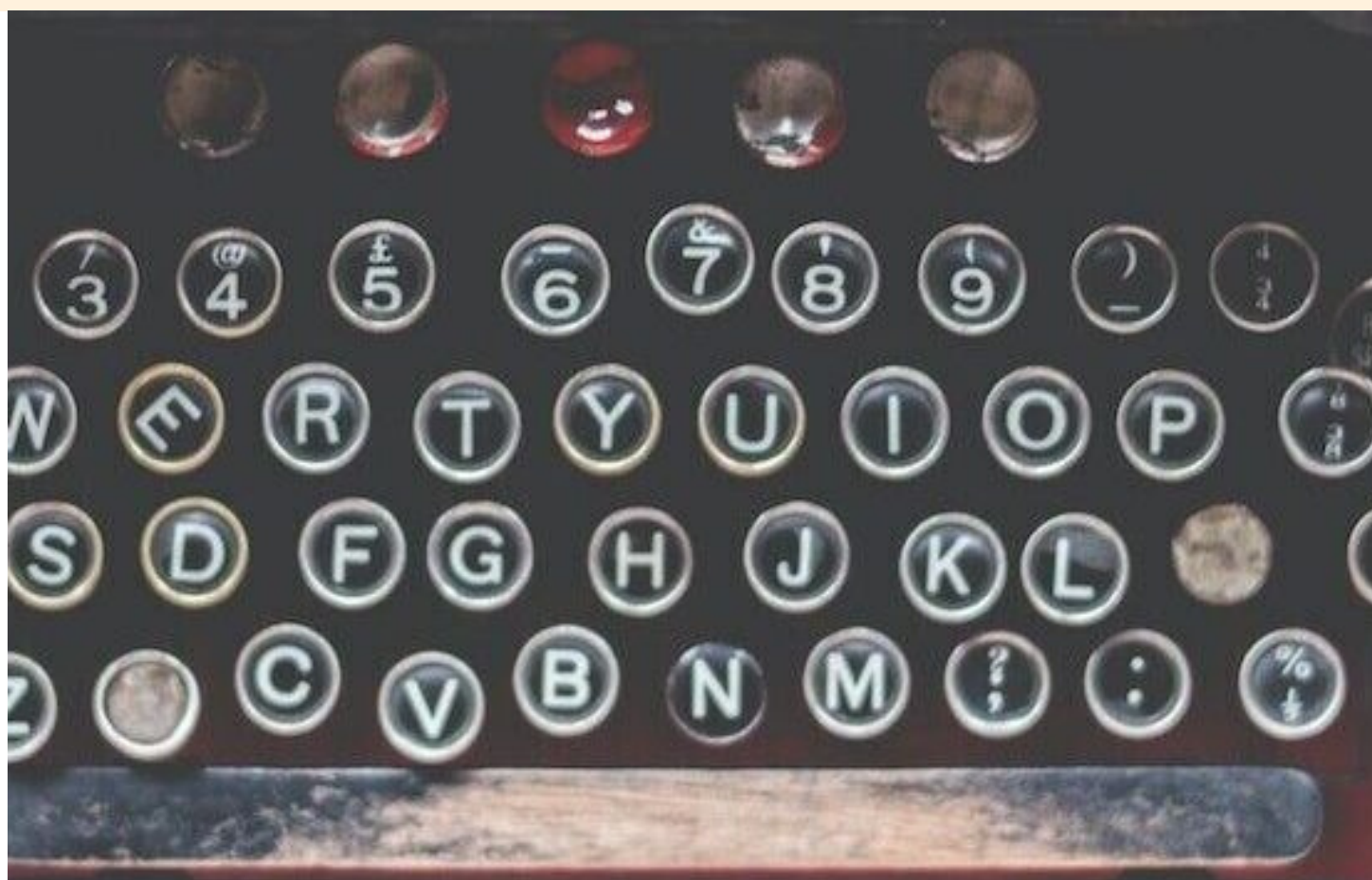


# Copywriting Sample

Healthy Smoothie Recipe  
Book - Digital Download



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A glass of pink smoothie is the central focus, with several strawberries scattered around it on a dark background. The smoothie is a vibrant pink color, and the strawberries are bright red with green leaves. The text is overlaid on the smoothie and the background.

