

S'moo Babe

Recipe Book



Coffee Shake

ingredients

4 Oz Black Cooled/Chilled Coffee
4 Oz Milk of Choice (I use Almond Milk!)
1 Scoop Chocolate Protein Powder
1 Scoop Unflavored or Chocolate S'moo
1 Tablespoon Maca Root Powder (Optional)
Ice Cubes

directions

Add Black Coffee to the bottom of the Shaker Cup or Blender. Add S'moo, Protein Powder, Maca Root Powder (Optional), Ice Cubes and top with milk of choice. Blend or shake & enjoy!

"I LOVE S'MOO BECAUSE... IT'S STARTING TO BALANCE MY HORMONES
AND I'M SEEING CHANGES INSIDE & OUT!"

Submitted by S'moo Babe
P. CICI

Whipped Coffee w/ S'moo

ingredients

- 2 Tablespoons Hot Water
- 2 Tablespoons Sugar (or Sugar Free Vanilla Syrup!)
- 2 Tablespoons Instant Coffee Powder
- 1 Scoop Unflavored or Chocolate S'moo
- Milk, to serve
- Ice, to serve

directions

Add the hot water, sugar or syrup, instant coffee and S'moo into a bowl. Either hand whisk or use an electric mixer until the mixture is fluffy and light. To serve, spoon a dollop over a cup of cold milk with ice in it and stir. Enjoy!

"I LOVE S'MOO BECAUSE... IT'S SO MUCH EASIER THAN
TAKING TONS OF PILLS EACH DAY!"

Submitted by S'moo Babe
TIFFANY F.

Morning Grind

ingredients

8 Oz Blonde Roast Coffee
1 Tablespoon Dairy Free Hazelnut Creamer
1 Tablespoon Dairy Free Heavy Whipping Cream
1 Scoop Chocolate S'moo

directions

Mix all together in a Shaker Cup or blend in a blender
& enjoy!

**"I LOVE S'MOO BECAUSE... IT'S HELPED ME MORE THAN I COULD EVER
IMAGINE. I THOUGHT BIRTH CONTROL WAS MY ONLY OPTION BUT S'MOO
GAVE ME MORE OPTIONS AND HELPED ME WITH MY SYMPTOMS!"**

Submitted by S'moo Babe
VANESSA H.

Quick Japanese Blueberry Pancakes

ingredients

1 Scoop Chocolate or Unflavored S'moo
1 Cup Blueberries
1 Cup of Complete Pancake Mix
3/4 Cup Water
Non Stick Spray
Rice Cooker

directions

Mix all ingredients together in a mixing bowl. Spray non-stick spray in your rice cookies. Add mix to your rice cookie and put on high steam setting. The rice cookies will steam the pancakes and make them fluffy! If you use more mix, the pancakes will be thicker & fluffier!

"I LOVE S'MOO BECAUSE... I OVULATED AFTER JUST TWO WEEKS OF USING S'MOO FOR THE FIRST TIME ON MY OWN WITH JUST S'MOO & NO ADDITIONAL MEDICATIONS!"

Submitted by S'moo Babe
SARAH P.

Chocolate Fig Delight

ingredients

1 Cup Chocolate Almond Milk
5 Fresh Figs
1 Teaspoon Honey
1 Scoop Unflavored S'moo
1/2 to 1 Cup Ice

directions

Blend for a full minute on high until smooth.

"I LOVE S'MOO BECAUSE... IT'S SO EASY TO TAKE ALL THE
SUPPLEMENTS I NEED DAILY!"

Submitted by S'moo Babe
PAMELA N.

Pineapple Peach Paradise



ingredients

1 Cup Frozen Pineapple
1/2 Cup Frozen Peaches
1 Cup Coconut Milk
1 Scoop Unflavored S'moo

directions

All ingredients to blender & blend until desired consistency. Enjoy!

"I LOVE S'MOO BECAUSE... IT KEEPS MY PCOS MANAGEABLE!"

Submitted by S'moo Babe
KAITLYN B.

Peanut Butter Cup



ingredients

8 Oz Chocolate Almond Milk
1 Tablespoon Peanut Butter
1 Scoop Chocolate or Unflavored S'moo
Shaker Cup

directions

Add all ingredients to the Shaker Cup. I warm my Peanut Butter in the microwave for about 10-15 seconds so it mixes smoothly. Shake & enjoy!

"I LOVE S'MOO BECAUSE... IT KEEPS MY PCOS MANAGEABLE!"

Submitted by S'moo Babe
HEATHER G.

Strawberry Shake



ingredients

- 3 Scoops of Vanilla Bean Ice Cream
- 4-6 Strawberries
- 1/3 Cup Heavy Whipping Cream (Or Vanilla Almond Milk!)
- 1 Scoop Unflavored S'moo

directions

Put all ingredients in the blender & blend! Enjoy
:)

“I LOVE S'MOO BECAUSE... IT BALANCES MY HORMONES!”

