



# SUNWARRIOR®

Transforming the Planet One Warrior at a Time



## Sunwarrior Superfood Smoothies

### Health Benefits

Smoothies are easy to make and highly nutritious, making them a simple staple for those following a plant-based lifestyle and the ideal bridge for beginners as they learn how to add healthier plant-based options to their lives.

Nature created fruits, vegetables, greens, herbs, and spices as powerhouse sources of essential vitamins, minerals, vital living enzymes, and age fighting antioxidants. Plants envelope these nutrients within hard to digest fibrous cellular walls, barricading everything inside. When we eat raw food, chewing helps break down these walls, releasing the sustaining nutrition for our bodies to use.

In smoothies, the nutrients are already set free before even entering our mouths and the blender breaks down the cellular walls much more efficiently than chewing. Our bodies then can begin absorbing these liberated nutrients immediately.

The fibrous material that goes into those cellular walls and locks in the nutrition isn't without value. Dietary fiber helps clean and regulate digestion. It carries toxins, cholesterol, heavy metals, and waste from our systems. It also creates a feeling of satiety or fullness so we don't overeat. Unlike juicing, which squeezes out the liquid content of fruits and vegetables and leaves the fiber behind, blended smoothies don't discard valuable fiber.

This fiber content makes smoothies a worthy substitute for a complete meal and results in a prolonged feeling of satisfaction. Fiber also controls and sustains the release of nutrients over time without fluctuations in blood sugar, acting as an effective defense against sugar cravings. This slow release also keeps the liver from being overburdened and overtaxed.

## Superfoods

Superfoods are the most powerful, nutritious, mineral-rich plant foods on Earth. They are essential to optimal health and well-being. Superfoods immediately nourish the brain, bones, muscles, skin, hair, nails, heart, lungs, liver, kidneys, reproductive system, pancreas, and most importantly the immune system. In the long-term, superfoods help correct imbalances as they provide the maximum nutrition available. Consuming superfoods makes it dramatically easier to achieve ideal weight, diet, and follow healthy food habits. Superfoods are the proverbial fountain of youth.

## Combined

When selectively combined, the many differing ingredients that go into smoothies create a mixture bursting with vitamins, minerals, and enzymes that are extremely beneficial to health. Some of the vitamins typically found in these smoothies are A, C, E, potassium, magnesium, folic acid, zinc, B vitamins, calcium, antioxidants, phosphorus, and beta-carotene. These substances help protect the body against cancer and cardiovascular diseases, build a stronger immune system, aid digestion, supply more energy, and boost mental alertness.

In stressful situations, it is often better to consume smoothies than to eat solid food. Solid food competes with other body functions during the digestion process. Smoothies, on the other hand, are liquids, and the nutrients they contain pass directly from the digestive tract into the bloodstream, lessening absorption time considerably. The benefits that these drinks provide are enough to convince anyone that they are indeed superior to other beverages. For those who believe that health is a priority, smoothies should be a significant part of any day.

## Importance of Protein

Protein plays an essential role in the growth and repair of muscle, skin, tendons, bones, eyes, and hair. Every cell in the body contains protein. Plant-based proteins come without the high saturated fat and cholesterol price tags found in animal protein, are better for the body, and improve the environment. More intense activity levels require more protein to fuel the repair and rebuilding of muscles. Stress, illness, and infection also affect protein requirements as the body needs to create more antibodies, white blood cells, hormones, and enzymes while replacing damaged cells with new ones.

# RECIPES

## Sunwarrior Expert Smoothies

### Papaya Protein Power Shake

By Jason Wrobel

- 3 cups raw coconut water
- 1 scoop Warrior Blend vanilla protein powder
- 1 ½ tablespoons Liquid Light fulvic acid complex
- 1 teaspoon Activated Barley powder
- 1 cup fresh papaya fruit, with a few seeds
- 1 tablespoon chlorella turmeric tablets
- 1 tablespoon raw hemp seeds
- 1 tablespoon raw chia seeds
- ¼ cup wild crafted goji berries
- ¼ teaspoon camu camu powder
- ½ teaspoon wild crafted ground vanilla bean
- Pinch of Himalayan crystal salt or sea salt



Add all ingredients to a high-speed blender, adding the chia seeds LAST. Blend for 20–30 seconds on high speed until smooth, frothy, and creamy. Serve immediately. Remember to wipe the green mustache off of your lip before you leave the house. Serves 3 to 4 peeps.

### Mint Cacao Chip Supergreen Ice Cream

By Jason Wrobel

- 1 cup raw cashews or macadamia nuts, soaked 1 to 2 hours
- ½ teaspoon Ormus Supergreens powder
- 1 to 2 tablespoons Warrior Blend vanilla raw protein powder
- ½ cup coconut meat
- ½ cup clear agave nectar, coconut palm nectar, or Jerusalem artichoke syrup
- 1 cup raw coconut water
- ¼ cup filtered water
- 1 tablespoon vanilla extract (alcohol-free)
- 2 vanilla beans, scraped or ½ teaspoon ground vanilla bean powder
- ½ cup extra-virgin coconut oil
- 2 tablespoons peppermint extract (alcohol-free)
- 2 pinches Himalayan crystal salt or sea salt
- ¼ cup raw cacao nibs



Blend all ingredients, except the raw cacao nibs, in a high-speed blender until very smooth and creamy. Pour into the frozen bowl of an automatic ice cream maker, put the raw cacao nibs into the mixture, and process in the machine for at least 30 minutes. Serve immediately if thick and frozen. Transfer the remaining ice cream to a covered container and freeze until solid. Before serving, thaw the ice cream at room temperature for 5 to 10 minutes. Serve topped with Warm Cacao Fudge Sauce, fresh berries, bananas or even use 1–2 scoops of ice cream as a base for an ultra-creamy decadent smoothie! Serves 10 to 12 peeps (1 full quart).



Jason Wrobel is a world-renowned leader in organic raw vegan cuisine, culinary education, and health entertainment. He is a graduate of the Living Light Culinary Arts Institute and is nationally certified as a Raw Food Chef and Culinary Instructor. As a live speaker, known for his empowering, passionate, and comedic presence, he has shared the stage with wellness luminaries and bestselling authors such as John Robbins, David Wolfe, Kevin Trudeau, Donna Gates, Dr. Joseph Mercola, Dr. Joel Fuhrman, Ron Teeguarden, and Kathy Freston. His first major lifestyle and organic recipe book will be debuting in 2012. Visit him online to see recipe demo videos, e-books, recipes, health tips, and upcoming live tour dates.

[JasonWrobel.com](http://JasonWrobel.com)

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## Go Green Smoothie

By Tosca Reno

When I need an instant pick-me-up, I make this smoothie – it's like drinking health in a glass. Don't be afraid of the color! It may be green but it doesn't taste that way – pineapple sweetens the blend while avocado gives it a decadent thickness

- 1 bunch kale
- 1 bunch parsley
- ½ cup / 120 ml wheat grass
- ½ fresh pineapple, roughly chopped
- 1 piece ginger, about the size of your thumb
- 1 lime
- ½ avocado
- 1 cup / 240 ml unsweetened almond milk
- 2 scoops vanilla Warrior Blend powder



**Juicer Method** – Using a juicer, juice kale, parsley, wheat grass, pineapple, ginger, and lime. Pour juice into a blender and add avocado, almond milk, and hemp powder. Blend until combined. Pour into a glass and enjoy!

