



Summer
Smoothie
Guide & Recipes

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About Jovanka

Hi there! My name is Jovanka and I'm a wellness expert, healthy living advocate, author and speaker, working tirelessly to inspire people to create their own wellness revolution and feel like a million!

I have personally experienced the healing power of fruits, veggies, herbs and spices and I'm excited for you to discover that as well!

**Get your weekly jolt of wellness and a copy of the Wellness Start-Up Guide for free >
<http://jovankacaires.com/free-updates>**

THANKS!

- JOVANKA -

DISCLAIMER: The information and recipes here are provided for entertainment, inspiration and educational purposes only. Check with your doctor first before making any dietary changes and to make sure you are meeting your specific nutritional and health needs.

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Herbs And Produce That Keep You Feeling Cool

Cooling Herbs and Spices

- Basil
- Cardamom
- Celery Seeds
- Chamomile
- Chili Peppers
- Cilantro
- Coriander
- Dill
- Eucalyptus
- Fennel Seeds

- Goji Berries
- Gotu Kola
- Lavender
- Lemongrass
- Mint
- Peppermint
- Rose
- Saffron
- Tarragon
- Turmeric



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Fruits And Vegetables In Season

- Apples (late summer)
- Apricots (early summer)
- Avocados
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupes
- Cherries
- Corn
- Basil
- Beets
- Carrots
- Chard
- Chiles, fresh
- Corn
- Cucumbers
- Eggplant

- Grapes (late summer)
- Green Beans
- Kiwi
- Lettuce
- Mangoes
- Peaches
- Plums
- Pomegranates
- Radishes
- Raspberries
- Spinach (late summer)
- Pumpkins (late summer)
- Strawberries
- Summer Squash
- Tomatoes
- Watermelons
- Zucchini



What You Need

An Efficient Blender

A powerful blender is key when doing smoothies on a regular basis. Your smoothies will include leafy greens, root vegetables, hard vegetables, fruits, nuts, seeds and supplements that, when blended together will make for a powerfully nutritious and amazingly tasting liquid meal but if it is not properly blended, it could scar you for life and you may be scared to try some of these fabulous smoothies again.

Brands like Vitamix and Blendtec are considered the Cadillac of the blending world and for good reason: they are the best in the market. And they are also the priciest. These blenders start at \$500. If you can afford one, by all means, get one.

If you are under budget, I would suggest the NutriBullet. It is a powerful blender, extremely easy to use and clean and you can get it for a fraction of the price.



Mason or Other Glass Jars

The traditional Mason jars are perfect for storing and carrying your smoothie everywhere. They are reusable, durable, come in a variety of sizes and are very easy to clean. You can find them in online retailers as well as some department stores.

If Mason jars are not available, find another glass jar with a tight lid that you can easily take with you without worrying about spills.

Spices Galore

Dedicate a part of your kitchen pantry for the amazing herbs and spices that you will add to your smoothies this fall. This will allow for easy access when creating your smoothies. Plus, these warming, extremely powerful herbs and spices will make fall harvest season one to remember.

Reusable Bags



If you are like me, you probably like to clean, peel and pre-package your fruits and veggies once a week for easy access during the morning rush. Get 7 or 8 reusable bags and add all the ingredients for your smoothies in each of them and then store them in the crisper. In the morning, all you have to do is empty the content of the bag, sprinkle some spices, add your milk and blend!

Strawberry Watermelon Lemonade

Ingredients (4 servings)

8 cups watermelon
4 lemons, juice from
1 cup strawberries
Coconut syrup to taste (may not need it if
your fruit is ripe)

Notes

Place all ingredients in blender and blend
until smooth.

For a great treat, freeze some in ice cube
trays and use instead of ice to cool down
your drink without diluting it!

Optional Boosters: mint leaves



Breakfast Power Smoothie

Ingredients (1 serving)

1 cup frozen strawberries
½ cup coconut water
1 Tsp. green powder super food of
your choice
1 tablespoon creamy almond butter
1 scoop pea protein powder
1 tablespoon ground chia seeds
3 ice cubes (optional)

Notes

Combine strawberries, coconut
water, almond butter and stevia and
blend on high. Blend in protein
powder, ground chia seeds, and
then blend in ice cubes before
serving!

