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Smoothies make great breakfasts. Especially in the summer and even in the spring. Winters warm breakfasts are nice, howe er a smoothie is a nutritions meal anytime of day or season.

Here are few recipes for you to experiment with

Basic smoothie recipe

- Liquid = Coconut Milk or water, yogurt or kefir, kombucha, broth, Green tea, turmeric tea
- Berries or other fruit = Berries have the lowest sugar content so they are preferable
- Seeds of your choice = flax, hemp, chia, etc. are good options
- Herbs/Spices = Cinnamon, Turmeric, and spiralina or chlorella or wheat grass, etc.
- Vegetables = spinach, kale or greens of your choice, beets, carrots, parsley, cilantro — the more vegetables you can get in the better

Most people think sweet when they think of a smoothie. I just don't have that sweet taste bud and I much prefer savory. Here is a great nutritions savory Avocado smoothie recipe :

Salty Spicy Avocado Alkaline Smoothie for Breakfast

1 Avo
Handful cherry tomatoes — or any other tomato
1 cucumber
Handful Spinach
Handful Cilantro
Juice of 2 limes
1 clove Garlic, smashed
1 small onion
1 tsp Sea Salt
1 tsp spirulina
1 tablespoon EVOO or pumpkin seed oil
1 chile pepper or powder or tincture
1/2 cup kombucha or water (more to desired consistency if necessary)

Detox the mercury smoothie

1 bunch cilantro
8 oz. coconut water
Blend together and enjoy. I have this the morning after eating fish . . .
This makes a great summer dinner! If you have a nutri-bullet clean up is minimal = Dinner and dishes in 15 minutes or less.

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Secret Cucumber Detox Soup Recipe

This secret cucumber detox soup recipe is packed full of ingredients that aids in detoxification and supports healthy hair, skin and nails. And its delicious.

Secret Cucumber Detox Soup Recipe
Total Time: 5 minutes **Serves:** 4

INGREDIENTS:

- 1 cucumber (peeled and de-seeded plus additional cuke for garnish)
- 1 tbsp onion (minced)
- 1 avocado, peeled
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1/4 tsp Sea Salt
- 1/4 tsp Chili Powder
- 1 dash of Cayenne Pepper
- 1/2 to 1 cup water — to desired consistency, I use about a 1/2 cup
- Paprika for garnish

DIRECTIONS:

1. Throw avocado, cucumber, onion, oil, lemon juice, vinegar and water in a nutri-bullet, blender, submersion blender or vita-mix.
2. Puree on high speed until smooth.
3. Blend in salt, chili powder and remaining ingredients.
4. Serve, garnishing with extra cucumber cubes and smoked paprika if desired.

Power Hour smoothie from CaliforniaAvocado.com
1/2 Fresh Avocado
1 Tbsp. ginger
1/2 cup frozen mango cubes
1/3 cup grass fed yogurt
Juice of 1/2 lemon
As needed
Cayenne pepper, to taste
1 cup water

Avocado, Apple & Greens smoothie
1/2 avocado
1 green apple
2 cups assorted greens (spinach, sprouts, kale, lettuce, been greens, etc.
1 cup liquid = coconut water, komobucha, water, etc.

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Chocolate Avocado Smoothie
1/2 Avo
2 TBSP Raw organic cocoa powder
1 small banana
1/4 cup yogurt or coconut milk
1/4 cup coconut water
1/2 tsp vanilla extract
Opt. handful of berries

Pear and Vanilla Smoothie
1 pear
1/2 to 1 cup of yogurt or coconut milk or home made almond milk
Handful spinach
Almonds or a scoop of almond butter
1/2 tsp vanilla

Sweet and Savory Green Smoothie
1/2 to 1 cup pineapple chunks
1 peeled kiwi
1 cup (or more) coconut water
1/2 avocado
handful of greens
1 tsp coconut oil

Beet Root and Orange Smoothie
1 small red beet
2 oranges
1 avocado
1 TBSP raw honey
1 tsp vanilla extract or seeds scraped from a bean
1 cup water or coconut water

Avo Lime & Mint Smoothie
Handful of greens
1 cup coconut water — more or less to desired consistency
1 large apple
1/4 to 1/2 avocado
2 TBSP fresh lime juice
Handful fresh mint leaves — to taste

Flu-Fighter Citrus and Ginger Smoothie
2 medium seedless oranges, peeled
2 TBSP fresh lemon juice, or to taste
1 tsp fresh ginger, or to taste
1-3 tsp. pure maple syrup, to taste

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Pinch of cayenne pepper (optional)
1/2 - 1 cup turmeric Tea

Perfect Breakfast in a Jar
1 banana
handful each of blueberries and strawberries
1 TBSP sunflower seeds
1 tsp flax seeds
1 tsp spirulina
1 tsp maca powder
1-1/2 cups home-made almond milk or coconut milk or liquid of your choice

Strawberry, Basil, and Mint Smoothie
2 large handfuls of strawberries
1 small handful of mint
2 sprigs basil
1 banana
1 tsp raw honey
splash of water or coconut water