**Blender Method** – Using a blender, blend all ingredients until smooth. Blending (instead of juicing) will leave you with a thick, fibrous drink. Add more almond milk if you prefer a smoother beverage.





At 40, author **Tosca Reno** knew she had to change her life. After years of yo-yo dieting, topping the scales at 204 pounds, and living life stuck in an unhappy marriage, her self-esteem was at an all-time low. By 41 she had lost all the excess weight, gotten out of her bad relationship, gone back to school, and was on her way to becoming the motivational writer, speaker, and fitness celebrity she is today.

She is now a popular guest on radio and TV programs and has an award winning reality show, *Tosca: Flexing at 49*. When Tosca isn't on TV, radio, or contributing numerous health and fitness columns and articles for magazines such as *Oxygen*, *Clean Eating*, *Maximum Fitness*, and *People*, she is giving fitness and motivational seminars for businesses, conventions, and women's groups. She has dedicated her life to following the Eat-Clean lifestyle and helping others do the same.

[www.toscaren.com](http://www.toscaren.com)  
[www.eatcleandiet.com](http://www.eatcleandiet.com)

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## Grasshopper Warrior

By Judita Wignall

A chocolate mint smoothie to put a spring in your step!

1 cup nut milk  
1 cup frozen banana  
1 small scoop vanilla Sunwarrior protein powder  
1 tablespoon fresh chopped mint  
1 ½ teaspoons Sunwarrior Ormus Supergreens  
7 drops stevia  
1 tablespoon cacao nibs  
few ice cubes

Blend all ingredients and enjoy! Makes 1 serving.



## The Popeye

By Judita Wignall

Everything you need to replenish your electrolytes, protein, and minerals!

8 oz fresh coconut water  
1 scoop vanilla Warrior Blend  
1 handful organic spinach  
Optional: coconut meat  
few ice cubes

Blend all ingredients and enjoy! Makes 1 serving.





Judita Wignall is a raw food chef, holistic health counselor, model, and musician from Los Angeles, CA. She's been passionate about raw foods, holistic health, and nutrition for the past five years and empowering others to take control of their health. She is the author of "Going Raw: Everything You Need To Start Your Own Raw Food Diet & Lifestyle Revolution At Home" which demystifies raw foods and shows how easy it is to add vibrant living foods to any diet.

[www.rawjudita.com](http://www.rawjudita.com)

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## Super Power Smoothie

By Philip McCluskey

2 large handfuls spinach  
1 teaspoon cacao powder  
1-2 bananas, frozen without skin  
1 cup mangos (fresh or frozen)  
1-2 scoops Sunwarrior vanilla protein powder  
1 pinch sea salt  
1-4 cups water  
OPTIONAL INGREDIENTS:  
1 teaspoon cacao powder  
1 teaspoon carob powder  
1 teaspoon tocotrienols  
3 drops vanilla stevia



Add water first, 1-4 cups, depending on the consistency you desire and the amount you want to make. Add the rest of the ingredients in the blender and set to high for 30 seconds. Pour into your favorite smoothie mug and enjoy!

## Spiced Banana Cream

By Philip McCluskey

1 cup pure water  
2 tablespoons raw cashews  
1 medium carrot, roughly chopped  
½ inch cube peeled ginger  
½ teaspoon cinnamon  
½ vanilla bean  
1 scoop Sunwarrior Protein, vanilla or natural  
2 frozen bananas

Blend the water, cashews, carrot, ginger, cinnamon, vanilla, and Sunwarrior until very smooth. Add the frozen bananas and blend again until smooth and frothy.



Philip McCluskey is a sought-after motivational speaker, author, and raw food expert who inspires and educates thousands worldwide about the raw food lifestyle after he lost over 200 pounds naturally. Passionate about the vibrant health and energy he gained when he lost his poor eating habits and emotional hang-ups, Philip has made it his mission to spread hope and health to others. He has appeared as a keynote speaker throughout the US, been on the CBS show *The Doctors*, Jack LaLanne commercials, and has also inspired nearly a million viewers who have followed his journey on YouTube.

[www.philipmccluskey.com](http://www.philipmccluskey.com)

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## Very Berry Smoothie

By Marzia Prince of “The Healthy Housewives”

1 cup filtered water  
1 cup frozen raspberries  
½ cup blueberries  
½ cup strawberries  
2 scoop vanilla Warrior Blend protein powder  
½ tablespoon Ormus Supergreens  
1 cap Liquid Light

Blend and enjoy! Serves 2.



## Tropical Dream

By Marzia Prince of “The Healthy Housewives”

¾ cup So Delicious pina colada coconut milk yogurt  
1 cup coconut water  
3 large chunks of pineapple  
½ small banana  
2 scoop vanilla Warrior Blend  
1 cap Liquid Light  
½ tablespoon Ormus Greens  
Some ice

Blend and Enjoy! Serves 2



## Holiday Smoothie

By Marzia Prince of “The Healthy Housewives”

1 cup filtered water  
¾ cup organic canned pumpkin  
1 cap Liquid Light  
2 scoops vanilla Warrior Blend  
½ tablespoon Ormus Supergreens  
Dash pumpkin pie spice  
Dash cinnamon  
Some ice

Blend and Enjoy! Serves 2



## Chocolate Almond Dream

By Marzia Prince of “The Healthy Housewives”

1 cup almond milk  
2 tablespoons almond butter  
2 scoops chocolate Warrior Blend  
2 tablespoon cocoa nibs  
1 cap Liquid Light  
½ tablespoon Ormus Supergreens  
Some ice

Blend and Enjoy! Serves 2



Going green just got hotter! Meet the Healthy Housewives. They are one lean green team to empower you to take charge of your health and that of Mother Nature. You would think being beautiful, sexy, and fit would be enough for these ladies, right? Wrong. They decided to green their fitness routine and take it one step further, save the planet. That's right! These eco-friendly divas have joined forces to save the world. Have you ever wanted to know what you can do to help save the environment but don't know where to start? Well now you can! This eco-educated group offers expertise in health, beauty, fitness, fashion, home, garden, family, pregnancy, kids, and animals.

[www.healthyhousewives.com](http://www.healthyhousewives.com)



## Pink Panther

By Nathane Jackson

- 1 cup unsweetened coconut milk
- 1 scoop vanilla Sunwarrior brown rice protein
- 1 frozen banana
- 1 cup pitted cherries
- 1 tablespoon golden flax seed
- 1 Medjool date
- 1 tablespoon cacao nibs or carob chips
- 1 tablespoon bee pollen (Optional)
- ½ capful Sunwarrior Liquid Light (Optional)
- Ice

Garnish with a fresh sweet cherry!



## Snake Eyes

By Nathane Jackson

- 1 cup unsweetened coconut milk
- 1 scoop vanilla or chocolate Sunwarrior Warrior Blend
- 1 handful of spinach
- 1 frozen banana
- ½ avocado
- 1 Medjool date
- 1 tablespoon carob powder
- Ice

Garnish with unsweetened coconut and cacao nibs or carob chips.



