



ALOHA recipe

EXCLUSIVE SMOOTHIE RECIPES

Detoxifying • Nourishing • Energizing

ALOHA
WWW.ALOHA.COM



We love smoothies here at the ALOHA headquarters! They are an excellent and convenient way to get a whole bunch of nutrients into your body. But not all smoothies are created equal; in fact, lots of smoothies are loaded with sugar and lack any real nutrition.

It can be hard to tell how many calories and vitamins you're sipping, so we've taken out the guesswork and curated ten super healthy smoothie recipes just for you! These smoothies will make your skin glow and give you loads of energy thanks to the powerful ingredients in our superfood Daily Good Blends and clean plant-based proteins.

The calorie counts for the following recipes are approximate. Exact calculations vary based on the size of the chosen ingredients, in addition to other variables.





BENEFITS

- + Be Happy: The smoothie's high protein content keeps your belly full and your body strong.
- + Be Cleansed: The nutrients in kale and spinach support your body's detoxification pathways.

Detoxifying Greens & Protein Smoothie

- GLUTEN-FREE
- VEGAN
- SOY-FREE
- HIGH FIBER
- HIGH PROTEIN
- GREENS

NUTRITION INFO: 1 serving

351	Calories	26g	Sugar
4g	Fat	11g	Dietary Fiber
1g	Sat Fat	24g	Protein

INGREDIENTS

- 1 cup water
- Juice of 1 lime
- 1 serving (two scoops) ALOHA Vanilla Protein
- 1 packet ALOHA Daily Good Greens
- 1 medium ripe banana
- 1 cup chopped spinach
- 1 cup chopped kale
- ¼ cup chopped mint

PREPARATION

In a blender, start with the water, lime juice, protein, and Daily Good Greens. Then add the banana, spinach, kale, and mint. Cover and blend well.



BENEFITS

- + Be Clean: High in dietary fiber to keep things moving.
- + Be Protected: Blueberries are antioxidant superheroes.
- + Be Strong: ALOHA Protein has a complete amino acid profile.

Blueberry Pie Protein Smoothie

- VEGAN
- GLUTEN-FREE
- NON-GMO
- SOY-FREE
- HIGH IN FIBER
- PALEO-FRIENDLY

NUTRITION INFO: 1 serving

345	Calories	25g	Sugar
13g	Fat	9g	Dietary Fiber
9g	Sat Fat	12g	Protein

INGREDIENTS

- 1 cup light coconut milk
- ½ cup frozen blueberries
- ½ frozen banana
- 1 tablespoon maple pure syrup
- ¼ teaspoon pure vanilla extract
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ½ tablespoon chia seeds
- 1 tablespoon unsweetened shredded coconut
- ½ handful of spinach (optional)
- 1 scoop of ALOHA Vanilla Protein

PREPARATION

Place all the ingredients in a blender for 2-3 minutes and blend until creamy. Sip slowly and enjoy the moment.



BENEFITS

- + **Be Delighted:** Satisfy your sweet tooth without the drastic blood sugar spike.
- + **Be Strong:** Dates are a great source of minerals, especially iron.
- + **Be Protected:** Coconuts have antifungal and antibacterial properties.

Coconut Chai Smoothie

- VEGAN
- GLUTEN-FREE
- SOY-FREE
- NON-GMO
- HIGH IN FIBER

NUTRITION INFO: 1 serving

375	Calories	20g	Sugar
10g	Fat	8g	Dietary Fiber
6g	Sat Fat	5g	Protein

INGREDIENTS

1 cup almond milk
1 large, ripe banana, peeled
1 packet ALOHA Daily Good Chocolate
2 teaspoons coconut butter
2 small, pitted dates
Pinch chai spice

PREPARATION

Puree all ingredients in a blender until smooth. Transfer to a glass and serve immediately.



BENEFITS

- + **Be Healthy:** This smoothie is loaded with great-for-you greens.
- + **Be Satisfied:** The avocado will help keep you feeling full and satisfied.
- + **Be Strong:** Contains a day's worth of vitamin K, which supports bones health.

Super Greens Fresh Start Smoothie

- GLUTEN-FREE
- VEGAN
- SOY-FREE
- GREENS
- LOW IN CALORIES
- GREENS

NUTRITION INFO: 1 serving

177 Calories	3g Sugar
10g Fat	6g Dietary Fiber
1g Sat Fat	12g Protein

INGREDIENTS

- 1 small handful spinach
- ½ medium stalk celery, chopped
- ½ medium cucumber, chopped
- 1 scoop ALOHA Vanilla Protein
- ¼ teaspoon spirulina
- ¼ medium avocado
- 1 teaspoon flax meal

PREPARATION

Add all ingredients to blender, blend until smooth.



