

A glass of vibrant green smoothie is the central focus, surrounded by fresh ingredients like leafy greens, a lemon slice, and a green apple. The background is dark, making the green smoothie stand out.

THE ULTIMATE SMOOTHIE

Recipe Guide

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Congratulations!



Hey, Chris here.

I'm so glad you've decided to take control of your health and that you're doing it with **Athletic Greens** by your side.

I want you to succeed, and that means I am here for you every step of the way. **Now...**

Every single one of the recipes in this guide is here to help you get more flavor and variety into your daily routine of Athletic Greens. One of these may even end up being your favorite way to take your daily dose and you'd want it exactly that way every day.

The choice is yours – and even if you drink Athletic Greens the way I do, simply mixing a scoop directly into a glass of water and chugging it down...

I know you'll appreciate having the option to try something different every now and then.

Please use this guide to help you get the absolute best nutrition your body deserves, to help keep you looking, feeling and performing at your very best... whatever the day throws at you.

Almond Joy Smoothie



Ingredients:

- ✓ 1 scoop Athletic Greens
- ✓ 1/2 c. unsweetened coconut milk
- ✓ 1 Tbsp. unsweetened shredded coconut
- ✓ 1 Tbsp. raw almonds or almond extract
- ✓ 1 Tbsp. cacao powder
- ✓ 1 c. water
- ✓ 1/2 c. ice

How To Make This Smoothie:

Boxed coconut milk or canned coconut milk doesn't need refrigeration so it's great for travel. Crust ice cubes in a blender. Add other ingredients and pulse blend until smooth. Can also be mixed in a shaker bottle if a blender isn't handy.

Full Fat Greens



Ingredients:

- ✓ 6-8 oz unsweetened full fat coconut milk
- ✓ 4 frozen strawberries
- ✓ 1/2 c. frozen blueberries
- ✓ 1 egg yolk from pasture-raised chickens
- ✓ 1 scoop Athletic Greens

How To Make This Smoothie:

Add all ingredients to a blender.
Blend until smooth.

Chocolate Thunder from Down Under



Ingredients:

- ✓ 2 c. coconut water
- ✓ 1 Tbsp. chia seeds
or flax seeds
- ✓ 1 Tbsp. raw cacao
powder
- ✓ 1 scoop Athletic
Greens
- ✓ 1 tsp. honey
(optional)

How To Make This Smoothie:

Blend on high until smooth.

Green Coconuts



Ingredients:

Makes: 1 serving

- ✓ 8-10 oz. coconut water
- ✓ Crushed ice
- ✓ 1 scoop Athletic Greens

How To Make This Smoothie:

Blend ingredients on high for 2 minutes.

Enjoy.

Green Insanity



Ingredients:

- ✓ 3 oz. cold water
- ✓ 3 oz. Belvedere vodka
- ✓ 1 scoop Athletic Greens

How To Make This Smoothie:

Mix in a shaker.

Enjoy.

ACV Tonic



Ingredients:

- ✓ 1 1/2 Tbsp. Bragg's Apple Cider Vinegar
- ✓ 2 tsp. honey (adjust to taste)
- ✓ 1 scoop Athletic Greens
- ✓ 8 oz. water

How To Make This Smoothie:

In a shaker or blender, add ingredients and mix until smooth.

Hot Tamale



Ingredients:

- ✓ 1/3 c. salsa
(medium or hot)
- ✓ 1 scoop Athletic Greens
- ✓ 1/8 tsp. cayenne
- ✓ 8 oz. water

How To Make This Smoothie:

Place all ingredients in a blender.
Blend until smooth.
Drink immediately.

Jump-Start Tonic



Ingredients:

- ✓ 1 handful ice
- ✓ 8 oz. sparkling water
- ✓ 1 scoop Athletic Greens
- ✓ 1/2 lime, juiced
- ✓ 1/4 tsp. turmeric
- ✓ 1 tsp. fresh ginger,
minced (or 1/4" fresh ginger)
- ✓ 1 quarter red
jalapeño pepper
- ✓ 1/2 tsp. local honey

How To Make This Smoothie:

Add all ingredients to a blender and blend to desired consistency.

Morning Rush



Ingredients:

- ✓ 8 oz. Kombucha Tea of choice
- ✓ 1 scoop Athletic Greens

How To Make This Smoothie:

Blend until mixed.

Murph's Vitality Elixir



Ingredients:

- ✓ 1 oz. cold water
- ✓ 12 spinach leaves
- ✓ 2 Tbsp. chia seeds
- ✓ 2 peppercorns
- ✓ 1-2" fresh turmeric
- ✓ 1 dropper full
Vitamin D3
- ✓ 1 scoop Athletic
Greens

How To Make This Smoothie:

Add ingredients to a blender and blend on high for 1-2 minutes, until smooth.

Rhody Tea



Ingredients:

- ✓ 1 c. cold Earl Grey tea
- ✓ 1 scoop Athletic Greens

How To Make This Smoothie:

Whisk or blend until smooth.