# **Smoothie Recipes**

**for Good Health, Gut  
Balance and Maintaining  
a Healthy Weight**

**Info about your company here, name and URL**



- **Looking for a nutritious and delicious way to nourish your body with healthy protein, vitamins, minerals and fiber? Need a way to increase your veggie and fruit intake that also saves you time? Want to sneak a healthy meal in without a lot of muss and fuss?**
- **Smoothies can be amazing for your health. If made the right way, they taste delicious, go down quick and easy, and help to keep hunger at bay while staving off cravings.**



- **Smoothies are an ideal way to get in your daily servings of fruits and veggies.**
- **You can hide certain veggies and other healthy foods in your smoothie - fruit, yogurt and flavorings mask the taste.**
- **Smoothies are perfectly balanced for optimum nutrition.**
- **A smoothie can be a thirst quencher, a pick-me-up, a meal-in-a-glass, an indulgent treat, or all of the above.**
- **Smoothies are easy to digest and can help heal the gut because the nourishment has already been processed. No chewing involved.**



- Smoothies contain beneficial, gut-friendly enzymes thanks to the fresh fruit and veggies that you add.
- Yogurt-based smoothies provide protein and probiotic support for your digestion and gut health.
- Smoothies can satisfy cravings by adding just a dash or spoonful of this or that favorite flavoring - like cocoa powder and peanut butter.
- Smoothies are quick to make and store well. Just be sure to get the right gadgets - like a personal-sized blender, take-along containers, reusable cups with lids, and scrub brushes to make clean-ups quick and painless.

**Fun fact: smoothies don't have to be sweet! If you love a fresh, zesty and tangy salad dressing or dip, you'll appreciate the less-sweet kind of smoothie made from things like yogurt and cucumber.**

## **Q: Can Lactose Intolerant People Enjoy Smoothies?**

**A: Yes, there are plenty of dairy-free smoothie options for those in need.**



- You may find yogurt to be tolerable despite your lactose (milk sugar) sensitivity.
- Yogurt contains beneficial bacteria cultures that break down the milk sugar so your body doesn't have to.
- Check the label of your favorite, good-quality brand of plain yogurt. *Lactobacillus acidophilus* is the Latin name for this culture - mainly, it's a friendly bacteria that eats lactose, or milk sugar.
- Cow's milk isn't a common ingredient found in smoothies anyway. Yogurt is by far the healthier choice.

**Lactose-intolerant people have plenty of smoothie-making and drinking options. You can make vegan smoothies that contain milk and yogurt substitutes, like almond, cashew, rice, coconut, or oat milk.**

## Q: What About Veggies in Your Smoothie?

Veggies can be delicious in a smoothie recipe if expertly combined.

- Veggie smoothies are essentially drinkable salad.
- If you're a fan of V8 then you will appreciate this variation on the fruit smoothie which is kind of a hybrid between a smoothie and straight veggie juice.
- Veggie smoothies actually retain the fiber because we are blending them up, not extracting the juice from the pulp.
- Fiber is healthy for digestion and blended veggie smoothies can be a great choice to go with lunch or breakfast.



## **Q: What About Veggies in Your Smoothie?**

**Veggies can be delicious in a smoothie recipe if expertly combined.**



- For a tasty and smooth veggie blend, the general rule of thumb is to combine two or three veggies and a fresh herb that would work well in a salad. Then add a tablespoon of healthy oil like Olive or coconut, some salt, and an acidic component like vinegar or fresh Citrus juice.
- So for example, you could mix cucumber, mint, coconut oil, salt and lemon juice for a refreshing and low calorie veggie smoothie that goes great with lunch or for a pick-me-up in the afternoon.
- Try the V4: fresh tomato, carrot pieces, celery chunks, parsley, Worcestershire sauce, cayenne and salt.