Submitted by S'moo Babe
MEGAN P.

Chocolate S'mores Shake

ingredients

8 Oz. Vanilla Chobani Oat Milk
Crushed Up Graham Crackers (to preference)
1 Scoop Chocolate S'moo
1 Tablespoon Peanut Butter (Optional)
Ice Cubes

directions

Using a shaker cup, I add my Chobani Oat Milk then add in the crushed graham crackers then top with a scoop of S'moo! It tastes just like S'mores. I sometimes add a scoop of Peanut Butter to the mix - it's amazing both ways!

"I LOVE S'MOO BECAUSE... IT GIVES ME MORE ENERGY THAN I HAD BEFORE TAKING S'MOO AND IT CURBS MY SNACK CRAVINGS. 10/10 RECOMMEND. I USE DAILY & LOVE IT!"

Submitted by S'moo Babe
SARAH P.

Chai S'moothie

ingredients

8 Oz. Vanilla Oat Milk
1/3 Cup Tazo Chai Concentrate
1 Banana
1 Scoop of Chocolate S'moo
1 Cup of Ice

directions

Put ingredients into blender. Blend & enjoy!

"I LOVE S'MOO BECAUSE... IT'S NOT JUST A SUPPLEMENT I TAKE - IT'S SHOWN ME A DIFFERENT LIFESTYLE AND HAS GIVEN ME THE OPPORTUNITY TO CONNECT WITH THE MOST AMAZING COMMUNITY OF WOMEN!"

Submitted by S'moo Babe
TAYLOR R.

Avocado Explosion S'moothie

ingredients

- 1 Ripe Avocado (Halves & Pitted)
- 1 Cup Almond Milk
- 1/2 Cup Yogurt (I use Greek!)
- 3 Tablespoons Honey (Melted w/Hot Water & Mixed Well)
- 1 Frozen Banana
- 1 Scoop Chocolate or Unflavored S'moo
- 2 Tablespoons Hershey's Chocolate Syrup (Optional)

directions

Put ingredients into blender. Blend until smooth & enjoy!

"I LOVE S'MOO BECAUSE... S'MOO LETS ME LOVE MY BODY!"

Submitted by S'moo Babe
KENDALL R.

Mixed Berry S'moothie

ingredients

1 Cup Frozen Mixed Berries
1 1/4 Cup Almond Milk (Plain or Chocolate!)
1 Scoop of Chocolate S'moo
1 Cup of Ice

directions

Put ingredients into blender. Blend until smooth & enjoy!

"I LOVE S'MOO BECAUSE... IT'S NOT JUST A SUPPLEMENT I TAKE - IT'S SHOWN ME A DIFFERENT LIFESTYLE AND HAS GIVEN ME THE OPPORTUNITY TO CONNECT WITH THE MOST AMAZING COMMUNITY OF WOMEN!"

Submitted by S'moo Babe
MEGAN R.

Peanut Butter Chocolate Banana S'moothie

ingredients

- 1 Cup Almond Milk (Or Milk of Choice!)
- 1 Scoop Chocolate Protein Powder
- 1 Scoop of Unflavored S'moo
- 1 Tablespoon of Peanut Butter (Or Almond!)
- 1 Banana
- 1/2 Cup of Ice

directions

Blend all ingredients together & enjoy! It tastes like a creamy milkshake!

"I LOVE S'MOO BECAUSE... IT HELPS WITH MY PCOS & MOOD!"

Submitted by S'moo Babe
SHAY SHAY

Orangesicle S'moothie



ingredients

1 Cup of Orange Juice
1 Cup of Nonfat Vanilla Yogurt
1 Cup of Ice Cubes

directions

Combine all ingredients in a blender and blend until smooth. Garnish with orange slice if you'd like!

“I LOVE S'MOO BECAUSE... IT MAKES ME LESS MOODY!”

Submitted by S'moo Babe
MAYA K.

Perfect Summer S'moothie

ingredients

1 Cup Frozen Peaches
1/2 Cup Frozen Strawberries
1 Cup Orange Juice
1 Scoop Vanilla Yogurt
1 Scoop of Unflavored S'moo

directions

Blend all ingredients together & enjoy!

"I LOVE S'MOO BECAUSE... IT HELPS WITH MY PCOS & MOOD!"

Submitted by S'moo Babe
SHAY SHAY

Serendipity



ingredients

- 2 Bananas
- 1 Cup of Yogurt
- 1 Cup of Almond Milk - Unsweetened
- 3-4 Spoonfuls of Chia Seeds
- 1 Scoop of Chocolate S'moo

directions

Blend all ingredients together until smooth & enjoy!

