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Burning ...
Healthy ...

Ingredients. 1

cup Swiss Recipes

To Lose Weight
Chard. 1 cup

And Enhance
Parsley. 1/2

Health UK
cup Celery,

raw. 3/4 cup

Cucumber. 1

tbsp Almonds. 1

tbsp Lemon

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levels, and a
healthy heart.
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have been
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energy. What

You'll Need, 1

banana; ½ cup

spinach; ½ cup

unsweetened

almond milk; ½

cup Greek

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yogurt; 1

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tablespoon

almond butter; Fat

Burning
How to Prepare.

Put the spinach

and banana in
Smoothie Recipes

your
To Lose Weight

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And Enhance
before adding

Health OK
the other three
ingredients.

Blend all of

the ingredients

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And Enhance
a little
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overwhelming
because of all
the powders and
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start with the
basics and keep
it simple.

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1 ½ cups

unsweetened

vanilla almond

milk or other

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milk/milk

Smoothies & 1
alternative. 2

Super Healthy Fat
tablespoons of

Burning
unsweetened

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cocoa powder*.

2 tablespoons
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peanut butter.
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And Enhance
*If you have

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cacao nibs, use

1 tablespoon

cocoa powder

and 1

tablespoon

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cacao nibs. *If
you'd like a
sweeter

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smoothie, add 1
to 2
tablespoons of
maple syrup.

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The basic
formula for a
Nutribullet
smoothie recipe
is 50% leafy
greens (2
cups), 50%
Fruits, 1/4 cup
Boost
ingredients
(nuts, seeds,
superfoods),
and then add

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water (or other liquid) to the max fill line.

While you can just follow the above formula and mix any ingredients, I prefer to follow a recipe that you know will taste good.

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nutribullet. Of course, I use it for traditional fruit and veggie-based smoothies for me and the kids but I use it for far more than that! It is my absolute favourite way

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way to make
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overall health
and well-being.

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cup Swiss
Chard. 1 cup
Parsley. 1/2
cup Celery,
raw. 3/4 cup
Cucumber. 1
tbsp Almonds. 1
tbsp Lemon
Juice. 1 cup
Coconut Water.

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yogurt; 1

tablespoon
almond butter;
How to Prepare.

Put the spinach
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and banana in
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your
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the other three
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basics and keep

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1 ½ cups
unsweetened
vanilla almond
milk or other
milk/milk
alternative. 2
tablespoons of
unsweetened
cocoa powder*.

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2 tablespoons
peanut butter.
*If you have
cacao nibs, use
1 tablespoon
cocoa powder

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and 1
tablespoon
cacao nibs. *If
you'd like a
sweeter
smoothie, add 1
to 2

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ingredients
(nuts, seeds,
superfoods),
and then add
water (or other
liquid) to the
max fill line.

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just follow the

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