## Mighty Mouse

By Nathane Jackson

- 1 cup almond milk
- 1 scoop vanilla Sunwarrior brown rice protein
- 1 banana
- ½ cup mango
- 2 tablespoon chia seed or flax seed
- 1 tablespoon goji berries
- 1 teaspoon maca powder (raw)

Garnish with fresh blueberries, bee pollen (optional), and hemp seeds.





Nathane L. Jackson is a leading Canadian health and fitness authority, specializing in holistic living. An NSCA strength and conditioning coach, he manages a corporate wellness center as well as operates an international online coaching business that combines holistic nutrition, functional exercise, and restorative practices like yoga and meditation to help clients strengthen their bodies and minds for a balanced life. Nathane is a professional fitness model who has regularly appeared on covers and in editorial features of leading fitness publications. An accomplished feature writer, columnist, and blogger, he has shared his expertise through writing and on numerous television and radio shows.

[www.nathanejackson.com](http://www.nathanejackson.com)

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## Green Angel

By Miranda Kerr

1 cup water  
1 to 2 scoops of Sunwarrior Protein (any flavor)  
1 tablespoon of your favorite green superfood (Spirulina, Chlorella, Barley-Grass or Wheatgrass)  
½ -1 ripe banana  
Your choice of 1 tablespoon flax, hemp, or coconut oil  
A few grams of Stevia powder (optional)  
Ice (optional)

Blend or shake well in a shaker jar.



Miranda Kerr's career has consisted of a mix of high profile runway shows, fashion, and beauty shoots, as well advertising in television and print. In 2008, Victoria's Secret signed Miranda as its newest Angel. She was the first Australian model ever to appear in a Victoria's Secret runway show. Miranda now lives in New York and has established herself as one of the top 10 models in the world and someone who cares passionately about health and well-being. She balances her hectic lifestyle with yoga, meditation, and regular exercise.

[www.koraorganics.com](http://www.koraorganics.com)

## Sweet Potato Pudding

By Anthony Anderson, the “Raw Model”

1 medium sweet potato, usually weighing about 1 pound (can be raw or baked, but a strong blender will be needed for the raw version)

1 scoop of Sunwarrior vanilla Warrior Blend

A pinch of high-quality salt, to taste

1–2 teaspoon of nutmeg, cinnamon, or pumpkin spice, depending on taste

Blend all in a food processor or blender until a nice smooth, yet thick consistency. In addition, I love to sprinkle trail mix, cacao beans, or other superfoods on top. This makes an especially wonderful breakfast, but can be enjoyed at any time of the day. It keeps me feeling satiated for many hours and the taste is unbeatable.

I dare anyone to bring this to Thanksgiving dinner! No one will have a clue that they are eating something so nutritious. This recipe is truly an all-star for kids as well! Enjoy!



Anthony Anderson has been an international male model since 2003. While working for companies like L'Oréal, Macy's, Target, and Paul Mitchell, he developed a deep passion for green living. As he delved deeper into the holistic lifestyle, he discovered the joys of gardening and realized that it just may be the panacea that will heal humanity and planet Earth. His mission is to inspire others to grow and create paradise on the planet once again. He is a public speaker, health motivator, and lifestyle design coach. He founded Grow Paradise to help inspire others to grow their own food and create a paradise planet here and now.

[www.rawmodel.com](http://www.rawmodel.com)  
[www.growparadise.com](http://www.growparadise.com)

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## Chocolate Bliss Breakfast Smoothie

By Lauren Deyenno

I whipped this up the other day at random and it's officially one of my favorites. What's in it?

2 bananas

½ cup of frozen pineapple

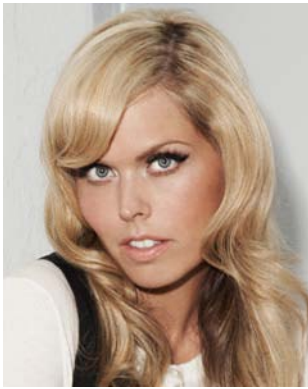
½ a ripe avocado

2 tablespoons raw cacao powder

Spring water (I just eye-ball it so the smoothie isn't too thin – it's best to add a little if you aren't sure, and then just add more until you have achieved your desired consistency.)

Chocolate for breakfast? Yes. Please. Enjoy your day everyone!





Raw Is Sexy, LLC provides plant-based lifestyle coaching, raw food recipes, and natural wellness. Services include private raw food cocktail parties, meal plans, raw food creating classes/workshops, fitness, and lifestyle makeovers. Discover Your Raw and Sexy Self!

[www.rawissexy.com](http://www.rawissexy.com)

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## The Warrior

By Sherif Kamal "Nature's Fitness Model"

Magic Bullet and a Coffee Grinder  
Plain or vanilla almond milk  
 $\frac{3}{4}$  frozen organic banana, brown or spotted  
Handful frozen mangos  
1 scoop vanilla Sunwarrior protein powder  
1 teaspoon maca powder  
1 tablespoon raw cacao nibs  
Large tablespoon raw organic honey  
1 teaspoon Hemp Seeds



Sherif Kamal has a degree in Engineering, is a certified trainer, a Raw food fitness consultant, mental fitness coach, researcher, lecturer, student of nature, a committed Raw Vegan Athlete, Sunwarrior sponsored athlete, and fitness model competitor. He is also the founder of The Body Temple system, a system that incorporates raw food, mental strength, and high intensity training.

[www.naturesfitnessmodel.com](http://www.naturesfitnessmodel.com)



## Vanilla Mylk Shake Smoothie

By Mary Luciano “The Raw Food Trainer”

- 2 frozen bananas
- 1 scoop vanilla Sunwarrior Protein
- 2 tablespoons raw Tahini butter
- 1 teaspoon vanilla bean powder
- $\frac{3}{4}$  cup water
- 1 teaspoon vanilla essence
- 1 teaspoon Sunwarrior Ormus Supergreens (optional)

Blend and Enjoy! Yields 1 serving.



## Chocolate Mylk Shake Smoothie

By Mary Luciano “The Raw Food Trainer”

- 1 banana
- 1 cup strawberries
- 1 tablespoons almond butter
- 1 scoop chocolate Sunwarrior Protein
- 1  $\frac{1}{2}$  cup water
- 1 teaspoon cinnamon
- 1 teaspoon vanilla essence
- 1 teaspoon Sunwarrior Ormus Supergreens

Blend and Enjoy! Yields 1 serving.



Mary Luciano, “The Raw Food Trainer,” is a healthy living and raw food educator, personal trainer, national level figure athlete, and model. She is a trainer and coach for beginner to advanced women athletes and non-athletes alike who wish to learn how to incorporate more raw foods into their life, training, and fitness endeavors.

[www.TheRawFoodTrainer.com](http://www.TheRawFoodTrainer.com)

## Chocolate Oatmeal Cookie

By Derek Tresize

- ½ cup Oats
- 1 serving Sunwarrior Activated Barley
- 1 large banana
- 2 tablespoon raw almond butter
- 1 cup hemp, almond, rice, or soy milk – Pick your favorite!
- 1 scoop chocolate Sunwarrior raw brown rice protein

Add water to desired consistency. Serves 2.



