



# Luscious Smoothies

By Pauline Hanuise

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# AVOCADO & HEMP SMOOTHIE

## INGREDIENTS

2 cups (250ml) almond milk (or your fav option)  
3 heaping Tbsp. hemp powder  
1/2 ripe avocado

A handful fresh blueberries, cacao nibs &  
pumpkin seeds for topping

## DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.



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# BLUEBERRY BOMB

## INGREDIENTS

1 cup (about 150ml) coconut water

A handful fresh or frozen blueberries

1/2 ripe banana

A few ice cubes

Cacao nibs & extra blueberries for topping

## DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.



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# SIMPLE & RICH CACAO SMOOTHIE

## INGREDIENTS

1 sweet & ripe banana

1/4 cup cacao powder

1/2 to 2/3 cup filtered water, coconut water or  
your fav milk option

1 tbsp tahini (optional, but gives a nice finish)

## DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.





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# RASPBERRY & LIME

## DELISH

### INGREDIENTS

1 small banana

Juice of 1/2 lime

1/2 cup fresh or frozen raspberries

1 tsp. maca powder (optional)

1 tbsp. chia seeds (optional)

1 pinch cinnamon

1 cup filtered water

### DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.



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# ACAI SMOOTHIE CUP

## INGREDIENTS

1/2 avocado

1 heaping tablespoon acai powder

1 banana

1-2 cups (about 250ml) almond milk (or fav option, or coconut water)

1 pinch cinnamon

1 heaping tablespoon hemp power (optional)

Raw pistachios, mulberries, goji berries & cacao nibs for topping.

## DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.



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# LIVER DETOX SMOOTHIE

## INGREDIENTS

1 small beetroot, peeled and diced

1/2 avocado

1 small banana

Cinnamon

1 to 2 cups almond milk

Cacao nibs, mulberries & hemp seeds for  
topping.

## DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.



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# FIG & CHESTNUT AUTUMN SMOOTHIE

## INGREDIENTS

1/4 cucumber (peeled)

1 banana (peeled)

About 250ml coconut water

1 tablespoon chia seeds

2-4 cooked chestnuts

1 tablespoon maca

1 tablespoon cacao powder

1/2 teaspoon cinnamon

A couple of ice cubes to have it chilled

Fresh figs, raw pecans, cacao nibs, tahini and cinnamon for topping.

## DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.





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# CHOCOLATE & BANANA SMOOTHIE

## INGREDIENTS

1/2 avocado

1/2 banana

1 Tbsp. cacao

About 1/4 cup of your favorite milk

1 Tsp. maca powder

Blueberries & hemp seeds for topping.

## DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.



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# COCONUT & CACAO SMOOTHIE

## INGREDIENTS

1.5 cup coconut water

1/2 cup coconut flesh (or coconut flakes)

1/2 banana

1 tablespoon cacao powder

1/2 cup of your fav berries (here I've used raspberries)

1 tablespoon maca

1 tablespoon hemp powder (optional)

2 tablespoon chia seeds (optional)

Pistachios, hemp seeds and cacao nibs for toppings.

## DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.



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# CHERRY & BANANA SMOOTHIE

## INGREDIENTS

- 1 cup fresh or frozen cherries (pitted)
- 1 frozen banana
- 2/3 to 1 cup of your fav milk
- 1 pinch cinnamon

Cacao nibs & fresh pitted cherries for topping.

## DIRECTIONS

1. Blend everything into your high speed blender.
2. Serve and garnish with your favorite toppings.



# ABOUT PAULINE

Pauline Hanuise is a certified Holistic Recovery & Health Coach. She's recently been featured by Cosmopolitan Australia as one of the top 5 most influential women in health and wellness.

Having recovered from 15 years of struggles with bulimia, she is now dedicated to help people making peace with food, and get a better life through her 1:1 coaching practice, eBooks and online programs.

She's a blogger and a writer for many well-known online magazines and newspapers. She also publishes weekly on her own website [PaulineHanuise.com](http://PaulineHanuise.com).

Pauline's work is supported by many health and wellness brands such as Vitamix, Synergy Natural, Food Matters and, The Institute For Integrative Nutrition.

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