



Slimming Smoothie Recipe Book

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Simply add 1-2 capsules of PT Trim to each smoothie for a quick fat-burning snack, meal replacement or dessert!



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

- 1 Blend and enjoy!



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

- 1 Blend and enjoy!



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

- 1 Blend and enjoy!



Frozen Berry Avocado Hemp Smoothie

1 serving
3 minutes

Ingredients

1 cup Water
1/2 cup Frozen Berries
1/2 Avocado
2 cups Baby Spinach
2 tbsps Hemp Seeds

Directions

1 Blend and enjoy!



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

1

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 cocoa 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 Water
- 2 cups Baby Spinach
- 1/2 Avocado
- 1/2 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

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 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

- 1 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 chopped)
- 1 tsp Ginger (fresh, roughly chopped)

Directions

- 1 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.