Derek Tresize is a competitive vegan bodybuilder residing in Richmond, Virginia. He holds a Bachelor of Science in Biology, is a Personal Trainer through the American Council on Exercise, has a Certificate in Plant-Based Nutrition through Cornell University, and is co-author of *Vegan Muscle & Fitness*. Derek has followed a plant-based diet since 2007 and promotes it to his clients and in the fitness and bodybuilding community as the best means to long term health. Find Derek on Facebook or follow @veganmuscle on Twitter.

[www.veganmuscleandfitness.com](http://www.veganmuscleandfitness.com)

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## Cherry Crunch

By Kristen Suzanne

- ½ cup water
- 1 cup frozen cherries
- 2 tablespoons raw cashew or raw almond butter
- 2 tablespoons raw cacao nibs
- 1 scoop Sunwarrior chocolate protein powder
- Splash almond extract

Blend all of the ingredients in a blender. Yields 1 serving.





Kristen Suzanne, owner of KristensRaw.com, is an accomplished raw vegan chef and author helping people succeed with the raw food diet. As a former competitive bodybuilder, she's been studying nutrition, fitness, and food preparation for more than 15 years. Kristen is the author of 12 raw vegan recipe and lifestyle books and maintains her popular blog.

<http://KristensRaw.com/blog>

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## Electrolyte Lemon Berry Muscle Builder

By Danny David

1 full serving Warrior Blend vanilla  
8–12 oz of coconut water with coconut meat  
1 cap full of Liquid Light  
1 teaspoon black maca  
2 whole lemons with pulp  
1 cup frozen blueberries

Serves one nice big muscle satisfying serving!



Danny David is the raw food fitness trainer, certified in sports performance enhancement, TRX suspension training, and fitness nutrition, an ambassador for Sunwarrior Protein, fitness sports model, published writer for Livid Magazine and Underwearexpert.com. He is a sought after writer for many new publications and will be speaking at several upcoming seminars around Vancouver and New York City on the importance of health and fitness.

[www.rippedbynature.com](http://www.rippedbynature.com)

## Chocolate Super Smoothie

By Marni Wasserman

2 cups water  
3 tablespoons Manitoba Harvest hemp seeds  
2 tablespoons soaked goji berries  
1 tablespoon coconut oil  
½ tablespoon mesquite powder  
1 tablespoon almond butter  
2 tablespoons cacao nibs  
1–2 scoops Sunwarrior protein powder  
2 tablespoons chia seeds  
1 tablespoon raw honey  
1 cup ice  
1 frozen banana  
Optional: add in greens, spinach, kale, or 1 teaspoon of Ormus Supergreens



Blend water and hemp seeds in a blender until smooth. This is your base, homemade hemp milk. Add the remaining ingredients. Serves two.



Simply said, **Marni Wasserman's** life is rooted in healthy eating. Certified chef, culinary nutritionist, and founder of **Delicious Knowledge by Marni Wasserman**, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious. She is dedicated to providing individuals with balanced lifestyle choices through organic, fresh, whole, and natural plant-based foods. Marni educates other like-minded foodies by hosting vegetarian and vegan dedicated cooking classes, workshops, and yearly retreats. She is also the author of several well-received plant-based series ebooks such as "Cleansing With Super Foods" and "Veggin' Comfortably."

[www.marniwasserman.com](http://www.marniwasserman.com)

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## Vanilla Mystic

By Dr. Brian Clement

1 ¾ cups almond milk  
1 large piece coconut meat  
1 heaping scoop of Sunwarrior vanilla protein powder  
½ tablespoon coconut butter  
½ vanilla bean, chopped

Blend all ingredients in a high speed blender until smooth. Be sure the coconut meat is thoroughly blended. Makes 1 large serving.







**Dr. Brian Clement** is the director of the Hippocrates Health Institute. He has spent more than three decades studying nutrition and natural healthcare. Brian has also written numerous books in which he explores the various aspects of health, spirituality, and natural healing. His progressive ideas on natural health approaches, coupled with his vast theoretical and practical scientific experience, have earned him a reputation as a leading expert in the natural health field. Brian's professional opinion is highly regarded and much sought after; he is a frequent guest on television, radio, and in print and acts as a resource expert for several publications.

[www.hippocratesinst.org](http://www.hippocratesinst.org)

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## The Green Smoothie Girl

By Robyn Openshaw

Put 2 cups filtered water in a high-powered blender

Add 1 scoop of vanilla Warrior Blend

Optionally, add:  $\frac{3}{4}$  – 1 teaspoon stevia or  $\frac{1}{3}$  cup organic agave syrup,  $\frac{1}{4}$  whole lemon, including peel, or 2 – 3 tablespoons fresh, refrigerated flaxseed oil.

Gradually add the following greens until briefly pureed and the mixture comes up to the 5-cup line and then puree the mixture for 90 seconds until very smooth.

Spinach, chard, kale, collards (mainstays)  
Turnip, mustard, dandelion greens, arugula (use sparingly as they are spicy or bitter)  
Lettuces and beet greens (also good, use freely)  
Avocado, cabbage, 1 –2 stalks celery  
Edible weeds from unsprayed fields (for the adventurous!)



Gradually add the following fruit until the container is very full, then blend for 90 seconds or until smooth.

1–2 bananas (for a creamy texture and sweetness)

1–2 cups frozen mixed berries (tastes wonderful and makes the smoothie purple rather than green)

Any other fruit to taste: our favorites are pears and peaches, but can also use apples, oranges, apricots, cantaloupe (with seeds---very high in antioxidants!), mango, pineapple, anything!

The more frozen fruit you mix in, the tastier your smoothie will be. Your smoothie will keep in the fridge for up to two days. Shake well before serving. Serves 4.



**Robyn Openshaw** grew up the eldest of eight children, raised on a tight budget where the menu was dominated by simple plant foods: whole grains and legumes, fruits, and vegetables. She has a web site with 80,000 new visitors monthly, dedicated to helping people achieve high energy and vibrant health. Its mission is to teach families how to live a whole-food lifestyle (mostly plants and 60–80 percent raw) diet that is easy, inexpensive, and pleasing to the palate. Robyn teaches at Brigham Young University (BYU) and is the author of 12 Steps to Whole Foods, with over 175 recipes, and The Green Smoothies Diet.

[www.greensmoothiegirl.com](http://www.greensmoothiegirl.com)

## Sunwarrior Team Smoothies

The following protein shake requires no blender and is for people "On the Go" looking for a quick meal replacement (shaker jar required).

### The Gladiator

8 oz coconut milk, almond milk, or water  
1 to 2 scoops Warrior Blend or Sunwarrior Classic Protein (any flavor)  
1 tablespoon Sunwarrior Activated Barley  
1 capful Liquid Light  
Optional: ½ teaspoon Immune Shield, when needed  
Your choice of 1 teaspoon flax seed oil, hemp oil, or coconut oil

Shake Well! This shake is a great source of protein and delivers a slow burning carbohydrate that will keep you satisfied and energetic for hours.

Special Note: The following smoothies require a high-speed blender such as a Vita-Mix or Blendtec to breakdown ingredients to a smooth creamy texture.

