



*So Many
Gut-healing
Smoothies*

with the Perfect Supplements

Written & Photographed by Tammy Rice

Welcome to Your Gut-Healing Smoothie eBook - made with love <3

I know sometimes we struggle for ideas of what to put in our smoothies from day to day so that we get the best nutrition for our bodies but also that taste darn good (*'cause let's face it. who wants to drink a smoothie that tastes like pond scum?*)

So over the past year I've been trialling and testing tonnes of different dairy-free and gluten-free combinations to provide you with some of the yummiest smoothies around town! You're welcome ;)

Some of these smoothies are more simplistic and some require more ingredients so my best tip is to stock up on the following pantry ingredients and the rest you can buy fresh and also freeze.

Please note: if you're vegan/vegetarian please use the plant protein as your protein source for the smoothies (*you'll see it gives 2 options*).

Aim to make 2 different recipes each week so that you're getting a variety of nutrients and not having to buy too many ingredients (*save \$*)

Tip: it's always good to stock up on the pantry items such as the powders, then they're handy for when you need them. Some of the items on this list are things you may already have in your pantry/freezer



Your Shopping List ~ Pantry ingredients

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Tahini	Raw nuts
Allspice	Vanilla extract
Coconut Oil	Black pepper
Raw Honey	Chia Seeds (black)
Bee Pollen	Desiccated coconut
Goji Berries	Food grade peppermint oil
Nutmeg	Rice malt/maple syrup
Cinnamon	Almond /cashew/rice/ Macadamia/coconut milk
Turmeric powder	Fermented Kale Powder
Ginger Powder	Organic Acai Powder
Coconut Water	Raw Organic Cacao Powder
Perfect Plant Protein	Organic Aquatic Greens Powder
Perfect collagen Powder	
Organic spirulina powder	

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Most of the pantry ingredients will keep for many months (except for the nuts and milks) so you can stock up on these.

Your Shopping List ~ Fresh Ingredients

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Medjool dates	Kiwi fruit
Flax meal and oil	Fresh ginger*
Avocados	Fresh turmeric*
Bananas	Red dragonfruit
Baby spinach*	Passionfruit
Custard apples	Pears*
Pineapple	Celery
Fresh Basil *	Cucumbers*
Fresh mint*	Coconut yoghurt
Carrots*	Red papaya
Green apples*	Garlic cloves
Lemons	Pumpkin
Limes	Frozen blueberries*

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**buy these organic if possible because conventionally grown ones have highest amounts of pesticides.*

Also, it can be a good idea to stock on fresh berries and freeze them for winter.

Gut-healing Chocolate Fudge Smoothie

Serves 2

Ingredients:

- 1 ½ cups almond & coconut milk blend (or other)
- 2 frozen bananas
- 2 tbsp raw organic cacao
- 4 medjool dates (seeds taken out)
- 1 tsp Perfect coconut oil
- 1 tbsp organic tahini
- 2 scoops of Perfect Hydrolyzed Collagen or 2 Perfect Plant Protein*
- ½ tsp vanilla powder or extract
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.

Method:

Add all of your ingredients into a good quality blender Always add your liquid first and your ice last though so it doesn't strain the motor of the blender. Whizz until smooth and enjoy!



Gut-healing Bee Happy Smoothie

Serves 2

Ingredients:

- 1 ½ cups coconut water
- 1 Custard apple (de-seeded)
- ¼ pineapple (core out)
- ¼ tsp Turmeric powder
- 1 tbsp raw honey
- Add black pepper for absorption
- 1 tsp Perfect Coconut Oil
- Bee pollen 1 tbsp
- 2 Scoops Perfect Hydrolyzed Collagen
- or 2 Scoops of Perfect Plant Protein*
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.

Method:

Add all of your ingredients into a good quality blender. Always add your liquid first and your ice last though so it doesn't strain the motor of the blender. Whizz until smooth and enjoy!

Fun Fact:

Not only is this smoothie gut-healing but it's also anti-inflammatory thanks to the turmeric. It tastes really yummy too!



Gut-healing Mint Marvel Smoothie

Serves 2

Ingredients:

- 1 ½ cups almond & coconut milk blend (or other)
- 1 ripe avocado
- Bunch mint
- Food grade peppermint oil 2-4 drops (I love DoTerra!)
- 2-4 Medjool dates
- 1 tsp Perfect Coconut Oil
- Handful soaked cashews or Macadamia nuts
- Handful baby spinach
- ½ scoop of Perfect organic spirulina powder
- 2 Scoops Perfect Hydrolyzed Collagen
or 2 Scoops of Perfect Plant Protein*
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.

Method:

Add all of your ingredients into a good quality blender. Always add your liquid first and your ice last though so it doesn't strain the motor of the blender.



Gut-healing Basil Beauty Smoothie

Serves 2

Ingredients:

- 1 Cup purified water
- 1-2 avocados
- 2 carrots
- 1 cucumber
- 1 green apple
- Knob of ginger
- 1 lemon
- 1/2 scoop organic spirulina powder
- 1-2 medjool dates (optional)
- 1 tsp Perfect Coconut Oil
- Small bunch basil
- 2 Scoops Perfect Hydrolyzed Collagen
or 2 Scoops of Perfect Plant Protein*
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.



Method:

First up you need to juice your lemon, ginger, apple, carrot, cucumber in a good quality cold-press juicer if you have one.

Add your water and juice to the blender jug and then add in about 10 basil leaves, the coconut oil, avocado flesh, your chosen protein, spirulina and some ice cubes and blend until smooth and creamy.

