubes
- 2 tablespoons chia seeds
- 1 tablespoon cocoa nibs (or unsweetened cocoa powder)
- ½ teaspoon almond or vanilla extract

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.

MINT CHOCOLATE CRUNCH SMOOTHIE

Yield: 1 serving (2 cups) *Fresh mint and chocolate make a sweet, refreshing treat. Fatty, rich avocado gives this smoothie an appealing ice cream like texture that you can ramp up with a fun crunch of chopped hazelnuts or almonds.*

Ingredients

- 1 serving protein powder
- 1/3 cup apple (skin on), chopped
- 1/3 cup avocado, diced
- ½ cup unsweetened almond milk or coconut milk (from a carton, not canned)
- 4 ice cubes
- 2 tablespoons fresh mint leaves, chopped
- 2 tablespoons unsalted hazelnuts or almonds, chopped
- ½ teaspoon vanilla extract
- 1 tablespoon cocoa nibs (or unsweetened cocoa powder)
- 1 teaspoon stevia (optional)

Instructions

Place all ingredients in a blender along with ½ cup water and process until smooth. Serve immediately.



BLUEBERRY CHEESECAKE SMOOTHIE

Yield: 1 serving (2 ¼ cups) *Vanilla-spiked, creamy coconut milk is the perfect mimic for tempting cheesecake. The blueberries add a sweet fruity flavor. This delightful smoothie contains plenty of nutrients, like vitamin C, and heart-protective antioxidants.*

Ingredients

- 1 serving protein powder
- 1/3 cup frozen blueberries
- ½ cup unsweetened, full-fat canned coconut milk
- 4 ice cubes
- 1 tablespoon chia seeds
- 1 teaspoon lemon zest
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.

RASPBERRY BEET TWIST SMOOTHIE

Yield: 1 serving (2 ¼ cups)
Feast your eyes on this glorious ruby colored smoothie made with sweet beets and raspberries. No need to precook beets, just wash them well and grate in a food processor before blending in your smoothie.

Ingredients

- 1 serving protein powder
- 1/3 cup frozen raspberries
- ½ cup beet, grated
- ½ cup unsweetened almond milk or coconut milk (from a carton, not canned)
- 4 ice cubes
- 2 tablespoon almond butter
- 1 tablespoon orange zest
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.9



CRANBERRY COSMO SMOOTHIE

Yield: 1 serving (2 ½ cups) *This smoothie calls for a toast! Its sweet, tart flavors will remind you of the famous cocktail. Most grocery stores carry frozen cranberries year round so you don't have to relegate this recipe to the winter months. While the cranberries add extra fruit to the smoothie, they are low in carbs due to their high fiber content.*

Ingredients

- 1 serving protein powder
- 1/4 cup orange segments
- 1/8 cup frozen cranberries
- ½ cup unsweetened almond or coconut milk (from a carton, not canned)
- 4 ice cubes
- 2 tablespoons macadamia nuts, chopped
- 1 tablespoon orange zest
- 1 teaspoon lime zest

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.

TURMERIC ORANGE SUNRISE SMOOTHIE

Yield: 1 serving (2 ½ cups) *Golden sunrises are the start to a new day and a new you! Tangy, bright yellow turmeric mellows out when added to orange. Turmeric also gives your body a potent antioxidant lift while you sip this sweet-tasting breakfast. Studies show that adding black pepper to turmeric can help boost antioxidant activity.*

Ingredients

- 1 serving protein powder
- 1/3 cup orange segments
- ½ cup unsweetened, full-fat canned coconut milk
- 4 ice cubes
- 1 tablespoon pumpkin seeds (or hemp seeds)
- 1 tablespoon orange zest
- 1 tablespoon ginger, grated
- ½ teaspoon turmeric
- 1/8 teaspoon freshly ground black pepper

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.10



MOSCOW MULE SMOOTHIE

Yield: 1 serving (2 cups) *A Moscow mule, flavored with ginger beer and lime, is part of the hip cocktail revival culture. Now, you can enjoy one in the form of a healthy smoothie. Potent antibacterial, antioxidant and antifungal ginger root takes center stage. Add in green leafy spinach for a powerful superfood punch.*

Ingredients

- 1 serving protein powder
- 1 cup spinach
- 1 stalk celery, chopped
- ½ cup unsweetened, full-fat canned coconut milk
- 4 ice cubes
- 2 tablespoons pumpkin seeds
- 1 tablespoon ginger, grated
- ½ teaspoon vanilla extract
- ½ teaspoon rum extract
- 1 teaspoon stevia (optional)

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.