### The Muscle Builder

8 oz coconut milk, almond milk, or water  
1 to 2 scoops Warrior Blend or Sunwarrior Classic Protein (any flavor)  
1 tablespoon Sunwarrior Activated Barley  
1 teaspoon maca  
1 teaspoon goji berry powder  
1 teaspoon camu berry powder  
1 teaspoon MSM powder  
1 teaspoon tocotrienols (Vitamin E)  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Blend at high speed.

### The Hormone Builder

8 oz coconut milk, almond milk, or water  
1 to 2 scoops Warrior Blend or Sunwarrior Classic Protein (any flavor)  
1 teaspoon maca  
1 teaspoon goji berry powder  
1 teaspoon tocotrienols (Vitamin E)  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Blend at high speed.

## The Blood Builder

8 oz coconut milk, almond milk, or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 organic frozen banana  
1 whole organic orange (peeled)  
1 teaspoon goji berry powder  
1 teaspoon camu berry powder  
1 capful of Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Blend at high speed.

## The Brain Booster

8 oz coconut milk, almond milk, or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 tablespoon Sunwarrior Activated Barley  
1 cup organic blueberries  
1 teaspoon goji berry powder  
1 teaspoon camu berry powder  
1 teaspoon tocotrienols  
1 capful Liquid Light  
Ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Blend at high speed.

## The Energizer

8 oz coconut milk, almond milk, or water  
1 whole organic orange (peeled)  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 tablespoon Sunwarrior Activated Barley  
1 tablespoon Sunwarrior Ormus Supergreens  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Blend at high speed.

## The Beauty Smoothie

8 oz coconut milk or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
½ cup aloe vera flesh  
½ cup sliced cucumber  
½ cup sliced kiwi  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Blend at high speed.



## Orange Dreamsicle

8 oz of coconut milk, almond milk, or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 whole organic orange (peeled)  
1 teaspoon of vanilla extract  
1 teaspoon of tocotrienols  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.

## BlueBerry Blast

8 oz coconut milk, almond milk, or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 cup organic frozen blueberries  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Blend at high speed.



## Apple Cobbler

8 oz coconut milk, almond milk, or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 cup organic diced green apple  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.

## Raspberry Cheesecake

8 oz coconut milk, almond milk, or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 cup organic frozen raspberries  
1 frozen banana  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.





## Banana Split

8 oz coconut milk, almond milk, or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 organic frozen ripe banana  
1 tablespoon raw cacao powder  
1 teaspoon vanilla extract  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.

## Non-Dairy Eggnog

8 oz coconut milk and meat  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 organic frozen ripe banana  
¼ teaspoon nutmeg powder  
¼ teaspoon cinnamon  
1 teaspoon tocotrienols  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.



## Pumpkin Spice

8 oz coconut milk, almond milk, or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
½ cup organic pumpkin  
¼ teaspoon nutmeg powder  
¼ teaspoon cinnamon  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.

## Almond Breeze

8 oz almond milk  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 organic frozen ripe banana  
1 teaspoon of vanilla extract  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.

## Summer Dream

8 oz coconut milk or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
½ cup diced cantaloupe  
½ cup diced honeydew  
½ cup diced watermelon  
1 teaspoon lime juice  
Few mint leaves  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil

## Tropical Paradise

8 oz coconut milk or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 organic frozen ripe banana  
½ cup frozen papaya  
½ cup frozen mango  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Blend at high speed.



## Strawberry Banana Bliss

8 oz coconut milk, almond milk, or water  
1 to 2 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 cup organic frozen strawberries  
1 organic frozen ripe banana  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.



## Cherry Garcia

8 oz coconut milk, almond milk, or water  
1 to 2 scoops vanilla or chocolate Warrior Blend or Sunwarrior Classic Protein  
1 cup of organic frozen black cherries  
1 tbsp of raw cacao powder  
1 tsp of raw cacao nibs  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.

## Chocolate Monkey

8 oz coconut milk, almond milk, or water  
1 to 2 scoops chocolate Warrior Blend or Sunwarrior Classic Protein  
1 organic frozen ripe banana  
1 tablespoon raw cacao powder  
1 teaspoon raw cacao nibs  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.



**Special Note:** The following shake is for people who drink coffee, but can be substituted with water.

## Chocolate Maca Java Jolt

8 oz iced brewed organic coffee  
1 to 2 scoops chocolate Warrior Blend or Sunwarrior Classic Protein (Chocolate)  
1 teaspoon maca powder  
1 teaspoon raw chocolate powder  
¼ teaspoon of cinnamon  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Blend at high speed.

## Chocolate Maca Love Potion

12 oz coconut milk, almond milk, or water  
3–4 scoops chocolate Warrior Blend or Sunwarrior Classic Protein  
1 tablespoon maca powder  
1 tablespoon raw chocolate powder  
½ teaspoon cinnamon  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed. Mix with LOVE. Serves 2.

## Chocolate Peanut Butter

8 oz coconut milk, almond milk, or water  
1–2 scoops chocolate Warrior Blend or Sunwarrior Classic Protein  
1–2 tablespoons peanut butter  
1 tablespoons raw chocolate powder  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.

## Mint Chocolate Chip

8 oz coconut milk, almond milk, or water  
1–2 scoops chocolate Warrior Blend or Sunwarrior Classic Protein  
1 tablespoon Sunwarrior Ormus Supergreens  
1 tablespoon of raw cacao powder  
1 teaspoon of raw cacao nibs  
1 capful Liquid Light  
Lots of ice  
Optional: ½ teaspoon Immune Shield, when needed  
Optional: Your choice of 1 teaspoon hemp seeds, flax seed oil, or coconut oil  
Optional: a pinch of Stevia  
Blend at high speed.

## Everything but the Kitchen Sink!

1 whole coconut, meat and milk  
2–3 scoops vanilla Warrior Blend or Sunwarrior Classic Protein  
1 cup organic frozen mixed berries (raspberries, blueberries, and strawberries)  
½ cup frozen organic red grapes  
½ cup frozen mango  
½ cup frozen papaya  
1 packet frozen raw acai  
1 tablespoon chia seeds  
1 tablespoon pumpkin seeds  
1 tablespoon tocotrienols  
1 teaspoon camu berry powder  
1 teaspoon MSM powder  
Your choice of 1 tablespoon hemp seeds, flax seed oil, or coconut oil  
1 capful Liquid Light  
Optional: 1/2 tsp of Immune Shield, when needed

Blend at highest speed several times to make a creamy smooth texture. Additional ice may be required for ice cream-like consistency. Top off with a sprinkle of goji berries and cacao nibs. Texture should be thick and eaten with a spoon. Enjoy! Serves 3–4.

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## Ingredients

There are many different types of ingredients that can go into a smoothie, each holding unique health benefits. The combinations are practically endless. Here is a more in depth look into the nutritional benefits of some of the ingredients used above.

## Bases

Smoothies usually rely on a liquid base to build upon. There are many different liquids to use, each one adding distinct benefits and flavors. These liquid bases also make the smoothie drinkable and smooth.



**Coconut Water** – Coconut water is the liquid from young coconuts. It is a natural alternative to electrolyte sports drinks with a slightly sweet refreshing flavor. Coconut water is rich in potassium, B vitamins, enzymes, and antioxidants.

