

Slimming Smoothie Recipe Book

| Slimming Smoo | Smoothie Recipe Book 2 capsules of PT Trim to each smoothie for a quick fat-burning snack, meal replacement or dessert! | | | | | |
|---|--|--|--|--|--|--|
| Simply add 1-2 capsules of PT Trim to each smoothie for a quick fat-burning snack, meal replacement or dessert! | | | | | | |
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Lemon Cucumber Green Smoothie

1 serving 3 minutes

Ingredients

1/2 cup Water

1/2 cup Ice Cubes

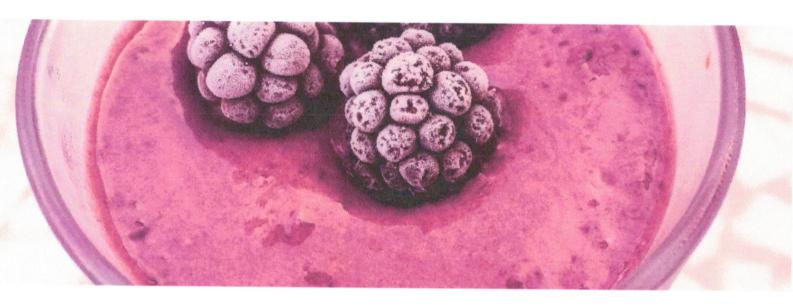
1/2 cup Cucumber

1 cup Baby Spinach

1 tbsp Lemon Juice

2 tbsps Ground Flax Seed

Directions



Coconut Blackberry Smoothie

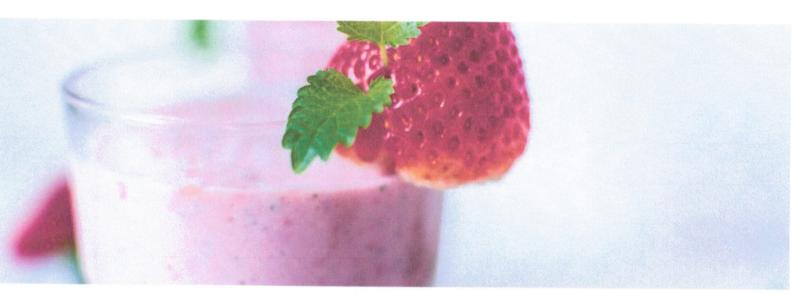
1 serving 3 minutes

Ingredients

1/2 cup Unsweetened Coconut Milk 1/2 cup Frozen Blackberries 2 tbsps Unsweetened Shredded Coconut

1 cup Plain Greek Yogurt

Directions



Strawberry Zucchini Chia Smoothie

1 serving 3 minutes

Ingredients

1 cup Water

1/2 cup Frozen Strawberries

1 cup Zucchini

3 tbsps Chia Seeds

Directions



Frozen Berry Avocado Hemp Smoothie

1 serving 3 minutes

Ingredients

1 cup Water1/2 cup Frozen Berries1/2 Avocado2 cups Baby Spinach2 tbsps Hemp Seeds

Directions



Raspberry Zinger Smoothie

1 serving 10 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

Directions

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.



Chocolate Avocado Smoothie

1 serving 5 minutes

Ingredients

1/4 Avocado

1 cup Unsweetened Almond Milk

- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder: Use vanilla protein powder or hemp seeds and add cococa powder.

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Collagen Green Smoothie

1 serving 5 minutes

Ingredients

1 cup Water2 cups Baby Spinach1/2 Avocado1/2 Banana (frozen)1/2 oz Collagen Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Collagen Powder: Omit or use protein powder instead.

No Spinach: Use kale or romaine lettuce instead.

Make it Vegan/Vegetarian: Omit the collagen and use a plant-based protein powder instead.

Leftovers: Best enjoyed immediately.



Chocolate Zucchini Bread Smoothie

1 serving 5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Directions

- Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Berry Avocado Smoothie

1 serving 5 minutes

Ingredients

1 cup Plain Coconut Milk (unsweetened, from the box) 1/2 Zucchini (chopped, frozen)

1/4 cup Frozen Cauliflower

1/2 cup Frozen Berries

1/4 Avocado

1 tbsp Chia Seeds

1/4 cup Vanilla Protein Powder

Directions

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



High Fat Green Smoothie

1 serving 5 minutes

Ingredients

1 cup Water (cold)

2 tbsps Lemon Juice

1 cup Baby Spinach

1/2 Avocado (frozen)

1/4 cup Mint Leaves (fresh, roughly

1 tsp Ginger (fresh, roughly chopped)

Directions

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Likes it Sweeter: Add frozen banana, pineapple or apple.

More Protein: Add protein powder or collagen powder.

No Mint: Use cilantro or basil instead.