

Morning Glory Breakfast Smoothie

"It keeps me healthy and energized for the whole day."

- Handful of spinach
- 1 tblsp of Essential Liquid Minerals
- A squeeze of Lobelia Extract
- A sliver of avocado
- 3 ice cubes
- ½ cup of pure water
- ½ cup of frozen berries
- 1 tblsp of SynerProtein Powder
- 1 tblsp of Zambroza
- 2 egg yolks (for memory, nervous system)



The Eugene Supreme!

"A great tasting shake providing supreme nutrition."

- 1 scoop of GreenZone Powder
- 1 scoop of Natures Gold Level 1
- 1 scoop of Flax Hull Lignans
- 1 scoop of SynerProtein Powder
- 1 scoop of Nutri-Burn Protein Powder
- 1 scoop of TNT Drink mix
- ½ cup of your favourite berries
- 1 cup unsweetened almond milk
- 1 cup of pure water



Smoothies

It's A Lifestyle



**Diamond
Manager
Recipes**

Be Your Own Smoothie Chef

The smoothie has become a health phenomenon, and for good reason—smoothies are easy to make, flavourful, and highly nutritious. They can be used to lose weight, regain health, or fight an illness. They're versatile enough to be a healthy between-meal snack, or comprehensive enough to provide a complete meal including ample protein, carbohydrates, fats, and vitamins and minerals.

Becoming your own Smoothie Chef doesn't take any amount of training, only your taste buds and a little creativity. To take the guesswork out of making a nutritious smoothie, start with a blender and Nature's Sunshine products as your base, then create a flavourful masterpiece by adding a variety of your favourite ingredients. Push the blender button, and suddenly, your smoothie is ready. It's that easy. Experiment with various ingredients such as berries, yogurt, banana, apple, even cinnamon. With a base of Nature's Sunshine products, the variety of delicious and nutritious smoothies is endless.

In this brochure you'll find several excellent smoothie recipes to get you started, each created by a Nature's Sunshine top Diamond Manager.

Begin enjoying the many health benefits of these delicious creations and become your own Smoothie Chef. Smoothies—make it a Lifestyle.

The Busy Woman's Smoothie

"I take this twice a day when busy with work, playing golf, or skiing."

- 4 tsp packed with Nutri-Burn powder
- 1 tsp packed with GreenZone powder
- ½ tsp of SynerProtein powder
- ½ tsp of Collatrim Plus
- 30 or 40 mL of Zambroza

Recipe by Rhéa Goudreau



Florence's Energy Smoothie

"It's what keeps me going till lunch."

- 1 scoop Nutri-Burn Protein Powder
- 1 scoop TNT Drink Mix
- 1 scoop SynerProtein
- 1 Solstice Energy Packet
- 10 ounces of pure water

Recipe by Florence Dyck



Power-Up Smoothie

"This shake powers you up for the whole day."

- ½ cup of berries
- 1 scoop of Collatrim Plus
- 1 ounce of Chinese Mineral Chi Tonic
- ½ ounce Essential Liquid Minerals
- 1 Solstic Energy or Solstic Slim
- 1 cup of pure water or ½ water and ice
- 1 scoop of Nutri-Burn (optional)

Recipe by Donna Roth



Ultra Lightweight Smoothie

"A great tasting, surprisingly lightweight drink."

- 1 scoop of Collatrim Plus
- 1 Solstic Slim packet
- 3 ounces of pure water
- Blend until it expands to a fluffy, yummy drink

Recipe by Bob Pauls