MOCHA FUDGE SMOOTHIE

Yield: 1 serving (2 cups) *No need to lament the loss of your favorite coffee drink! You'll feel like you are indulging in this mocha-flavored smoothie that contains cocoa, which is rich in antioxidants, fiber and iron.*

Ingredients

- 1 serving protein powder
- 1 cup spinach
- ¼ cup unsweetened, full-fat canned coconut milk
- 4 ice cubes
- ¼ cup decaf coffee – 1 teaspoon coffee and ¼ cup water
- 2 tablespoons chia seeds
- 1 tablespoon unsweetened cocoa powder
- ½ teaspoon vanilla extract
- ½ teaspoon stevia (optional)
- 1 tablespoons cocoa nibs (optional)

Instructions

Place all ingredients except cocoa nibs in a blender with ½ cup water. Process until smooth. Stir in cocoa nibs, if using. Serve immediately.



BAKED CINNAMON APPLE SMOOTHIE

Yield: 1 serving (2 ¼ cups) *There's nothing homier than baked apples spiked with cinnamon! Now you can have them regularly in your morning smoothie. Organic apple is an unsung superfood with potent cancer-fighting compounds that reside in its skin.*

Ingredients

1 serving protein powder
1/3 cup baked apple
¼ cup canned pumpkin
½ cup unsweetened almond or coconut milk (from a carton, not canned)
4 ice cubes
2 tablespoons unsalted walnuts, chopped
1 tablespoon chia seeds
1 tablespoon orange flavored fish oil swirl
½ teaspoon cinnamon
½ teaspoon vanilla or rum extract

Instructions

For baked apple: Core apple and place in a slow cooker on low heat for 4-6 hours until tender. Remove skin. Alternatively, peel and dice apple and cook in a large skillet coated with 1 teaspoon coconut oil over medium heat for 4-5 minutes until tender.

For smoothie: Place all ingredients and process until smooth. Serve immediately.

KEY LIME BLAST SMOOTHIE

Yield: 1 serving (2 cups) *Tart kiwi compliments this lime-inspired smoothie. You'll feel well-nourished with the healthy fats sources from chia and hemp. These ingredients are also high in mineral content. So pass on the pie, and have this filling smoothie with the same great flavors!*

Ingredients

1 serving protein powder
½ cup spinach
1/3 cup unsweetened full-fat canned coconut milk
½ kiwi, peeled, chopped
4 ice cubes
2 tablespoons hemp seeds
½ teaspoon cinnamon
½ teaspoon vanilla extract
½ teaspoon stevia (optional)

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.



CHOCOLATE-COVERED STRAWBERRY SMOOTHIE

Yield: 1 serving (2 cups) *Chocolate-covered strawberries are a juicy sweet treat, and this smoothie follows suit. Berries and chocolate taste amazing together. When combined, these two ingredients make their antioxidant capacity more potent.*

Ingredients

- 1 serving protein powder
- 1/3 cup strawberries, chopped
- 1/2 cup spinach
- 1/2 cup unsweetened, full-fat canned coconut milk
- 4 ice cubes
- 3 tablespoons pumpkin seeds (or hemp seeds)
- 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon vanilla extract (optional)
- 1 tablespoon cocoa nibs (optional)

Instructions

Place all ingredients except strawberries and optional cocoa nibs in a blender. Process until smooth. Stir in strawberries and cocoa nibs, if using. Serve immediately.

COCONUT CHAI SMOOTHIE

Yield: 1 serving (2 1/4 cups) *Chai tea, fragrant with spices, is popular worldwide because of the warming, comforting taste from cinnamon, nutmeg and cardamom. Not only do these spices tickle your taste buds, but they also contain vital minerals, like manganese and calcium, plus a wide array of detoxifying compounds.*

Ingredients

- 1 serving protein powder
- 1 carrot, chopped (or 1/4 cup canned pumpkin)
- 1/2 cup unsweetened coconut milk
- 1/4 cup shredded unsweetened coconut
- 4 ice cubes
- 2 tablespoons chia seeds
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cardamom or nutmeg

Instructions

Place all ingredients in a blender along with 1/2 cup water and process until smooth. Serve immediately.