Optional Boosters: ground flax
seeds, coconut oil



Green Goddess Smoothie

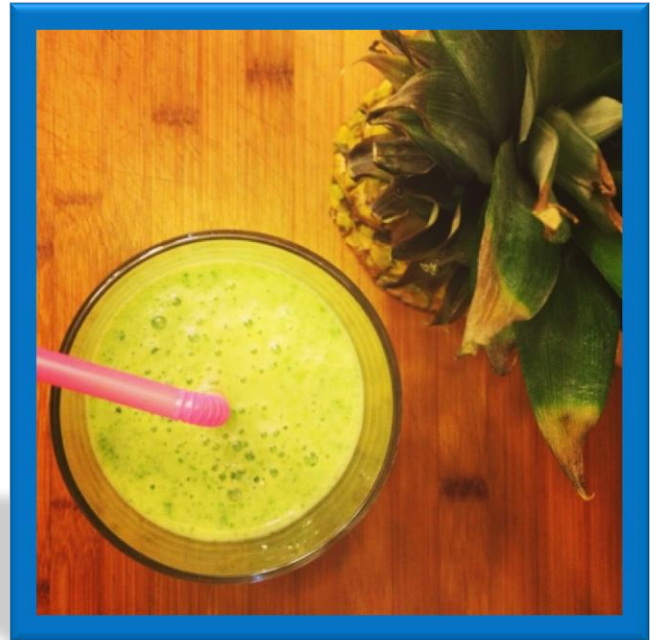
Ingredients (1 serving)

2 cups of kale
1 cup of red grapes
1 cup of pineapple, frozen
1/2 Haas avocado
1/2 frozen banana
1/2 tsp. fresh ginger
2 pitted dates
1 cup rice or almond milk

Notes

Place all ingredients into the blender, increasing intensity slowly, until reaching high.
Blend for 1 minute, serve and enjoy.

Optional Boosters: hemp seeds, almond extract



Raspberry Mango Coconut Smoothie

Ingredients (1 serving)

2 cups fresh sliced mango
1 cup of mixed greens
1 cup fresh or frozen raspberries
1 to 1 1/2 cup coconut milk
1-2 Tbsp. brown rice syrup - adjust to taste
1/2 tsp. rose water - cooling and anti-inflammatory!
Water - adjust to desired consistency

Notes

Add everything to a blender. Blend until creamy. Drink at once!

Optional Boosters: coconut flakes, maca powder



Cacao Banana Pick-Me-Up

Ingredients (1 serving)

1 cup Brazil Nut Milk
1 cup Ice (optional)
1 frozen Banana
1 Tbs. Raw Honey
2 Tbs. Cacao Powder
1 pinch of nutmeg

Notes

Place all ingredients in blender, blend until smooth.

Optional Boosters: dandelion extract,
medicinal mushroom powder



Fountain Of Youth Smoothie

Ingredients (1 serving)

2 handfuls spinach
1 cup of green grapes
1/2 banana
1 cup of strawberries
1/8 cup of almonds
1Tsp. maca powder
½ cup of hemp milk (if needed)

Notes

Blend all ingredients until smooth. Serve and drink at once.

Optional Boosters: bee
pollen, spirulina



Peaches 'n Green Smoothie

Ingredients (1 serving)

1/2 frozen banana
1 cup frozen peaches
1 cup Swiss chard
1-2 ice cubes
3/4 cup hemp milk
2 large leaves kale
2 Tbs. hemp protein
1 pitted date (optional)

Notes

Blend all ingredients in a high speed blender till smooth.

Optional Boosters: almond butter (for creaminess)



Coconut-Kale Smoothie

Ingredients (1 serving)

1 cup frozen chopped kale
1 frozen banana
1 cup coconut milk
½ cup of coconut water
1 Tbs. ground flaxseed meal
1/4 tsp. coconut flakes
1 handful ice

Notes

Combine all ingredients in a blender until smooth. Drink and enjoy!

Optional Boosters: walnuts, aloe water



Basil Raspberry Mango Smoothie

Ingredients (1 serving)

1 cup of romaine lettuce
4 basil leaves
1 cup mango, cut into pieces
½ cup of raspberries
2 celery sticks
Handful of walnuts
1 tsp. flax seed oil

Notes

Blend all ingredients until smooth. Serve and drink!

Optional Boosters: Goji berries, pumpkin seeds



Protein Powerhouse

Ingredients (1 serving)

1 cup of papaya
1 orange
1 avocado
1 cup of frozen raspberries
1/8 cup of cashews
2 handfuls spring greens
1 cup of hemp milk

Notes

Blend all ingredients until smooth. Serve and drink at once.

Optional Boosters: pea protein powder, handful of cashews



Almond Wonder

Ingredients (1 serving)

2 Tbs. almond butter
2 cups almond milk
1 tsp. green powder of choice
1 cup of frozen blueberries
1 tsp. spirulina
1 tsp. bee pollen

Notes

Add all ingredients to a blender, run for about a minute, adding more milk if needed and enjoy!