BENEFITS

- + Be Clear: Protect yourself from seasonal allergies with bee pollen.
- + Be Light: Ginger is wonderful for the digestive system.
- + Be Clean: Loaded with dietary fiber to keep things moving.
- + Be Energized: Bee pollen is a great source of B vitamins and clean energy.

Ginger & Peach Bee Pollen Smoothie

- GLUTEN-FREE
- VEGAN
- SOY-FREE
- HIGH IN FIBER
- VITAMINS A & C

NUTRITION INFO: 1 serving

241	Calories	25g	Sugar
4g	Fat	8g	Dietary Fiber
0g	Sat Fat	5g	Protein

INGREDIENTS

- 1 to 2 cups almond milk
- 2 inches ginger, peeled and chopped
- ½ cup frozen peaches
- 1 ripe banana
- 1 teaspoon cinnamon
- 2 packets of ALOHA's Daily Good Berry
- 1 teaspoon bee pollen

PREPARATION

Add the almond milk, peaches, and chopped ginger to the blender. Pulse a few times, then add the banana, and pulse again. Lastly, add the cinnamon, ALOHA Daily Good Berry, and bee pollen. Blend until smooth.



BENEFITS

- + Be Hydrated: Coconuts help to hydrate while satisfying your sweet tooth.
- + Be Flexible: Banana's potassium makes sure your muscles stay up to speed.
- + Be Glowing: Cranberries and chocolate are an excellent source of antioxidants.

Coconut Chocolate Cranberry

- GLUTEN-FREE
- VEGAN
- LOW IN CALORIES
- SOY-FREE

INGREDIENTS

½ frozen banana

2 tablespoons unsweetened dried cranberries

¾ cup coconut water

1 ½ teaspoons cocoa powder

½ scoop ALOHA Chocolate Protein

PREPARATION

Blend all ingredients, adjusting liquids and spices to taste.

*If your blender isn't strong or you are counting calories, consider omitting the cranberries, the smoothie is just as good without them!

NUTRITION INFO: 1 serving

127	Calories	14g	Sugar
1g	Fat	4g	Dietary Fiber
0g	Sat Fat	5g	Protein



BENEFITS

- + **Be Satisfied:** Loaded with protein to keep you full, strong, and happy.
- + **Be Efficient:** Pineapple’s bromelain helps your system break down protein.
- + **Be Hydrated:** Replenish your electrolytes with coconut water.

Pineapple Coconut Green Smoothie

- VEGAN
- GLUTEN-FREE
- NON-GMO
- RICH IN GREENS
- HIGH IN FIBER
- RICH IN VITAMINS

NUTRITION INFO: 1 serving			
273	Calories	34g	Sugar
2g	Fat	8g	Dietary Fiber
1g	Sat Fat	13g	Protein

INGREDIENTS

- 1 scoop ALOHA Vanilla Protein
- 1 packet Daily Good Greens
- 1 ½ cup coconut water
- ½ frozen banana
- ¼ cup frozen pineapple
- 1 cup spinach

PREPARATION

Mix together spinach and coconut water in the blender, then add the remaining ingredients and blend until smooth.



BENEFITS

- + **Be Nourished:** Cucumber helps to nourish your kidneys and assist in detoxification.
- + **Be Radiant:** Berries are loaded with antioxidants to keep you feeling radiant.
- + **Be Pure:** Spinach and beets are a tonic for purifying your blood.

Cooling Strawberry Cucumber Smoothie

- VEGAN
- GLUTEN-FREE
- NON-GMO
- HIGH IN FIBER
- RICH IN GREENS

NUTRITION INFO: 1 serving

241	Calories	43g	Sugar
1g	Fat	8g	Dietary Fiber
0g	Sat Fat	11g	Protein

INGREDIENTS

- 1 cup purified water
- 4 large strawberries, sliced
- 1 packet ALOHA Daily Good Greens
- 1 ½ tablespoons chopped raw red beets
- 1 handful baby spinach
- Handful of green grapes (about 12)
- 1 small English cucumber, diced
- 1 small orange, segmented
- Handful of ice cubes

PREPARATION

Puree all ingredients in a blender until smooth. Transfer to a glass and serve immediately.



BENEFITS

- + Be Fit: Low in sugar and calories.
- + Be Protected: Coconut flakes have antimicrobial and antifungal properties.
- + Be Efficient: Pears are easy to digest and full of nutrients.