KALE APPLE REFRESHER SMOOTHIE

Yield: 1 serving (2 cups) *If you need a pick-me-up with extra benefits, look no further! Kale is a wonderland of nutrients. Combining it with juice, hydrating apple and celery softens its flavor, making it palatable for even the pickiest of eaters.*

Ingredients

- 1 serving protein powder
- 1/3 cup apple (skin on), chopped
- 1/2 cup kale
- 1/3 cup unsweetened full-fat canned coconut milk
- 4 ice cubes
- 2 tablespoons cilantro (coriander), chopped
- 2 tablespoons hemp seeds
- 1 tablespoon ginger, grated

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.

PECAN BLONDIE SMOOTHIE

Yield: 1 serving (2 1/4 cups) *Cookie bars rely on the nuts and vanilla extract to give them aroma and texture, and so does this smoothie. Adding flax provides thickness and plant-based omega-3's. A pinch of spice (cinnamon or cardamom) is always nice.*

Ingredients

- 1 serving protein powder
- 1 carrot, chopped
- 1/3 cup strawberries, chopped
- 1/2 cup unsweetened full-fat canned coconut milk
- 4 ice cubes
- 2 tablespoons unsalted pecans, chopped
- 2 tablespoons chia seeds (or ground flax seeds)
- 1/2 teaspoon cinnamon or cardamom
- 1/2 teaspoon vanilla extract

Instructions

Place all ingredients in a blender and process until smooth. Serve immediately.



SALTED DARK CHOCOLATE SMOOTHIE

Yield: 1 serving (2 ½ cups) *If sweet and salty is your thing, this smoothie has your name on it! Chia adds thickness and crunch. Dark chocolate, a powerful superfood, is being studied as a high-powered nutrient for memory support.*

Ingredients

- 1 serving protein powder
- ½ cup kale, chopped
- ½ cup unsweetened almond or coconut milk (from carton, not canned)
- 4 ice cubes
- 1 tablespoon cocoa powder
- 2 tablespoons chia seeds
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- 1/8 teaspoon sea salt
- 2 tablespoons cocoa nibs
- 1 teaspoon stevia (optional)

Instructions

Place all ingredients in a blender except cocoa nibs. Process until smooth. Stir in coco nibs. Serve immediately.

ALMOND BUTTER BUCKEYE SMOOTHIE

Yield: 1 serving (2 cups) *Buckeyes, a classic confection of peanut butter bonbons dipped in chocolate, look like the nuts from the buckeye tree. This smoothie remake is a twist on the classic flavors with almond butter in place of peanut butter for richness. Don't worry, I didn't forget the chocolate!*

Ingredients

- 1 serving protein powder
- 1/3 cup apple (skin-on), chopped
- ½ cup unsweetened almond milk
- 2 tablespoons almond butter
- 4 ice cubes
- 1 tablespoons hemp seeds
- ½ teaspoon vanilla extract
- 1 tablespoon unsweetened coco powder
- 2 tablespoons cocoa

Instructions

Place all ingredients in a blender except cocoa nibs. Process until smooth. Stir in cocoa nibs. Serve immediately



EARL GREY LIME SMOOTHIE

Yield: 1 serving (2 ½ cups) *Here's a great option for tea lovers. This smoothie has a double citrus tea flavor, one from Earl Grey tea that contains bergamot, the other from lime. If you're a chai fan, add a pinch of cinnamon for a hint of lovely spice.*

Ingredients

- 1 serving protein powder
- 1/3 cup unsweetened full-fat canned coconut milk
- 1/3 cup strongly brewed decaf Earl Grey tea, chilled
- 2 ice cubes
- 2 tablespoons unsalted cashews, chopped (or hemp seeds)
- 1 tablespoon ground chia seeds (or ground flax seeds)
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- 1/8 teaspoon cardamom or nutmeg
- 2 teaspoons lime zest

Instructions

Place all ingredients in a blender. Process until smooth. Serve immediately