Optional Boosters: coconut oil,
cardamom



Cocoa Builder

Ingredients (1 serving)

½ cup of mustard greens
1 frozen banana
¼ cup of blackberries
1 Tsp. coconut oil
2 Tsp. raw cocoa
1 tsp coconut syrup
1 cup almond milk
Pinch of cinnamon

Notes

Add all ingredients into a blender and process for about 45 seconds. Add a few ice cubes for desired consistency.

Optional Boosters: eucalyptus, cinnamon



Sea Breeze Smoothie

Ingredients (1 serving)

1 cup of kale
1 small orange, peeled
1 kiwi, peeled and frozen
1 cup of coconut milk
½ cup of coconut water (frozen)
1 tsp. blue green algae
Mint to taste

Notes

Freeze the coconut water into ice cube trays and add about 3 to the blender. Add all other ingredients, blend and enjoy!

Optional Boosters: Aloe water, ginger root



Jovanka's Daily Jolt

Ingredients (1 serving)

2 cups of kale
1 cup of frozen blueberries
½ cup of frozen raspberries
½ frozen banana
1 cup of coconut water
½ cup of coconut milk
1 Tsp. flax seed oil
1 tsp. Maca powder
Pinch of spirulina
1 tsp. Mushroom powder blend
1 tsp. Chia seeds
Handful of Goji Berries
Handful of walnuts

Notes

Add all ingredients slowly except for walnuts and blend until smooth. Add the walnut and blend for only 5-10 seconds, leaving some walnut chunks intact (for added texture). Enjoy!

Optional Boosters: bee pollen, E3 Live blue green algae



Constipation Relief

Ingredients (1 serving)

½ cup of romaine lettuce
½ cup of Swiss chard
½ cup of papaya
1 apricot
¼ cup of cabbage
2 Tsp. flax seed oil
1 ½ cups of coconut water

Notes

Blend all ingredients until smooth. Serve and drink at once.

Optional Boosters: coriander, rose water



Anti-Aging Blast

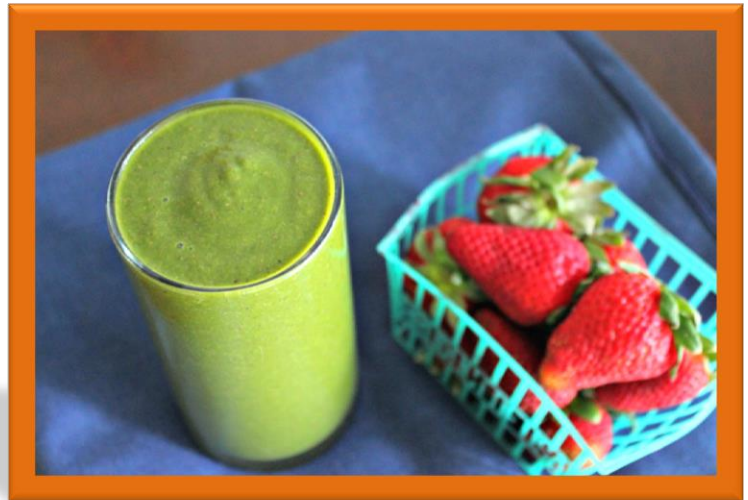
Ingredients (1 serving)

1 cup of spinach
½ avocado
½ cup frozen strawberries
½ frozen blueberries
1 Tsp. Pea protein powder
1 Tsp. flax seed oil
Juice of ½ lemon

Notes

Add all ingredients into your favorite blender, mix and serve. Enjoy!

Optional Boosters: walnuts, cacao powder



About Jovanka

Jovanka Ciales is a transformational coach, specializing in detox and digestive health, author and producer based in NYC + LA.

Through her private coaching practice, YouTube Show (The Weekly Jolt), live lectures and online detox programs Jovanka brings her proven formula for healthy living to audiences in both English and Spanish.

With a rare talent for making healthy living fun, simple + sexy, Jovanka's approach to mind-body wellness has earned her thousands of fans the world over — and regular slots on Fox News, NPR, CBS Radio, Telemundo, The Huffington Post and MindBodyGreen. She has also been featured at Veria Living TV, Huffington Post Live, and TEDx.



Jovanka is the author of three books, and the creator of a transformational online program: [The Clean Foods Diet Method](#). She is trained in plant-based nutrition with a degree from Cornell. She's been called a "miracle worker," a "total spitfire" and "the woman to call for a wellness smackdown."

Jovanka's passion is to inspire a healthier relationship with food, practice self-care help people create their own personal wellness revolution.

Meet Jovanka + sign up for her provocative wellness newsletter, [The Weekly Jolt](#), at [JovankaCiales.com](#).

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