



My Favorite Smoothies

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Smoothies are one of my favorite foods. Whether it be as a hefty snack or as a complete meal, a smoothie can be a wonderful tool to help you keep your nutritional goals. Each smoothie recipe listed here has a balance of carbs, protein, and healthy fat. Each smoothie has a scoop or two of protein or bone broth powder as an additional ingredient. This is essential to any healthy smoothie, please use only a high quality powder that is void of any artificial sweeteners or preservatives.

Bone Broth Smoothies

Banana Bone Broth Smoothie Recipe

- 1/2 cup almond or coconut milk or kefir
- 1/2 cup bone broth, or 1 scoop of bone broth powder
- 1 fresh or frozen medium banana
- 1/2 cup fresh or frozen blueberries
- A little honey, maple syrup, or stevia to sweeten (optional)
- 1 teaspoon vanilla protein powder
- 1/4 cup organic almond or peanut butter
- 1/4 cup coconut flakes or shreds

Place all of the ingredients into your high speed blender and blend for 30-45 seconds or until the desired consistency is reached.

Coconut Bone Broth Smoothie Recipe

- 1/2 small banana, frozen
- 3/4 cup mixed berries, frozen
- 1 handful of spinach (optional)
- 1 Tbsp. almond butter
- 1/4 avocado (optional)
- 2 scoops Bone Broth Protein Powder
- ¼ cup unsweetened coconut flakes
- 3/4 cup unsweetened almond milk
- 1 cup ice

Place ingredients in a high-powered blender and blend until smooth.



Peach Bone Broth Smoothie Recipe

- 3 Frozen Peaches, cut up
- 1 Can Coconut Milk
- 1/2 Cup Bone Broth or 1 scoop Bone Broth Protein Powder
- 2 drops stevia
- 1 tablespoon chia seeds

Combine all ingredients in blender. Blend until smooth and enjoy!

Bone Broth and Berries Recipe

- 2 frozen bananas
- 4 pitted dates
- Tablespoon of honey (optional)
- Handful of strawberries
- 1 scoop of Bone Broth Protein Powder
- 4 ice cubes
- 1 cup kefir or almond milk

Combine all the ingredients in the blender, blend, and enjoy.

Detox Smoothies

Green Bone Broth Recipe

- 4 Ice cubes
- 1 scoop bone broth protein powder
- 1 cup of spinach
- 1 banana peeled and sliced (frozen works great too)
- 1 green apple cored and sliced
- ½ cup of water

Place all of the ingredients into your blender and blend for 45 seconds.

Instant-pot Bone Broth Smoothie Recipe

- 1 cup carrots, chopped
- 1.5 cups celery, chopped (about 2-3 ribs)
- 3 cups kale, de-stemmed and chopped
- 1 cup leeks, chopped (about 1 large leek)
- 1/3 cup cilantro
- 4 cups bone broth or 6 scoops of bone broth protein powder
- 2 tbsp lemon juice (or apple cider vinegar)
- 1 tbsp coconut oil

1/2 tsp sea salt

Set the instant pot to sauté and add the coconut oil

Allow the oil to melt

Add the chopped carrots and sauté for 3-5 minutes

Add the remainder of the veggies and the salt lightly sauté for a few minutes to soften

After the veggies are lightly softened, add the bone broth and lemon juice

Turn the instant pot off sauté, and lock on the lid

Press manual, high pressure and set to 12 minutes (for stove top, simply simmer for 25-30 minutes)

After the timer has gone off, carefully quick release the pressure on the instant pot

Remove the lid and allow to cool

Place the mixture in a high speed blender and blend until fully combined

Serve the drink slightly chilled, or warm and enjoy!

Heal The Gut Smoothie Recipe

2 inch piece of ginger

½ cup cool water

Run the blender for a few seconds with the water and ginger. Strain the liquid through a fine mesh sieve. Add liquid back to the blender and add the remaining ingredients.