# The Healthful Smoothie

## Nutritious Ingredient Breakdown



Smoothies aren't always healthful, but they certainly can be if you have control over the ingredients. Let's take a look at the nutritional benefits of some commonly used homemade healthy smoothie additions:



Yogurt is a main ingredient in many smoothie recipes. It's packed with protein, contains calcium for healthy bones and teeth, fills your belly and satisfies hunger.

It's also a gut-friendly food, containing various strains of healthy bacteria to reduce intestinal inflammation and help keep you regular every day.



You can't go wrong by adding probiotic yogurt to your refreshing smoothie. Just be sure that you start with plain yogurt. You can add fruit, flavorings, and even a touch of sweetener if desired.

# The Healthful Smoothie

## Nutritious Ingredient Breakdown



**Frozen fruit smoothies (no yogurt):** You certainly have the option of omitting yogurt from your smoothie if that's not what you feel like having. In that case, it'd be more of a cooler or fruit slushie.

Frozen fruit is even better than fresh fruit in your smoothies. It's picked and flash-frozen, so you're not losing precious vitamins the way that fruit selected from your grocery store shelves would.

Different fruits contain different vitamins in varying amounts. Strawberries, kiwi, citrus (like orange and lemon) and mango are high in vitamin C. Cantaloupe and watermelon contain beta-carotene or vitamin A.

Bananas make a great base and natural sweetener for your smoothie recipes. They're probiotic, helping to heal the gut and aid digestion. They're also potassium-rich, which your body uses to balance salt.

# The Healthful Smoothie

## Nutritious Ingredient Breakdown

Bananas balance out the flavor and texture of your smoothies, comingling with acidic, vitamin-C rich fruits like peaches, strawberries, and oranges.

Berries like blueberries, strawberries, raspberries and blackberries are antioxidant and rich in a variety of vitamins and minerals.

They're considered a superfood, which means if you enjoy them regularly you may lower your risk of cancer.

Nuts, nut oils and nut-based milks like coconut, almond and cashew add a healthy fat.

They're rich in vitamin E and minerals like magnesium, zinc and selenium, and help the hormone/endocrine system to function properly. Same for seeds like flax and chia.

To get the biggest benefit from small seeds in your smoothie, soak them in water to soften, and blend thoroughly.



Avocado and coconut meat or coconut oil add a richness and smooth texture to make your smoothies the smoothest.

These savory fruits play nicely with other smoothie ingredients to round out your smoothie profile while nourishing the immune, digestive, and endocrine systems.

# The Healthful Smoothie

## Nutritious Ingredient Breakdown

Spices such as cinnamon, clove, nutmeg, ginger and vanilla afford powerful healing properties thanks to their high mineral content. Your body needs to replenish essential minerals like potassium, magnesium, selenium and zinc.

You can simmer up a pot of whole spices and store in a Mason jar to add a bit to your smoothies as needed. Or, shake a bit of the ground spice into your smoothie cup before processing.

Pumpkin puree is amazing for digestion and packed with beta-carotene to nourish the eyes and immune system. Mingle with yogurt, a drizzle of honey, and warming spices (cinnamon, vanilla, ginger, clove, nutmeg). Makes a festive fall smoothie to keep you on track with weight loss during Thanksgiving season.

Tropical fruits like pineapple, papaya, and mango contain digestive enzymes to help your body break down foods better. They're also great for quenching thirst and returning the tummy to optimal electrolyte balance after exercising outdoors on a hot and sweaty summer day.



Frozen spinach blends nicely in smoothies, barely detectable when paired with blueberries, banana and yogurt. Just sneak in a handful straight from the bag- Popeye will approve of this iron-and folate-rich veggie... and no one will be the wiser!

