

TROPICAL BEAUTY SMOOTHIE

Almond Milk

Almonds are packed with Vitamin E & are full of healthy fats that help absorb Vitamin E. A half-cup (roughly 46 almonds) supplies around 100% of your daily Vitamin E intake.

Kiwi

Kiwis are full of folate, potassium, Vitamin K, & C. Vitamin C boosts white blood cells to fight infection in the body; kiwis are also high in fiber, helping to aid the digestion process.

Cashew Yogurt

Yogurt with "live & active cultures" stimulate the immune system & help fight disease. Cashew yogurt is also dairy, soy, & gluten-free. Plus, it's a great source of Vitamin D.

Coconut Water

Coconut water has properties that can lower blood pressure & cholesterol. Studies have also shown that coconut water can restore hydration lost during exercise faster than water.

Turmeric

Turmeric has a main active ingredient of Curcumin, which helps decrease exercise-induced muscle damage. Curcumin is also an immune booster & antiviral.

Papaya

Papayas have a digestive enzyme called papain that has anti-inflammatory effects on the body. It is also packed with potassium, magnesium, & folate.

Collagen

Collagen is a key ingredient in keeping every joint, tendon, bone, & ligament in the body healthy. It is found in all of these tissues & improves skin health, nail strength & slows the effects of aging.

Avocado

Avocados are full of Vitamin K & folate, which is known to help prevent stroke. Aside from also boosting memory & concentration, they have a high dose of lutein, improving brain function.

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Makes 2 Servings

Instructions

Combine in Blender:

- ¼ of **papaya**, peeled; remove the seeds
- 2 **kiwis**, peeled
- 1 fresh **coconut**, drained of coconut water
- 1 hand-full of fresh **coconut meat** (from the coconut)
- 1 **avocado**, peeled; remove the seed
- 1 cup of **almond milk**
- ½ cup of **organic dairy-free (unsweetened, vanilla bean) cashew-milk yogurt**
- 2 scoops of **vanilla collagen**
- ½ a pinky-length of **turmeric root**, peeled
- 1 tbsp of **raw honey**
- 1 cup of **ice**

Sprinkle with organic coconut flakes & enjoy!

Recipe

- Forager Project: Organic Dairy-Free (Unsweetened, Vanilla Bean) Cashew-Milk Yogurt - ½ cup
- Ora Organics: Vanilla Plant-Based Collagen-Boosting Powder - 2 scoops
- Elmhurst: Almond Milk - 1 cup
- **Avocado** - 1
- **Kiwi** - 2
- **Papaya** - ¼
- **Coconut Water** - 1 coconut
- **Coconut Meat** - 1 hand-full
- **Turmeric** - 1 root
- Australian Manuka Raw Honey - 1 tbsp
- **Ice** - 1 cup
- Organic Coconut Flakes

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Substitutions

- Customize & substitute any of your favorite wild berries! I use a variety of natural smoothing agents like avocado & yogurt to create a nice creamy blend in this smoothie! If you're not a fan of papaya, feel free to decrease the suggested amount by half or add a banana; you could even try a mango which has a similar consistency to the papaya fruit! Make sure whatever items you swap out are equivalent to the amounts provided in the recipe above!
- I chose to use Forager Project: (Unsweetened, Vanilla Bean) Cashew-Milk Yogurt because it is entirely plant-based, organic, vegan, gluten, dairy, & soy-free (it also includes probiotics). If you decide to use another type of yogurt, always check the ingredients before choosing a product. *A good rule of thumb is to look for products with five ingredients or less; if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- Most flavored powders contain gums, natural flavors, and artificial sweeteners that harm the microbiome + negatively affect gut health! I use Ora Organics: Vanilla Plant-Based Collagen-Boosting Powder, which includes aloe vera, Vitamin C + E, silica, and pea protein. If you choose a different product, make sure to dissect the nutrition labels for any harmful ingredients!
- Elmhurst: Almond Milk is a dairy & gluten-free milk alternative with just two ingredients: almonds & water. Elmhurst also sells various other types of nut milk that you can swap out in this recipe! If you have a nut allergy, feel free to substitute this for pasteurized goat's milk! Again, *a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- If you're not up for cracking a fresh coconut, you can sub it out for some coconut water! My go-to is Harmless Harvest Coconut Water, with only one ingredient: organic coconut water! The taste is super refreshing in this smoothie!
- Thrive Market has a variety of healthy alternatives. I order a bulk of seasonings, dressings, snacks, & other healthy options; they also have a membership that helps save money on each item by providing them at discounted prices! The best part? It's delivered right to your door! I ordered both organic coconut flakes & Australian manuka, raw honey, which both come in BPA-free containers!