**Almond Milk** – Almond milk, unlike the dairy versions, has no cholesterol, low carbohydrates, and is relatively low in calories. It also provides plenty of protein, calcium, vitamin D, and vitamin E and a good amount of vitamin A.

**Coconut Milk** – Coconut milk is different from coconut water. Coconut milk comes from the mature coconut and has a creamier, milky texture and flavor. It is a good source of potassium, iron, magnesium, phosphorus, and selenium and an excellent source of manganese. Coconut milk also has a good amount of healthy fats.

**Rice Milk** – Rice milk is a semi-sweet alternative to dairy. It doesn't contain as much calcium or protein, but it has fewer calories and is naturally cholesterol free. Rice milk is mostly complex carbohydrates and can provide good energy, but also has more sugar content. It doesn't have as much vitamins or minerals as other options, but is hypoallergenic for those with allergies to nuts or soy.

**Soy Milk** – Soy milk is often avoided by those seeking a healthy alternative to dairy due to the high levels of compounds similar to estrogen that can imbalance the body's hormones and due to increased use of genetically modified soybean seeds throughout the world. It is also low in calcium and is a common allergen. Despite this, many still turn to soy because it is naturally high in protein, essential fatty acids, fiber, vitamins, and minerals. It is also lower in fat and has fewer calories than dairy milk.

**Juice** – Fresh fruit or vegetable juices can be a good addition to smoothies that need more liquid when you don't want to use milks or water. Fresh juice will still contain beneficial enzymes along with many vitamins and minerals. Canned or bottled juices will work too, but they will have lost much in the way of nutrition from being pasteurized and mixed with preservatives. Also avoid any that aren't 100% real juice as they will often have added sugars and artificial flavors.

**Water** – Water is essential for life. Clean filtered or purified water makes an excellent addition to any smoothie without adding any calories. Water will dilute the flavor to some degree though.

**Ice** – Ice chills the smoothie and gives it a smooth, frosty texture. This doesn't dilute the flavor as much as water while still supplying hydration.

## **Fruits**

Almost any fruit makes an excellent addition to a smoothie. Frozen fruit makes smoothies creamier and icy cold and freezing helps break down those cellular wall blockades even further.

**Strawberries** – These are one of the most popular fruits to add to smoothies. Strawberries are rich in antioxidants and phytonutrients. They are sweet and flavorful, but low in calories and packed with fiber. One cup of strawberries contain more than the daily requirement of vitamin C. Strawberries also have compounds that have strong anti-inflammatory properties.

**Blueberries** – Most berries are rich in antioxidants and blueberries are no exception. Antioxidants help the body resist damage from free radicals which lead to aging and disease. Antioxidants also keep cholesterol from oxidizing. Oxidized cholesterol becomes sticky and leads to blood clots, heart disease, and stroke. Blueberries are also rich in fiber, vitamin C, copper, B vitamins, vitamin E, and vitamin A.

**Raspberries** – Raspberries are rich in vitamin C, manganese, fiber, and vitamin K. They add a subtle sweet and tart flavor to smoothies. Raspberries have high antioxidant levels from vitamins and phytonutrients that promote heart, brain, and eye health while combatting degenerative diseases.

**Mangoes** – Mango is a tasty, tangy tropical fruit that is full of enzymes that aid in digestion, fiber for heart and digestive health, vitamin C, vitamin E, potassium, copper, iron, and powerful antioxidants that protect against cancer and aging. Mangoes have a distinct flavor that blends well with other fruit.

**Pineapple** – Pineapple is packed with beneficial enzymes that improve digestion, fight heart burn, and have anti-inflammatory properties. Pineapple is also a good source of vitamin C and other antioxidants. This fruit is also an excellent source of manganese. Pineapple has a vibrant flavor that balances sweet and tart, adding a tropical flare to any smoothie.

**Peaches** – Peaches have a mild, sweet flavor. They are relatively low in calories while providing a good amount of potassium. Peaches are also a rich source of beta carotene, fiber, and vitamin C.

**Bananas** – These are another of the most popular additions to smoothies. Bananas add a creamy smooth texture. Bananas are also rich in potassium, calcium, vitamin B6, vitamin C, manganese, and fiber. The potassium in bananas helps lower blood pressure and increase calcium absorption. Their mellow sweet flavor compliments most other fruits.

**Grapes** – Grapes are a low calorie food that ranks low on the glycemic index thanks to their high fiber and water content. Grapes have some heavy duty antioxidants and phytonutrients that improve kidney function, lower cholesterol, fight Alzheimer's, and combat cancer. Grapes are also a good source of copper, iron, manganese, and vitamin C.

**Cherries** – These tangy tart fruit add color and flavor, but also come stocked with antioxidants that fight cellular aging. They also contain melatonin which helps balance mood, heart rhythms, and sleeping patterns. Cherries are also rich in fiber, vitamin C, beta carotene, and several essential minerals.

**Pears** – Pears are highly hypoallergenic and rich in fiber, vitamin C, vitamin K, potassium, copper, and manganese. They are low in calories with a soft, sweet, buttery flesh.

**Apples** – Apples are a good source of vitamin C and fiber. The pectin in apples helps lower cholesterol and the phytonutrients in apples may help keep bones healthy, control blood sugar, combat asthma, prevent Alzheimer's, and fight certain types of cancer. They also add a crisp, fresh flavor.

**Oranges** – This fruit is known to have large amounts of vitamin C, but it is also low in calories and rich in fiber. Oranges also contain pectin to lower cholesterol levels. Oranges are also a good source of B vitamins and phytonutrients that act as antioxidants, anti-inflammatories, and immune boosters.

**Lemon** – Lemon is also rich in vitamin C and a very low calorie fruit. The tart flavor mellows out some of the sweetness of other fruits in a smoothie. Lemons act as a diuretic, helping to cleanse the body of toxins.

**Papaya** – Papaya is another tropical fruit that is rich in digestive enzymes. These enzymes help break down protein to be more readily absorbed by the body and also have anti-inflammatory properties. Papaya has extremely high levels of vitamin C and is a good source of folate, vitamin A, potassium, fiber, and vitamin E. The musky fruit adds a sweet, tropical flavor.

**Apricots** – These orange fruits are filled with beta carotene. They are also a great source of vitamin C. Apricots have a velvety texture and a flavor somewhere between a peach and a plum.

**Cantaloupe** – This melon is another excellent source of beta carotene, made obvious by its rich orange color. It is also rich in vitamin C, fiber, potassium, and B vitamins. These vitamins promote healthy eyes and lung function. Cantaloupes have a musky scent and a soft sweet texture.

**Kiwi** – Kiwifruit has a fuzzy brown skin covering bright green flesh with tiny, black, edible seeds. This fruit is packed with vitamin C and a good source of potassium and fiber. The flavor of kiwi is distinct, but has been compared to strawberry with a tropical and tart twist.

**Dates** – These sweet fruits come from a type of palm tree. They add quite a punch of sweetness with fewer calories than sugar. Dates are also rich in fiber, potassium, copper, and B vitamins

## Vegetables

Many leafy greens and a few other vegetables blend well with fruits, adding vital minerals, enzymes, chlorophyll, and vitamins. There are many more greens than just lettuce. Each one has their own unique benefits, flavors, and textures to intensify and reinforce smoothies.