Tree fruits like apples, peaches and pears add variety and flavor to your smoothie recipes, along with the usual fruitful benefits - like enzymic activity thanks to the gut-protective pectin, vitamin C and other nutrition present.

# Essential ingredients for smoothie-making:

Stock the fridge, freezer and pantry



- Plain yogurt - buy in bulk for daily use
- Nut milks like almond, coconut or cashew
- Grain based milks: oat milk or rice milk
- Frozen fruit - keeps longer than fresh
- Frozen berries - blueberries, strawberries, blackberries and raspberries
- Bananas - use them up fast
- Warming spices like cinnamon, nutmeg, ginger
- In-season fresh fruit like watermelon, honeydew
- Fresh veggies - cucumber, kale, frozen spinach
- Nuts and seeds - walnuts, almonds, cashews, chia, flax
- Flavoring extracts - vanilla, almond
- Fresh citrus like lemon, orange or lime for the juice or zest
- Fresh herbs like mint or lavender

# Smoothies That Satisfy



**RECIPES**

A close-up photograph of a glass filled with a light-colored, foamy beverage. A sprig of fresh green mint is placed on top of the drink. The background is blurred, showing more of the drink and some green leaves.

# Orange Refreshmint

## INGREDIENTS:

- 2 navel oranges, peeled and seeded
- 1/2 cup coconut milk, unsweetened
- 1 tsp orange zest
- 1 tsp vanilla
- 3-4 ice cubes
- 1 drop red, 1 drop yellow food coloring (optional)
- 1/2 cup seltzer
- fresh mint sprigs

## TO MAKE:

Add all ingredients to a blender except the seltzer. Process until smooth. Pour into an ice-filled glass. Tuck in fresh mint sprigs. Pour seltzer over all for a foamy effect just before serving.

# Hey Blackberry



## INGREDIENTS:

- 5-6 blackberries
- 1.5 cups yogurt
- 1 Tb honey
- 1 tsp vanilla
- ice if desired
- water
- fresh mint sprigs