"I LOVE S'MOO BECAUSE... OF ALL THE GOOD THINGS IN IT. IT ALLOWS ME TO FOCUS ON BECOMING A BETTER PERSON AND GIVES ME ENERGY TO ENJOY THE BEST THINGS IN LIFE!!"

Submitted by S'moo Babe
RESE O.

NanaBerry Bliss

ingredients

- 1/3 Cup Banana
- 1/2 Cup Strawberries
- 1 Tablespoon Almond Butter
- 1 Teaspoon Ground Flaxseed
- 1 Tablespoon Plain Coconut Yogurt
- 1/2 Cup Coconut Water
- 1 Cup Coconut Milk
- 1 Scoop Unflavored S'moo

directions

Blend all ingredients together until smooth & enjoy!

"I LOVE S'MOO BECAUSE... IT IS HELPING ME BALANCE OUT MY HORMONES WITHOUT HAVING TO GO ON MEDICATION TO DO SO. THE OTHER REASON I LOVE S'MOO IS I'M A SMOOTHIE ADDICT WHO HAS A LOT OF FOOD ALLERGIES SO THIS WORKS PERFECTLY IN MY DAILY ROUTINE!"

Submitted by S'moo Babe
MICHELLE RAY

Moodie S'moothie

ingredients

- 1 Cup Frozen Berries (Raspberries, Strawberries, Blueberries)
- 1 Cup Fresh Banana
- 1 Tablespoon Freshly Grated Ginger
- 2 Tablespoons Honey
- 1 Cup Fresh Pineapple Juice
- 1 Scoop S'moo
- 3-5 Ice Cubes

directions

Blend all ingredients together until smooth & enjoy!

"I LOVE S'MOO BECAUSE... IT IS HELPING ME BALANCE OUT MY HORMONES WITH MY PCOS & HOPING FOR MY MIRACLE BABY WITH THIS PRODUCT!"

Submitted by S'moo Babe
MYA B.

Chocolate Banana Goji Berry S'moothie

ingredients

- 8 Oz of Water (Or Choice of Milk!)
- 1 Scoop Unflavored or Chocolate S'moo
- 1 Scoop Chocolate Protein Powder
- 1 Teaspoon Maca Root Powder
- 1-2 Scoops Collagen
- 1 Medium Frozen Banana
- 1/4 Cup Dried Goji Berries
- 1/2 Cup Frozen Strawberries
- 1 Tablespoon Chia Seeds

directions

Blend all ingredients together until smooth & enjoy!

"I LOVE S'MOO BECAUSE... I DON'T HAVE TO TAKE 12 PILLS A DAY! ONE SCOOP OF S'MOO IN MY SMOOTHIE AND I'M GOOD FOR THE DAY. IT'S SO MUCH EASIER TO KEEP THIS AS A ROUTINE AND BE CONSISTENT!"

Submitted by S'moo Babe
JA Y.

Keto Approved Strawberry Milkshake Surprise

ingredients

- 1/3 Cup Frozen Strawberries
- 1/3 Cup Almond Milk
- 1/4 Cup Heavy Whipping Cream
- 1 Teaspoon of Swerve
- 1/4 Cup of Water
- 1 Scoop Chocolate S'moo

directions

Add all ingredients to the blender and blend!

“I LOVE S'MOO BECAUSE... IT'S GIVEN ME SO MUCH ENERGY AND CYCLES ARE STARTING TO COME REGULARLY. PRAYING IT WILL HELP ME REGULATE MY WEIGHT AS WELL AS HELP WITH MY FERTILITY ISSUES”

Submitted by S'moo Babe
JA'MELIA P.

m.m.m Good!

ingredients

1/2 Teaspoon Ceremonial Grade Matcha Powder
1 Teaspoon Maca Root Powder
1 Teaspoon Moringa Powder
1 Frozen Banana
1/2 Cup Frozen Peaches
1 Frozen Kiwi (Skin On)
Handful of Frozen Baby Spinach
1 Scoop of Unflavored S'moo
1/2 Cup Unsweetened Almond Milk

directions

Add all ingredients to the blender and blend until smooth!

"I LOVE S'MOO BECAUSE... IT ALLOWS ME TO GET ALL OF THE SUPPLEMENTS I NEED TO CALM MY PCOS SYMPTOMS WITHOUT HAVING TO REMEMBER TO TAKE PILLS EVERYDAY!"

Submitted by S'moo Babe
DANI B.

Submit your S'moo creation today!

We will be adding recipes frequently!

To share your recipe, please email the following to
hi@thesmoo.co:

1. Name of Recipe
2. Ingredients
3. Directions
4. One sentence about why you love S'moo!

*Please include all the above to ensure your
recipe gets added to the book!*

Thank you so much! Xoxo, S'moo