Cool Coconut Greens



Ingredients:

- ✓ 8 oz. coconut water
- ✓ 1 Tbsp. Athletic Greens
- ✓ 1 Tbsp. lemon juice

How To Make This Smoothie:

Pour half the coconut water into a container.
Gently whisk the Athletic Greens into the mixture.
Add the remaining water and lemon juice while whisking.

Blue Boost



Ingredients:

- ✓ 1 c. organic baby spinach
- ✓ 1/2 c. organic arugula
- ✓ 1 Tbsp. Athletic Greens
- ✓ 2 slices fresh avocado
- ✓ 1/3 c. organic frozen blueberries
- ✓ 2-3 organic frozen strawberries or fresh vine ripe strawberries
- ✓ 1 c. filtered water

How To Make This Smoothie:

Rinse and wash greens and fresh strawberries, if needed. In your blender of choice, add the spinach and arugula first, then the remaining ingredients with filtered water. Blend on high until smooth.

Acai Blast



Ingredients:

- ✓ 1 packet frozen Acai, unsweetened
- ✓ 1 c. unsweetened coconut milk, or 1/2 can unsweetened coconut milk
- ✓ 1 c. frozen dark cherries
- ✓ 1 tsp. MCT oil (optional)
- ✓ 1-2 Tbsp. Athletic Greens

How To Make This Smoothie:

Run water over frozen Acai packet for 15 sec.
Add to blender with remaining ingredients.
Blend on high until smooth.
Enjoy.

Beet Ginger Refresher



Ingredients:

- ✓ 1/2 c. fresh beets, cubed
- ✓ 1/2" fresh ginger root
- ✓ 1 1/2 c. filtered water or coconut water
- ✓ 1 scoop Athletic Greens

How To Make This Smoothie:

Blend on high until smooth.
Drink immediately.

Zen Rockstar



Ingredients:

- ✓ 4 Tbsp. collagen protein
- ✓ 1 scoop Athletic Greens
- ✓ 1 heaping tsp. Matcha Green Tea
- ✓ 1/2 frozen banana
- ✓ 2 Tbsp. chia seeds or flax seeds
- ✓ 1 c. fresh water

How To Make This Smoothie:

Blend until smooth.

Veggie Delight



Ingredients:

- ✓ 2 handfuls kale or spinach
- ✓ 1 carrot, peeled and chopped
- ✓ 1 cucumber, peeled and chopped
- ✓ 1 Tbsp. Bragg's Apple Cider Vinegar or juice of one lemon
- ✓ 1 scoop Athletic Greens
- ✓ 1/2 c. water or coconut water

How To Make This Smoothie:

Add carrots, cucumber, spinach, and remaining ingredients to a blender. Blend on high until smooth.
Drink immediately.

The Green Monster



Ingredients:

- ✓ 1 handful kale
- ✓ 1 handful spinach
- ✓ 1 green apple, cored
- ✓ 1 lime, peeled
- ✓ 1/2" fresh ginger
- ✓ 1 Tbsp. Athletic Greens
- ✓ 1 c. water or sparkling water

How To Make This Smoothie:

Blend until smooth.
Drink immediately.

Magic Green Mango



Ingredients:

- ✓ 1/2 c. raw almonds
or cashews
- ✓ 1 cup. frozen mango
(or fresh green mangos)
- ✓ 1 handful leafy greens
- ✓ 1 raw pastured egg yolk
- ✓ 1 Tbsp. extra virgin
coconut oil
- ✓ 2 Tbsp. chia seeds
(optional)
- ✓ 1 c. water

How To Make This Smoothie:

Add greens, nuts, and water. Blend until smooth.
Add remaining ingredients and blend until smooth.
Add cinnamon if you like it.

Banana Peanut Butter Delight



Ingredients:

- ✓ 1 c. unsweetened almond milk or coconut milk
- ✓ 1/2 c. plain kefir
(try goat's milk, coconut, or grassfed unhomogenized kefirs)
- ✓ 1 frozen green banana
- ✓ 1 Tbsp. organic nut butter of choice
- ✓ 1 Tbsp. chia seeds or flax seeds
- ✓ 1 handful baby spinach
- ✓ 1 scoop Athletic Greens

How To Make This Smoothie:

Place all ingredients in a blender. Blend until smooth.
Drink immediately.

Fruit & Oatmeal Smoothie



Ingredients:

- ✓ 1 c. unsweetened vanilla almond milk
- ✓ 1 granny smith apple, cored
- ✓ 1/2 frozen banana
- ✓ 3 strawberries
- ✓ 1 scoop Athletic Greens
- ✓ 1/4 c. cooked gluten-free oatmeal

How To Make This Smoothie:

Cook oatmeal in boiling water for 2 min. Scoop oatmeal into a bowl and immediately put into the freezer for 30 minutes or until cool. This can be done ahead of time too. Add all ingredients to a blender and blend on high until smooth.

Enjoy!