## TO MAKE:

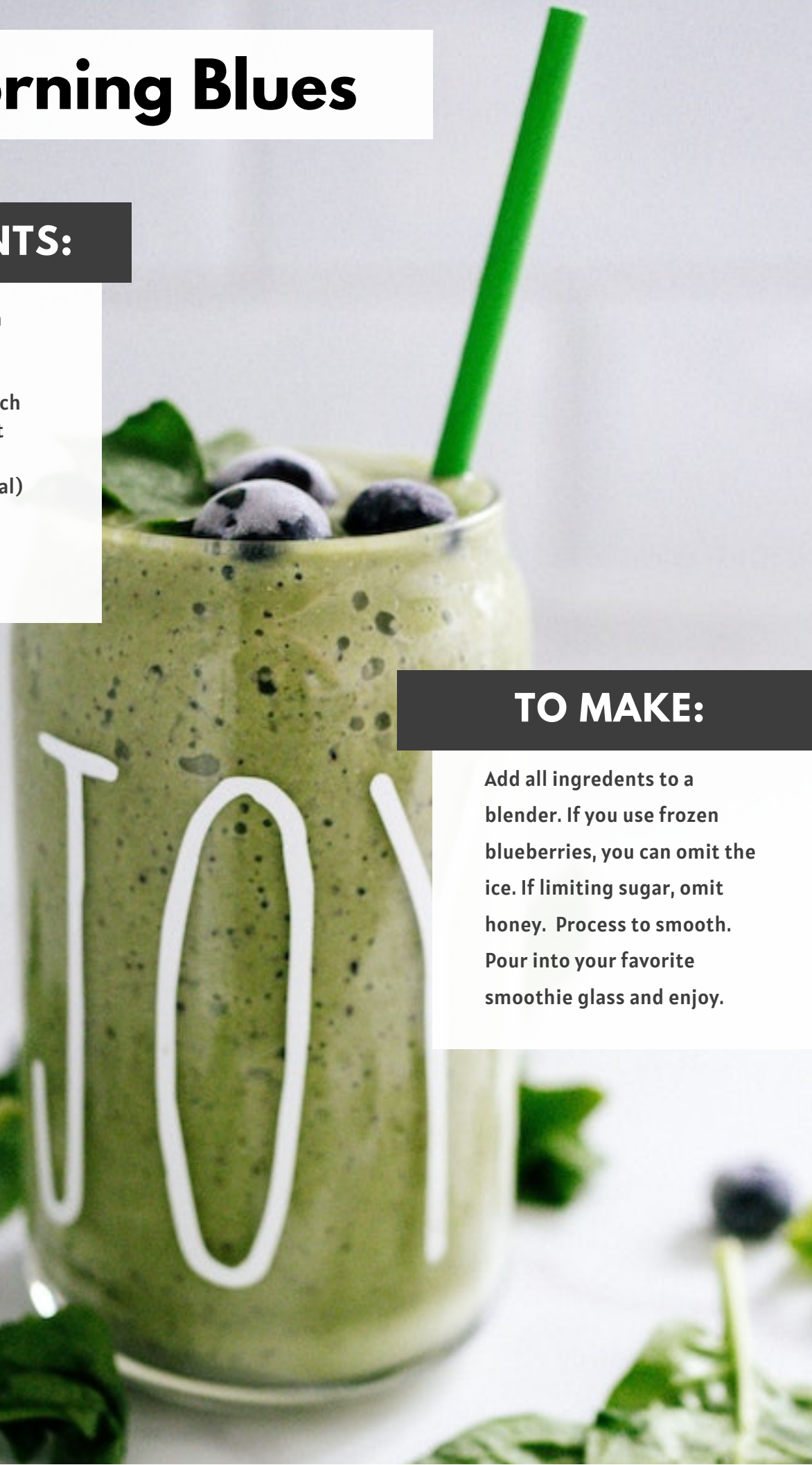
Blend all ingredients. Pour into a tall glass. Pop in a straw and top with frosted berries. Sip and enjoy! Cap and store leftovers for later.



# Morning Blues

## INGREDIENTS:

- 1 cup fresh or frozen blueberries
- 1/2 banana
- 1/2 cup frozen spinach
- 1.5 cups plain yogurt
- 3 walnuts
- 2 tsp honey (optional)
- 1/2 cup rice milk
- ice if desired
- 1 tsp nutmeg



## TO MAKE:

Add all ingredients to a blender. If you use frozen blueberries, you can omit the ice. If limiting sugar, omit honey. Process to smooth. Pour into your favorite smoothie glass and enjoy.

# Coconutmeg

## INGREDIENTS:

- 1 cup coconut milk
- 1 cup oat milk
- 1/4 cup chai blend
- 1 Tablespoon collagen powder
- 1 tsp freshly ground nutmeg
- Ice if desired
- Mint sprigs for garnish

## TO MAKE:

Blend all ingredients. Pour over ice cubes. Stir in shredded coconut if desired. Pop in a straw, garnish with mint sprigs and sip up some happiness.

## SIDE NOTE:

"Chai spice blend" is a liquid blend of fresh-ground spices that have been simmered on the stove top and stored in a jar to add flavor and nutrition to recipes. Includes cinnamon sticks, clovers, whole black pepper and fresh ginger. You can also add nutmeg or cardamom if desired.



# Drink the Pink

## INGREDIENTS:

- 3 cups watermelon cubes
- 1 cup fresh raspberries
- 2 tsp honey (optional)
- 1/2 cup frozen cranberries
- crushed ice
- 1/2 cup seltzer

## TO MAKE:

Add all ingredients to a blender and process to smooth. Pour into a chilled Mason jar glass and pop in a cute straw. Add seltzer and then enjoy.



