

PERSONAL BLENDER HEALTHY RECIPES



KOIOS

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SMOOTHIES



Iced orange chocolate smoothie

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

¼ cup ice
1 orange, peeled,
cut in chunks, seeds removed
1 teaspoon agave nectar
¼ teaspoon ground cinnamon
1 tablespoon unsweetened cocoa powder
½ cup nonfat vanilla yogurt
¾ cup nonfat milk

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.





Apple pumpkin puree smoothie

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ½ cup ice
- ¼ apple, cored
- ½ cup green cabbage, chopped
- ¼ inch piece fresh ginger, peeled
- ¼ cup canned pumpkin puree
- 1 tablespoon maple syrup
- 2 teaspoons flaxseed
- 1 cup water

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.

Mango strawberry pineapple smoothie

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

½ cup frozen mango chunks

½ cup frozen strawberries

½ cup pineapple chunks

½ small ripe banana

1 teaspoon flaxseed

1 cup coconut water

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.





Strawberry melon smoothie

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¼ cup ice
- ¼ medium cucumber, peeled, cut in chunks
- 4 strawberries, hulled
- ¾ cup cantaloupe chunks

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.

Mango melon mint smoothie

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¾ cup ice
- ½ cup honeydew melon chunks
- ½ cup mango chunks
- ½ cup cantaloupe chunks
- 3 fresh mint leaves
- ½ cup water

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.





Ginger pear smoothie

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ½ cup ice
- 1 pear, cored, cut in chunks
- ½ cup cantaloupe chunks
- ¼ lemon, peeled, seeds removed
- ½ inch piece fresh ginger, peeled

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.

Citrus mango smoothie

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¼ cup ice
- ½ cup frozen mango chunks
- ¼ inch piece fresh ginger, peeled
- ½ pink grapefruit, peeled, cut in half, seeds removed
- ½ orange, peeled, cut in chunk, seeds removed
- ½ lime, peeled, seeds removed

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.





Berry pineapple mango smoothie

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¼ cup ice
- ¼ cup pineapple chunks
- ½ cup mango chunks
- ¼ cup strawberries, hulled
- ¼ cup blueberries
- ¼ cup baby spinach
- ¼ cup water

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.

Blueberry banana chocolate smoothie

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¾ cup frozen blueberries
- ½ small ripe banana
- ½ teaspoon unsweetened cocoa powder
- ¾ cup unsweetened coconut milk

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.



JUICES



Avocado celery lime juice

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ½ cup ice
- ½ celery stalk, cut in half
- ½ ripe avocado, peeled, pit removed
- ½ lime, peeled, seeds removed
- ¼ cup baby spinach
- ¼ cup of your favorite sprouts
- ¼ cup water

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.





Pineapple mango banana juice

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¼ cup ice
- ¼ cup pineapple chunks
- ¼ cup mango chunks
- ¼ ripe banana
- ¼ cup kale leaves
- ¼ cup baby spinach
- ¼ cup coconut water

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.

Apple carrot juice

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ½ cup ice
- ½ small carrot, peeled, cut in half
- ¼ apple, cored
- ¼ inch piece fresh ginger, peeled
- ¼ cup chard leaves
- ½ cup cooked beets, cooled
- 1 cup water

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.





Pineapple lime orange juice

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¼ cup ice
- 1 cup pineapple chunks
- ¼ inch piece fresh ginger, peeled
- ¼ lime, peeled, seeds removed
- ¼ small jalapeno pepper, seeds removed
- ½ cup orange juice

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.

Kiwi vegetable juice

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

½ cup ice
½ celery stalk, cut in half
½ cup green cabbage, chopped
1 date, pit removed
½ ripe kiwi, peeled
½ cup baby spinach
⅔ cup hazelnut milk

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.





Sweet & spicy apple juice

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¼ cup ice
- ¾ green apple, cored, cut in chunks
- ¼ lemon, peeled, seeds removed
- ¼ inch piece fresh ginger, peeled
- ⅓ cup baby spinach
- ⅛ cup apple juice
- 2 teaspoons honey
- ⅛ cup water

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.

Honeydew melon juice

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¼ cup ice
- ¼ medium cucumber, peeled, cut in chunks
- ⅛ cup melon chunks
- ⅛ cup pineapple chunks
- ¼ cup water

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.



SHAKES



Raspberry hemp seed soy milk shake

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

½ cup Raspberries
2 tablespoon flaxseed
1 cup soy milk
2 tablespoon Maple syrup

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.





Mango orange almond shake

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ½ cup mango chunks
- ½ orange, peeled, cut in chunks, seeds removed
- 1 tablespoon almond pulp
- ½ cup Blackberries
- ¼ cup Fine oat flakes
- 1 sprigs of lemon balm

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.

Apricot buttermilk shake

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

1 cup apricots, peeled, cut in chunks, seeds removed

$\frac{2}{3}$ cup buttermilk

$\frac{1}{2}$ tablespoon green pistachios

$\frac{1}{2}$ teaspoon cinnamon

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.





Pineapple mint shake

PREP TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- ¾ cup pineapple chunks
- 2 stalks of mint
- 1 cup coconut milk
- 1 teaspoon turmeric

DIRECTIONS

1. Place all ingredients into the blending cup in the order listed.
2. Blend until smooth.

