



# Chef V's Breakfast Smoothies

Keep it up! After you cleanse, it is important to maintain healthy habits – have 16 oz. of Chef V's Organic Green Drink first thing in the morning, then followup with one of my delicious healthy smoothies.

## DIRECTIONS

For all smoothies, prepare ingredients and combine in a blender.

Blend 1-2 minutes until smooth. Add ¼ cup filtered water if necessary.

Bon Appétit!



## Morning Mojito Smoothie

Like the flavors of lemon, lime, mint and pineapple? Add in some pineapple, spinach, some ginger for zest, my Ultra Shake protein powder and you have a breakfast smoothie that reminds you of summer on the beach!

## INGREDIENTS

- ½ cup ice
- 2 cups organic spinach
- ¼ cup fresh or frozen pineapple (skinned and chopped)
- ¼ cup lime juice
- ¼ cup lemon juice
- 5-10 mint leaves (depending on how minty you like it!)
- 1 serving of Chef V Ultra Shake protein powder or Powder of your choice

## Super Antioxidant Smoothie

Antioxidants are substances that may prevent cell damage. Berries, kale, and beets are great natural sources of antioxidants. Enjoy this super antioxidant smoothie in the morning after your 16 oz. of Organic Green Drink.

## INGREDIENTS

- ½ cup organic blueberries (fresh or frozen)
- ½ cup organic raspberries (fresh or frozen)
- ¼ cup pomegranate seeds
- ¼ cup diced organic red beet, raw
- 2 pieces of organic green kale
- ½ cup ice
- ½ cup coconut water
- 1 serving of Chef V Ultra Shake protein powder or Powder of your choice



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