**Lettuce** – Lettuce is rich in antioxidants, fiber, vitamin A, vitamin K, vitamin C, folate, and iron. All raw greens add a crisp freshness to food, including smoothies.

**Spinach** – Spinach is a powerhouse of minerals and antioxidants. Spinach is rich in fiber, vitamin K, manganese, vitamin A, B vitamins, magnesium, iron, vitamin C, calcium, potassium, vitamin E, copper, trace minerals, and even some protein.

**Chard** – Chard is rich in some powerful antioxidants, vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, fiber, copper, choline, and calcium.

**Kale** – Provides the body with compounds that fight cancer, lower cholesterol, detoxify, and improve digestion. Kale is also a rich source of vitamin K, vitamin A, vitamin C, manganese, fiber, and copper.

**Collard Greens** – These greens work hard to lower cholesterol and improve heart health. They are exceptionally high in vitamin K, manganese, vitamin A, B vitamins, vitamin C, calcium, and fiber. They are also a good source of iron.

**Turnip Greens** – These greens have a slightly bitter flavor that mellows sweet smoothies while contributing phytonutrients that combat cancer. They, like other greens, are rich in vitamins and minerals including vitamin K, vitamin A, vitamin C, folate, magnesium, and fiber.

**Mustard Greens** – Mustard greens are also bitter with a slight peppery flavor that spices up a smoothie. They have potent phytonutrients that lower cholesterol and fight cancer. They are a great source of vitamin K, vitamin A, vitamin C, folate, manganese, fiber, and calcium.

**Dandelion Greens** – Often mistaken for a weed, dandelion is a vibrant bitter green with antioxidants and nutrients that prevent disease, lower cholesterol, and combat cancer. They are an excellent source of fiber, B vitamins, vitamin K, vitamin A, vitamin C, iron, and calcium.

**Arugula** – This zesty green is a wealth of antioxidants, calcium, vitamin A, vitamin C, vitamin K, and iron. It has a peppery flavor similar to mustard greens or horseradish.

**Beet Greens** – These greens are a good source of protein, folate, phosphorus, and zinc, and a great source of dietary fiber, vitamin A, vitamin C, vitamin E, vitamin K, B vitamins, calcium, iron, magnesium, potassium, copper, and manganese.

**Cabbage** – Cabbage is a great source of vitamin C and vitamin K. It also contains phytonutrients that fight cancer and serve as antioxidants. Bok choy is an excellent source of vitamin A through beta carotene. Red cabbage has even more antioxidants.

**Barley Grass and Wheatgrass** – These grasses are powerful detoxifiers, using the combined power of fiber, enzymes, and chlorophyll to rid the digestive system, blood, and tissues of heavy metals and toxins. They are also rich in vitamin C, vitamin E, vitamin A, calcium, iron, and healthy protein.

**Celery** – Celery has a slightly salty flavor while remaining relatively low in sodium. This brings out the flavor of other fruits and vegetables and can actually result in making smoothies taste sweeter. Celery is also rich in vitamin K, fiber, vitamin A, vitamin C, and folate.

**Cucumber** – Cucumber adds a refreshing flavor and it is extremely low in calories due to its fiber and water content. It is also a good source of vitamin K, vitamin C, and potassium.

**Pumpkin** – Pumpkin is a mild squash that is high in beta carotene and helps flush toxins from the body. The large amount of beta carotene makes pumpkin an excellent source of vitamin A, but it is also rich in vitamin C, vitamin E, vitamin K, iron, magnesium, potassium, copper, and manganese. It is also low in calories and a great provider of dietary fiber.

## Spices and Herbs

Herbs and spices add more than layered flavor to food, many are also rich in vitamins, minerals, and antioxidants. Some are involved in studies to show how they help us resist diseases and aging. Never underestimate the power a good spice can bring to a smoothie.

**Nutmeg** – Nutmeg comes from the hard seed of an evergreen tree found in Indonesian rain forests. Nutmeg is best grated fresh from the whole seed. It is rich in antioxidants and essential oils that have pain relieving abilities and beneficial effects on the digestive system. Nutmeg is also rich in omega-6 fatty acids, copper, and manganese. It has a mildly warm, sweet, spicy flavor that enhances and brings out other flavors in a smoothie.

**Cinnamon** – Cinnamon is a spicy, warm, fragrant bark that is also an antioxidant powerhouse. Cinnamon is the strongest antioxidant source found in nature and is also a rich provider of fiber, calcium, and manganese. Cinnamon also has antimicrobial properties, helps balance blood sugar, and keeps blood platelets from sticking.

**Ginger** – Ginger is the rhizome of a small herb plant and packs a lot of flavor. Gingerols, the active component in ginger, have painkilling, antibacterial, and anti-inflammatory effects. Ginger can also reduce nausea caused by motion sickness or pregnancy and may relieve migraines. Ginger gives smoothies a fruity, citrus-like zing.



**Allspice** – Allspice is the dried fruit of a tree found in Central America that has a sweet, earthy, spicy flavor. It is rich in fiber, B vitamins, potassium, vitamin C, calcium, vitamin A, copper, iron, magnesium, and manganese. Allspice aids digestion, eases nausea, helps regulate blood sugar, and has some minor pain relieving properties.

**Clove** – Cloves come from the flower buds of an evergreen tree. They have powerful antioxidant, anti-septic, local anesthetic, anti-inflammatory, and warming properties. Cloves also improve digestion and are a good source of manganese, vitamin K, and essential fatty acids.

**Pumpkin Pie Spice** – This is a mixture of cinnamon, ginger, clove, allspice, and nutmeg.

**Mint** – This sweet fresh herb is a great source of vitamin A, iron, copper, and manganese. It has beneficial effects on the digestive system, helping relieve nausea and even hiccups. It also freshens breathe, adding minty freshness to any smoothie.

**Aloe Vera** – Aloe boosts immune function and suppresses inflammation.

**Vanilla** – Vanilla does more than taste great and smell delicious, it's believed to help in healthy weight loss, aid healing, and reduce stress.

## Sweets

Fruits contribute plenty of sweetness to a smoothie and most sweeteners increase calories, but occasionally a little additional sweetness can transform a smoothie into even more of a treat. Choose sweeteners in moderation and always avoid table sugar.

**Stevia** – Stevia, a natural sweetener derived from a leaf, is an antioxidant, lowers blood pressure and sugar, and may fight gingivitis. It doesn't increase calories, but can noticeably alter the flavor of a smoothie.

**Lucuma** – This sub-tropical fruit adds sweetness, with a caramel-like flavor similar to maple syrup mixed with pumpkin. Lucuma has anti-inflammatory properties and is rich in antioxidants, fiber, and trace minerals.

**Honey** – Some following a plant-based lifestyle will refrain from using honey for various reasons. Ultimately the decision comes down to each individual. Honey also has antioxidant and antimicrobial properties.

**Agave Nectar** – Agave nectar is a completely plant-based alternative to honey and sugar. It also has antimicrobial properties and is relatively low on the glycemic index.

**Coconut Palm Nectar** – This natural sugar is lower on the glycemic index than table sugar and has a pleasant flavor closer to brown sugar. It also contains many micronutrients.

