



BE WELL

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SUSTAIN SMOOTHIES

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Try mixing Sustain and Greens for an extra nutritional boost. It's delicious.

SUSTAIN + GREENS SMOOTHIES

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For all smoothies, please use more or less liquid depending on how thick you like your smoothies.

Please use organic whenever possible.

SUSTAIN SMOOTHIES

Coconut Bliss Smoothie, serves 1

- 1 Sustain packet
- 4 oz water
- 4 oz unsweetened vanilla almond milk
- 1/2 frozen banana cut into chunks
- 1 tablespoon coconut oil
- 1 tablespoon shredded unsweetened coconut
- 4 ice cubes

Add all ingredients into blender and blend till smooth and creamy.

Coconut Lime Smoothie, serves 1

- 1 Sustain packet
- 4 oz water
- 4 oz unsweetened vanilla almond milk
- 1/2 frozen banana cut into chunks
- Juice of one lime
- 1 tablespoon coconut oil
- 1 tablespoon shredded unsweetened coconut
- 4 ice cubes

Add all ingredients into blender and blend till smooth and creamy.

Chocolate Love Smoothie, serves 1

- 1 Sustain packet
- 4 – 6 oz water
- 4 – 6 oz unsweetened vanilla almond milk
- 1/2 frozen banana cut into chunks
- Small piece of avocado – about 1/5 of a large avocado or 1/4 of a small one
- 1 tablespoon raw cacao
- 1 teaspoon raw honey or stevia or xylitol to taste
- 1 tablespoon coconut oil
- 2 – 4 ice cubes

Add all ingredients to blender and blend till smooth and creamy.

Pumpkin Pie Smoothie, serves 1

- 1 Sustain packet
- 4 – 6 oz water
- 4 – 6 oz unsweetened vanilla almond milk
- 1 cup cooked pumpkin
- 1/2 frozen banana cut into chunks
- 1 teaspoon vanilla extract
- 1 teaspoon coconut oil
- Dash of cinnamon
- 4 ice cubes

Add all ingredients into blender and blend till smooth and creamy.

Pina Colada Smoothie, serves 1

- 1 Sustain packet
- 4 – 6 oz water
- 4 – 6 oz unsweetened vanilla almond milk
- 1 cup frozen pineapple pieces
- Small piece of avocado - about 1/5 of a large avocado or 1/4 of a small one
- 1 tablespoon coconut oil
- 1 tablespoon shredded unsweetened coconut
- 2 - 4 cubes ice

Add all ingredients to blender and blend till smooth and creamy.

Black Forest Smoothie, serves 1

- 1 Sustain packet
- 4 - 6 oz water
- 4 - 6 oz unsweetened vanilla almond milk
- 1 cup frozen cherries
- 1 -2 tablespoons unsweetened cocoa
- Raw honey or stevia to taste
- 2-3 ice cubes

Add all ingredients into blender and blend till smooth and creamy.

Blue Velvet Smoothie, serves 1

- 1 Sustain packet
- 4 - 6 oz water
- 4 - 6 oz unsweetened vanilla almond milk
- 1 cup frozen blueberries
- 1 - 2 tablespoons unsweetened cocoa powder
- Raw honey or stevia to taste
- 2 - 3 ice cubes

Add all ingredients into a blender and blend till smooth and creamy.

Rosy Delight Smoothie, serves 1

- 1 Sustain packet
- 4 - 6 oz water
- 4 - 6 oz unsweetened vanilla almond milk
- 1/2 cup frozen mango chunks
- 1/2 cup frozen raspberries

Add all ingredients into a blender and blend till smooth and creamy.

Hello Sunshine Smoothie, serves 1

1 Sustain packet

4 - 6 oz water

4 - 6 oz unsweetened vanilla almond milk

1/2 cup frozen mango chunks

1/2 cup frozen pineapple chunks

Add all ingredients into blender and blend till smooth and creamy.

SUSTAIN + GREENS SMOOTHIES

Mint Chocolate Chip Smoothie, serves 1

- 1 Sustain packet
- 1 Greens packet
- 4 – 6 oz water
- 4 – 6 oz unsweetened vanilla almond milk
- 1/4 avocado
- 1/4 cup loosely packed fresh mint leaves or 1/8 tsp organic peppermint extract
- 1/2 tablespoon raw honey – to taste, or stevia or xylitol to taste
- 1 tablespoon raw cacao nibs
- 2 – 4 ice cubes

Add all ingredients except the cacao nibs to a blender and blend till smooth and creamy. Then add the cacao nibs and blend for another 5 – 10 seconds to break up the nibs into little bits.

It's Good to be Green Smoothie, serves 1

- 1 Sustain packet
- 1 Greens packet
- 4 oz water
- 4 oz unsweetened vanilla almond milk
- 1/2 frozen banana cut into chunks
- 1 tablespoon coconut oil
- 1 tablespoon shredded unsweetened coconut
- 2 - 4 ice cubes
- (optional – 1 tablespoon chia seeds)

Add all ingredients to blender and blend till smooth and creamy.

Berry Green Smoothie, serves 1

1 Sustain packet

1 Greens packet

6 oz water

6 oz unsweetened vanilla almond milk

1/2 cup frozen blueberries

1/2 cup frozen strawberries

Add all ingredients to blender and blend till smooth and creamy.