



## Raw Vegan Smoothie Recipe for Weight Loss and Energy

### Smoothie Ingredients:

- 1 cup homemade raw Nut Mylk (optional)
- 1.5 T. organic hemp seeds
- 2 T. organic raw Cacao (optional)
- t. organic Cinnamon
- 1 c. organic Blueberries or Cherries (140 grams)
- 1 “thumb” of peeled Ginger Root
- 1 T. Barley Juice Grass powder (I use Daily Green Boost)
- 1 s. organic, Raw Protein Powder (I like Vivo Life or Sunwarrior)
- 1 organic Banana
- 2 stalks Organic Celery or 2-3 cups of Greens such as Romaine or Spinach

### Cronometer / Macro Breakdown

	Bananas, Raw	1	medium - 7" to 7 7/8" long	105.02	kcal
	Ginger Root, Raw	1	tbsp, sliced	4.8	kcal
	Daily Green Boost	0.5	* 2tbsp	17.5	kcal
	Cayenne Pepper, Ground	0.5	tsp	2.81	kcal
	Lettuce, Romaine or Cos	1	cup, chopped	7.99	kcal
	Cinnamon, Ground	1	tsp	6.42	kcal
	Cascadian Farm Organic, blueberries, frozen	1	* 125 Cup	80	kcal
	Vivoflife, Vegan Protein, Vanilla	1	serving	110	kcal
	O Organics, Hemp Seeds, Organic	0.5	* 3 Tbsp	90	kcal
	Sprouts Farmers Market, Organic Cacao Powder	1	* 2 Tbsp	40	kcal

#### Energy Summary



#### Macronutrient Targets



## General Smoothie Tips:

1. **Include a variety of fruits and vegetables:** Fruits and vegetables are packed with essential nutrients, fiber, and antioxidants. In addition, they are low in calories and can help you feel fuller for longer. Experiment with different combinations of fruits and vegetables to create delicious flavor profiles. Some popular choices include berries, leafy greens like spinach or kale, cucumber, and avocado.
2. **Add plant-based protein:** Protein is essential for maintaining muscle mass, promoting satiety, and supporting weight loss. As mentioned above, protein powders are *entirely optional*. Plant-based protein options include living sprouts, alfalfa, hemp seeds, chia seeds, or protein powders made from peas, brown rice, or other plant sources.
3. **Incorporate healthy fats:** Healthy fats provide sustained energy and promote feelings of fullness. They can also aid in the absorption of fat-soluble vitamins. Healthy fats such as flax and chia seeds, used in moderation, are a great addition to any smoothie. Start small so your digestion can adapt gradually.
4. **Opt for natural sweeteners:** Instead of adding refined sugars or artificial sweeteners to your smoothies, consider using natural sweeteners like dates, bananas, or a *small* amount of pure, organic maple syrup. These options provide some additional nutrients along with sweetness.
5. **Include fiber-rich ingredients:** Fiber benefits digestion, satiety, and weight management. Incorporate ingredients like flaxseed, chia seeds, oats, or psyllium husk into your smoothies to boost fiber content. Again, introduce these high-fiber ingredients in small increments so your body adapts, and you don't have any digestive issues. **I recommend subscribing to our newsletter to receive my [Delightful Digestion PDF](#)** for general guidelines on proper food combining.
6. **Be mindful of portion sizes and calorie intake:** While vegan smoothies can be healthy, it's important to watch portion sizes and the overall calorie content of your smoothies. While they can be a part of a balanced diet, excessive calorie intake, even from nutritious sources, can hinder weight loss efforts.

### Note:

Many factors influence weight loss, including diet, physical activity, and individual differences. Smoothies can be a convenient and nutritious addition to a well-rounded weight-loss approach, but they shouldn't be relied upon as the sole solution.

Consulting with a registered dietitian or nutritionist can provide personalized guidance based on your needs and goals.