**Mesquite Powder** – This powder is ground from the whole seed pods of the mesquite plant, making it high in protein, lysine, calcium, magnesium, potassium, iron, fiber, and zinc. It has a sweet, nutty, caramel flavor.

**Jerusalem Artichoke Syrup** – This sweet syrup is made of inulin and fiber. It is low on the glycemic index and, unlike large doses of fructose, doesn't promote triglyceride production. Inulin also increases the absorption of calcium and possibly magnesium. It also acts as a prebiotic, increasing the natural flora of the intestines and improving digestion.

There are also several other ways to add sweetness without adding many calories. A few drops of natural organic peppermint, vanilla, or almond extract augments flavor and subtly increases sweetness.

## Fats

Not all fat is bad for you. There are fats essential to healthy living that also increase energy, fight infection, and keep hearts healthy.

**Coconut Oil** – Coconut oil is filled with medium chain triglycerides. These saturated fats are actually good for you, boosting the immune system, lowering cholesterol, helping you lose weight, and accelerating energy levels.

**Coconut Butter** – Coconut butter also contains these energy enhancing medium chain triglycerides and also hydrates the skin for a younger, healthy glow.

**Coconut Meat** – The meat of mature coconuts is rich in medium chain triglycerides too, along with fiber, manganese, potassium, and copper.

**Nut Butter** – These are rich in protein and essential fatty acids that lower cholesterol and balance blood sugar levels.

**Tahini Butter** – Made from sesame seeds, this butter is good for the heart and also contains B vitamins.

**Flaxseed** – Flaxseed is rich in fiber, essential fatty acids, and protein. Many people choosing a plant-based lifestyle have begun switching to the use of chia or hemp seeds in place of flaxseed due to the phytoestrogens in flax that act within the body in a similar way to estrogen and can lead to imbalances in hormones.

## Superfoods

**Maca Root** – The maca root, a taproot native to Bolivia and Peru, is regarded as a highly nutritious, energy-imbuing food and has been used for generations to enhance strength, endurance, libido, and fertility.

**Cacao** – Cacao is the seed of a South American tree that is used to make chocolate and cocoa. The cacao seed offers high levels of magnesium, iron, dietary fiber, and antioxidants while engendering the smoothie with a rich chocolaty flavor.

**Hempseed** – A high protein seed, hemp contains all essential amino acids. Hemp is also rich in fiber, essential fatty acids, vitamin E, and trace minerals. It is one of the richest and most digestible protein sources available.

**Chia** – A superfood staple of the ancient Mayans and Aztecs, chia seeds are the richest plant source of omega-3 and exceptionally high in fiber, antioxidants, and vitamins like phosphorus, calcium, potassium, and magnesium. Chia seed protein also offers a complete protein with all essential amino acids.

**MSM** – MSM is an organosulfur compound that is believed to help the body with pain relief and inflammation, aiding in joint comfort and movement.

**Tocotrienols** – Tocotrienols are a concentrated vitamin E formula that fights cancer, heart disease, and lowers cholesterol.

**Goji** – The fruit of an evergreen found in China, Mongolia, and Tibet, the goji berry, like many berries, is high in antioxidants and carotenoids that may protect the eyes from degenerative diseases. Also rich in amino acids, vitamin C, vitamin E, fatty acids, and B vitamins, goji berries are a well-rounded superfood with a tangy sweet flavor.

**Oats** – Whole grains, like oats, have been shown to lower cholesterol and boost heart health. Oats do even more. They are rich in beta glucans that stimulate the immune system and control blood sugar. Oats are also high in fiber, manganese, selenium, magnesium, phosphorus, and zinc.

**Camu Camu** – This fruit comes from a bush found in Amazonian rain forests and contains powerful phytochemicals with amazing health benefits, including the amino acids serine, valine, and leucine, and more Vitamin C than any other known plant in the world.

**Gynostemma** – This member of the cucumber family comes from China and includes powerful phytochemicals that fight cancer, lower cholesterol, protect the liver, flush toxins, and have anti-inflammatory properties.

**Pumpkin Seeds** – The familiar orange gourde’s seeds are high in protein, omega fatty acids, iron, zinc, and trace minerals.

**Ashwagandha** – A vital herb in Ayurvedic medicine, ashwagandha has anti-inflammatory, anti-tumor, anti-stress, antioxidant, mind-boosting, immune-enhancing, and rejuvenating properties.

**Reishi Mushroom** – This mushroom has regenerative effects on the body and liver, lowers blood pressure, improves immune function, combats asthma, and helps with anxiety and sleeping disorders. It is also rich in B vitamins, phosphorus, and manganese.

**Triphala** – An herb originating in India, triphala is made up of the three fruits Amla, Behada, and Harada, which exert astringent, soothing actions and help with the proper assimilation of foods. Triphala acts as a gentle but powerful detoxifier and cleanser, flushing the liver and colon of harmful toxins. It is also rich in many vitamins and trace minerals.

**Moringa** – Moringa leaves contain all essential amino acids and are rich in protein, vitamin A, vitamin B, vitamin C, and minerals. These leaves also stimulate the immune system and metabolism.

**Turmeric** – This spice used in curries has many healing properties. Turmeric has natural antibacterial and antiseptic properties, combats several types of cancer, works as an anti-inflammatory, protects the liver from damage, and alleviates arthritis symptoms. Turmeric is an antioxidant powerhouse and has been shown to lower cholesterol too.

## Supplements



**Warrior Blend** Synergistic fusion that multiplies the power of several rich protein sources in a revolutionary proprietary formula that is smooth, great tasting, and overwhelmingly superior to the individual components alone. This dynamic fusion creates a unique, raw, plant-based protein with a complete amino acid profile.



**Sunwarrior Classic Fusion** A bio-fermented whole grain brown rice that uses an old-world process, combining the endosperm and bran from raw sprouted whole-grain brown rice, to create a completely hypoallergenic protein, containing all essential amino acids in a perfectly balanced profile. Easily digested and perfect for anyone who wants to lose fat, build muscle, or boost lean fitness.



**Activated Barley** Activating barley elevates this superfood to a new level. Using low temperatures, the grain is taken to the brink of germination before packaging, suspending the barley at the highest point of bio-energy where it contains the best mix of protein, fiber, enzymes, and the ultimate slow burning carbohydrate. This slow burning carbohydrate stabilizes blood sugar and provides long-term, sustained energy.



**Ormus Supergreens** Grown in a pristine, ancient volcanic valley in Southern Utah and Arizona. The fertile, mineral-rich volcanic soil nurtures this organic, green superfood with platinum, gold, silver, and ormus trace minerals that give the greens a magnetic property. Probiotics created during the bio-fermentation process aid in digestion and also help alkalize the body.



**Liquid Light** A plant-based fulvic acid mineral complex created by nature in an ancient, undisturbed petrified plant deposit that provides important trace minerals. Extracted using a cold process to create a liquid solution that provides powerful polyelectrolytes, is one of the strongest natural chelating agents, and aids in absorption and assimilation of all other nutrients.



**Immune Shield** A natural fulvic acid mineral complex fortified with ionic silver. This complex serves as a catalyst and chelater that delivers trace minerals, various nutrients, and electrolytes freely to the body's cells. The presence of silver ions, placed by a proprietary technology, provides a revolutionary form of silver to assist the immune system.



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