½ cup kefir

½-1 whole (your choice) medium cucumber, peeled and chopped

½ cup of green apple chunks

1 teaspoon flax oil

⅛ teaspoon sunflower lecithin

1 scoop Bone Broth Protein Powder

½ scoop Vanilla Protein Powder

¼ teaspoon sea salt

Juice of ½ of a lemon

1 cup of ice

Blend all together and enjoy.



Beet And Kefir Smoothie Recipe

½ cup cooked or pickled beets

1 cup plain kefir

1 scoop Vanilla Protein Powder

½ cup ice

Blend in a high speed blender and enjoy!

(If you have never cooked beets before, it is easy. Leave the beets whole with 2 inches of stems at the top and root ends at the bottom. Place in a saucepan covered with salted water to taste

with at least 1 tsp of vinegar. Boil until tender usually, 30-45 minutes, depending on the size of the beets. Boiling can take up to 60 minutes for larger beets. Drain and run cold water over beets. The skins will slip right off with the root ends, but make sure you wear kitchen gloves so your hands don't turn red.)

Summer Cantaloupe Smoothie Recipe

- 1 cup fresh cantaloupe
- 1 teaspoon chia seeds
- 1 cup plain kefir
- Juice of 1 lemon
- 1 scoop of Vanilla Whey Protein Powder

Place everything in the blender, blend, and enjoy.

****Full Disclosure: I hate cantaloupe. But this recipe is very healthy to not include it.**

Full Meal Smoothies

Coconut and Coffee Smoothie Recipe

- 1 cup cold brewed coffee
- 1 cup frozen diced okra
- 1 tablespoon of unsweetened coconut flakes

Blend the coffee and okra very well. You can add more coffee or water if you need to. Add the rest of the ingredients when the okra is well blended.

- 2 scoops Chocolate Whey Protein Powder
- 1 teaspoon extra virgin coconut oil
- ¼ teaspoon sea salt
- ¼ teaspoon liquid Sunflower lecithin
- 1 ½ cups of ice cubes

Blend and taste, you can add 1 tablespoon of unsweetened cocoa powder if you want it with even more of a chocolate flavor.



Bulletproof Coffee Banana Smoothie Recipe

- 1 cup Black coffee, chilled
- 1/2 scoop Vanilla or Chocolate Whey protein powder
- 8-10 Frozen banana chunks
- 1-2 tbsp Coconut butter
- 1 tbsp Almond butter
- 1/4 cup Ice

Blend and serve.

Kale and Cherries Smoothie Recipe

- 1 cup chopped kale (stems removed)
- ½ cup fresh or frozen cherries (pitted)
- 1-2 tbsp coconut oil
- 1 tbsp strawberry flax oil
- 1d tsp chia or hemp seeds

1 scoop of Vanilla Whey Protein powder, 1 cup of ice cubes.

Blend and serve.

Summertime Coconut Peach Smoothie Recipe

1 cup coconut milk chilled

1 tbsp unsweetened coconut flakes

1 scoop of Vanilla Whey Protein powder

1 cup ice

2 fresh peaches peeled and cut into chunks

lemon zest to taste

Blend the first 5 ingredients and then add the lemon zest, stir and serve.

Chocolate Bacon Smoothie Recipe

Don't be scared to try this one, it is great!

1 cup of coconut milk

1 scoop of Chocolate Whey Protein powder

1TB of honey or maple syrup

1 banana

4 strips of cooked regular bacon (or 2 strips of thick bacon)

6-9 ice cubes

Blend and serve.

Orange Greencicle Smoothie Recipe

2 cups coconut milk

2 navel orange zested, and peeled

2 handful baby greens (spinach, spring mix, etc.)

1/4 cup raw cashews OR 1/4 avocado

2 tablespoons coconut butter or oil

1/2 cup frozen mango or fresh with some ice

1 scoop Vanilla Whey Protein powder

Optional: chia seeds or hemp hearts

Blend and serve.



10% Off Bone Broth and Protein!