Spiced Pear Vanilla Protein Smoothie

- VEGAN
- GLUTEN-FREE
- SOY-FREE
- LOW IN CALORIE
- LOW IN SUGAR

NUTRITION INFO: 1 serving

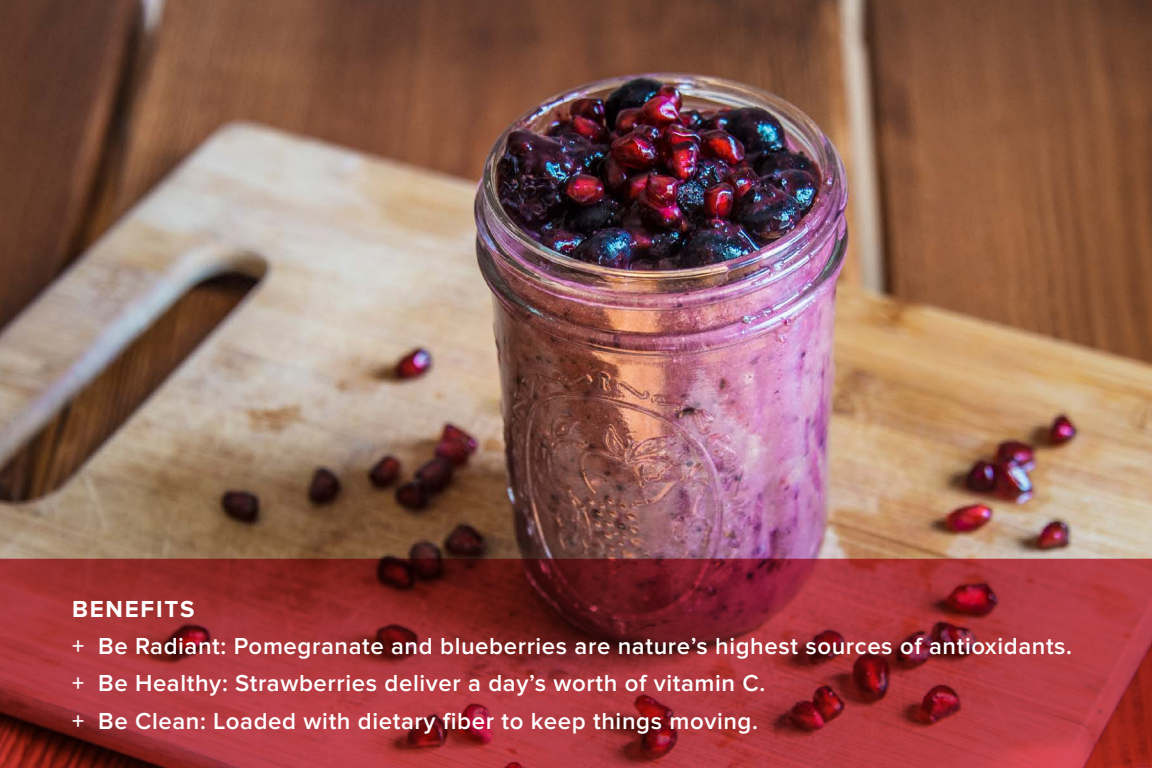
136	Calories	9g	Sugar
5g	Fat	4g	Dietary Fiber
3g	Sat Fat	6g	Protein

INGREDIENTS

- ¼ pear, chopped
- ½ banana, chopped or frozen
- ¾ cup unsweetened almond milk
- ¼ teaspoon ground ginger
- 1 tablespoon coconut flakes
- ½ scoop ALOHA Vanilla Protein

PREPARATION

Puree all ingredients in a blender until smooth. Transfer to a glass and serve immediately.



BENEFITS

- + **Be Radiant:** Pomegranate and blueberries are nature's highest sources of antioxidants.
- + **Be Healthy:** Strawberries deliver a day's worth of vitamin C.
- + **Be Clean:** Loaded with dietary fiber to keep things moving.

Pomegranate Berry Superfood Smoothie

- VEGAN
- GLUTEN-FREE
- SOY-FREE
- HIGH IN FIBER

NUTRITION INFO: 1 serving

280	Calories	41g	Sugar
2g	Fat	12g	Dietary Fiber
0g	Sat Fat	5g	Protein

INGREDIENTS

- ½ cup strawberries
- 1 banana, peeled
- 1 kiwi, peeled
- ¼ cup pomegranate seeds
- ½ cup blueberries
- 1 cup purified water
- ½ packet ALOHA Daily Good Berry

PREPARATION

Puree all ingredients in a blender until smooth. Transfer to a glass and serve immediately.

CONTRIBUTORS

We hope you enjoy these recipes as much as we have!
A special thanks to our creators and to our ALOHA family!

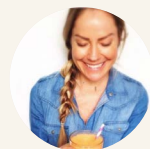


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Together they founded Bliss Out Retreats and Introducing Wellness and Yoga with Fern. They have devoted their lives and professions to helping people find health and happiness.

ALOHA EDITORIAL TEAM

When our editorial team isn't working on the ALOHA Way magazine, you can find them in the kitchen crafting new concoctions with ALOHA products. Coming from diverse backgrounds in film, publishing, and photography, they combine forces to bring you the best articles on health and happiness.



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For more healthy recipe inspiration, visit ALOHA.com/shop/recipes.

Share your ALOHA recipes with #myaloha. 📸 Follow our journey to health & happiness at @alohamoment!