# Vegan Pina Colada



## INGREDIENTS:

- 1.5 cups plain yogurt
- 1 cup rice milk
- 1 cup pineapple chunks
- 1 tsp honey
- 1 Tb coconut oil
- 1 tsp almond extract
- crushed ice

## TO MAKE:

Blend everything together, pour into your favorite summer sipping cup, and bottoms up!

# Green Apple Happiness

## INGREDIENTS:

- 2 cups granny smith apple chunks
- 1 cup cucumber chunks, skin on
- 1 cup washed lettuce
- 2 Tbs fresh lemon juice
- crushed ice

## TO MAKE:

Wash, chop and prep all fresh ingredients. Whirl in a blender with the crushed ice. Pour into your prettiest glass and drink.

# Berry Cherry Bomb

A glass of thick, pink berry smoothie is shown. The smoothie is topped with a single bright red cherry on its stem, which has several green leaves attached. The glass is set against a light-colored, textured background.

## INGREDIENTS:

- 1 cup pitted Bing cherries, fresh or frozen
- 1 cup black raspberries
- 1/2 banana
- 1 cup plain yogurt
- 1/2 cup almond milk
- 1 Tb collagen powder
- 1 tsp vanilla

## TO MAKE:

Add all ingredients to a blender. If using frozen berries, you can omit ice. Process to smooth. Pour into a glass and enjoy!

# Tutti Fruity



## INGREDIENTS:

- 1 cup fresh pineapple chunks
- 1 banana
- 1 cup orange chunks
- 1 cup peach or mango chunks
- 1 cup almond milk
- 1 Tb. collagen powder
- 1/2 cup plain yogurt
- 1 Tb coconut oil
- 1 Tb lemon juice
- 1 cup crushed ice

## TO MAKE:

Blend all ingredients with ice. Pour into your favorite jar glass. Settle into a sunny spot on the porch or patio and sip to your heart's content.

# Golden Chia



## INGREDIENTS:

- 2 cups fresh pineapple chunks
- 1 banana
- 1 cup coconut milk
- 3 Tb soaked chia seeds
- 1 Tb collagen powder
- crushed ice

## TO MAKE:

Add fruit, coconut milk, chia, collagen and ice to a blender. Process to smoothie consistency. Pour into a glass and drink the nutrition.





# The Mean Green

## INGREDIENTS:

- 2 cups fresh pineapple
- 1 banana
- 1 cup cucumber chunks
- 1 cup kale
- 1 Tb. coconut oil
- 1/2 cup coconut milk
- 1 Tb. lemon juice
- crushed ice

## TO MAKE:

Blend all ingredients. Pour into your favorite drink receptacle and enjoy a cleansing and healthy, drinkable breakfast.



# Strawberry Lover

## INGREDIENTS:

- 2 cups plain yogurt
- 3 cups frozen strawberries
- 4-5 fresh strawberries
- 1 cup almond milk
- crushed ice

## TO MAKE:

Add strawberries, yogurt, almond milk and ice to a blender and process to smooth. Top with fresh strawberries for garnish. Bottoms up and cheers to your good health!

# Berry Oat Super Smoothie

## INGREDIENTS:

- 1 cup fresh blueberries
- 1 cup frozen blackberries
- 1 cup oat milk
- 1/4 cup soaked chia seeds
- 1/4 cup almonds
- 1 Tb slivered almonds
- 1 Tb. fresh lemon juice

## TO MAKE:

Process all ingredients in a blender. Pour into your best drinking glass. Garnish with almond slivers and blueberries.



# Bananacado



## INGREDIENTS:

- 1 banana
- 1 cup avocado
- 4-5 grapes
- 1 cup rice milk
- handful fresh spinach
- 1 tsp honey (optional)
- 1 Tb lime juice
- Ice cubes

## TO MAKE:

Add all ingredients to a blender and process to velvety smooth. Pour into a glass and enjoy this healthful breakfast.



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