

10 EASY VEGAN SMOOTHIE RECIPES

MOTHER EARTH

TASTES GOOD



Invest in your health!

INTRODUCTION

Are you ready to awaken your test buds and embark on a journey embracing the goodness of natural ingredients?

Every sip you take from any of our vegan smoothie recipes is a tribute to the abundance of fruits, vegetables and herbs Mother Earth provides for us.

Our recipes will take you on the journey to taste natural ingredients for your body to enjoy, you just have to blend them together.

Want an extra boost of nutrients? Many of these recipes can be boosted with our Vedji vegan liquid supplements.

Just make sure you follow the recommended dosage instructions on the supplement label.

Also, there's no judgement here. If you want your drink to have a different flavor or texture, adjust moderately until you find your signature mixture.

Let's make drinking your daily dose of nutrients a fun, vibrant experience together!

Cheers!!

Amythest
Founder of Vedji

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All recipes and the contents provided in this book are believed to be accurate at the time of publication. However, variations may occur due to changes in ingredients, product availability, or other factors. Readers are encouraged to verify all information and adapt recipes to suit their individual needs and preferences.

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Strawberry & Coconut Smoothie

INGREDIENTS

- 5 frozen strawberries
- 1 ½ cup of unsweetened coconut milk
- 1 tbsp of vanilla-flavored coconut/cashew yogurt

Prep Time:
10 minutes

HOW TO

- Combine everything in a blender until smooth.
- Transfer to a glass or mason jars.
- Serve chilled.

Cantaloupe Pineapple Smoothie

INGREDIENTS

- ½ cantaloupe, peeled, deseeded, sliced
- ¼ cup herbal tea
- ½ burro banana , peeled
- ½ cup pineapple
- ½ cup coconut water with pulp



Prep Time:
10 minutes

HOW TO

- Add the listed ingredients to your blender/food processor.
- Blend until smooth.
- Serve chilled.

Blueberry Lettuce Smoothie

INGREDIENTS

- ⅓ cup fresh blueberries
- 1 ¼ cups romaine lettuce, chopped
- 4-6 drops liquid stevia
- 1 ½ cups unsweetened almond milk
- ½ cup ice cubes



Prep Time:
10 minutes

HOW TO

- Add the listed ingredients to your blender/food processor.
- Blend until smooth.
- Serve chilled.

Fresh Hearty Strawberry Juice

INGREDIENTS

- 2 cups fresh strawberries, hulled and sliced
- 2 cups chilled water
- 1 teaspoon fresh lime juice
- 2 drops liquid stevia
- Pinch of sea salt



Prep Time:
10 minutes

HOW TO

- Add the listed ingredients to your blender/food processor.
- Blend until smooth.
- For a smoother juice, use a cheesecloth-lined strainer to strain the juice.
- Serve chilled.

The Berry-Licious & Hazelnut Smoothie

INGREDIENTS

- 1 tablespoon MCT oil
- 2 cups cold water
- 3 large blackberries, whole
- 1-2 pitted Medjool dates, optional
- 2 tablespoons chocolate powder, unsweetened
- 3 tablespoons Hazelnut, chopped
- 1 tablespoon coconut cream



Prep Time:
10 minutes

HOW TO

- Add the listed ingredients to your blender/food processor.
- Blend on high speed until smooth and creamy.
- Serve chilled.

Peanut Butter Milkshake

INGREDIENTS

- ½ cup coconut milk
- 1 cup unsweetened almond milk, vanilla flavored
- 2 tablespoons all-natural peanut butter
- 1 teaspoon vanilla extract



Prep Time:
10 minutes

HOW TO

- Add the listed ingredients to your blender/food processor.
- Blend on high speed until smooth and creamy.
- Serve chilled.

Sweet Green Milkshake

INGREDIENTS

- 1 teaspoon matcha powder
- ⅛ teaspoon vanilla bean
- 1 cup cashew milk
- 1 tablespoon coconut oil
- vegan whipping cream, optional
- a few ice cubes



Prep Time:
10 minutes

HOW TO

- Add the listed ingredients to your blender/food processor.
- Blend until smooth.
- Serve chilled.

***Optional:** Add vegan whipping cream on top.

Banana Nut Smoothie

INGREDIENTS

- 1 tablespoon chia seeds
- 2 cups water
- 1 ounce Macadamia Nuts
- ½ frozen banana
- 1-2 Medjool dates (pits removed), optional
- 1 ounce Hazelnuts



Prep Time:
10 minutes

HOW TO

- Add the listed ingredients to your blender/food processor.
- Blend on high speed until smooth and creamy.
- Serve chilled.

Salted Macadamia Choco Smoothie

INGREDIENTS

- 2 tablespoons macadamia nuts, salted
- 2 tablespoons cacao powder
- 1 frozen banana
- 1-2 Medjool dates (pits removed), optional
- 1 cup almond milk, unsweetened



Prep Time:
10 minutes

HOW TO

- Add the listed ingredients to your blender/food processor.
- Blend on high speed until smooth and creamy.
- Serve chilled.

Cilantro And Citrus Refresher

INGREDIENTS

- ½ cup ice
- 2 cups arugula
- ½ cup celery, diced
- 1 grapefruit, peeled and segmented
- 1 handful fresh cilantro leaves, chopped
- Juice of ½ lemon
- ½ cup of water



Prep Time:
10 minutes

HOW TO

- Add the listed ingredients to your blender/food processor.
- Blend on high speed until smooth and creamy.
- Serve chilled.