Note:

This smoothie is delicious (*and very addictive!*)

Gut-Healing Pink Flamingo Smoothie

Serves 2

Ingredients:

- 1 ½ cups Coconut water
- 1 Red dragonfruit (fresh/frozen)
- 1 cup soaked cashews
- 2 medjool dates
- 1 frozen banana
- 1 tsp Perfect Coconut Oil
- 2 Scoops Perfect Hydrolyzed Collagen
or 2 Scoops of Perfect Plant Protein*
- ½ tsp vanilla powder or extract (optional)
- Desiccated coconut for serving
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.



Method:

Add all of your ingredients into a good quality blender. Always add your liquid first and your ice last though so it doesn't strain the motor of the blender.

This smoothie is a serious hit of antioxidants baby! So get ready to glow from the inside out!

Cool Idea:

You could pour this mixture into silicone popsicle moulds and make healthy popsicles. See my [Pink Flamingo and other healthy popsicles on our blog](#).

Gut-healing Passionate Smoothie

Serves 2

Ingredients:

- 1 ½ cups coconut water
- 4-6 passion fruits
- 2 frozen bananas
- 1 avocado
- 1 tsp vanilla powder or extract
- 2 tbsp cashew butter or handful of soaked cashews
- 1 tsp Perfect Coconut Oil
- 1 tsp rice malt/maple syrup (optional)
- 2 Scoops Perfect Hydrolyzed Collagen
or 2 Scoops of Perfect Plant Protein
- ½ tsp vanilla powder or extract (optional)
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.

Method:

Add all of your ingredients into a good quality blender (save 2 passion fruit for garnish). Whizz until smooth and creamy. If you don't like the grittiness from the passionfruit seeds you could always run the smoothie through a sieve... Garnish with the remaining passion fruit.

This is one of my favourite smoothies ever! If you love passion fruit you will probably add this one to your fave's.

Share this recipe with your family and friends, it's a sure crowd pleaser ;)



Gut-healing Coconut Kiss Smoothie

Serves 2

Ingredients:

- 1 ½ cups almond & coconut milk blend (or other)
- ¼ pineapple
- 1 ripe pear
- 1 scoop of Perfect fermented kale powder
- 2 tbsp coconut yoghurt (optional but amazing)
- 1 tsp Perfect Coconut Oil
- ½ tsp vanilla powder or extract
- 1 tbsp bee pollen
- 1-2 tbsp black chia seeds
- 1 tbsp raw honey (optional)
- Handful goji berries
- 2 Scoops Perfect Hydrolyzed Collagen
- or 2 Scoops of Perfect Plant Protein*
- ½ tsp vanilla powder or extract (optional)
- Ice



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Method:

Add all of your ingredients except for your goji's, chia and bee pollen into your blender and whizz until smooth. Pour into a glass and then stir in your chia seeds. Top with the goji berries and bee pollen.

There are so many amazing ingredients in this bad boy, you'll probably feel like doing a few random cartwheels!

EnJOY.

Gut-healing Pumpkin Pie Smoothie

Serves 2

Ingredients:

- Almond, rice, coconut, macadamia nut or cashew milk 1 ½ cups
- Pumpkin ½ cubed and roasted
- Almonds or cashews 1 cup soaked overnight
- 1 tbsp maple syrup
- Pinch of cinnamon, nutmeg, allspice and ginger
- 1 tsp flax seed oil and flax meal
- 1-2 frozen bananas
- 2 Scoops Perfect Hydrolyzed Collagen or 2 Scoops of Perfect Plant Protein*
- ½ tsp vanilla powder or extract (optional)
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.

Method:

In a pre-heated oven on 180 degrees celsius cook your cubed pumpkin until caramelised (*should take around 20-30 mins depending upon how big the cubes are*). You could do this step the night before while making dinner to save time the next day...

Add the milk, cooled pumpkin, soaked nuts and remaining ingredients to your blender jug and whizz until smooth and creamy. To serve, sprinkle a little more nutmeg and cinnamon on top.

Ok, so when I said that the Passionate was my fave, this one's also right up there! There's just so much goodness in this one and if you love pumpkin pie, no doubt you'll enjoy this one too!



Immune Ignition Smoothie

Serves 2

Ingredients:

- 1 cup coconut water
- 1 Lemon
- 1 lime
- 1 kiwi
- 1-2 carrots
- ½ pineapple
- Knob of ginger & turmeric
- Black pepper (helps activate turmeric)
- 1 tsp Perfect Coconut Oil
- 1 garlic clove (optional but necessary!)
- 1-2 sticks celery
- 2 Scoops Perfect Hydrolyzed Collagen
or 2 Scoops of Perfect Plant Protein
- ½ tsp vanilla powder or extract (optional)
- 1 drop doTERRA Melissa Oil (optional)
- Ice



Method:

In a good quality cold-press juicer push through your ginger, turmeric, lemon, lime, carrot, celery and kiwi. Once you have your juice add this plus the coconut water to your blender jug along with the pineapple and remaining ingredients. Whizz until smooth and creamy.

Cool to Know:

So while this one is very good for boosting our immune system it is also gut-healing!

Awesome Anti-Ager

Serves 2

Ingredients:

- 1 ½ cups coconut water
- 2 scoops Perfect Organic Acai powder
- 1 cup blueberries
- 1 tsp maqui powder (optional but awesome!)
- 1-2 ripe frozen bananas
- 1 tsp Perfect Coconut Oil
- 2 Scoops Perfect Hydrolyzed Collagen
- or 2 Scoops of Perfect Plant Protein*
- ½ tsp vanilla powder or extract (optional)
- Ice

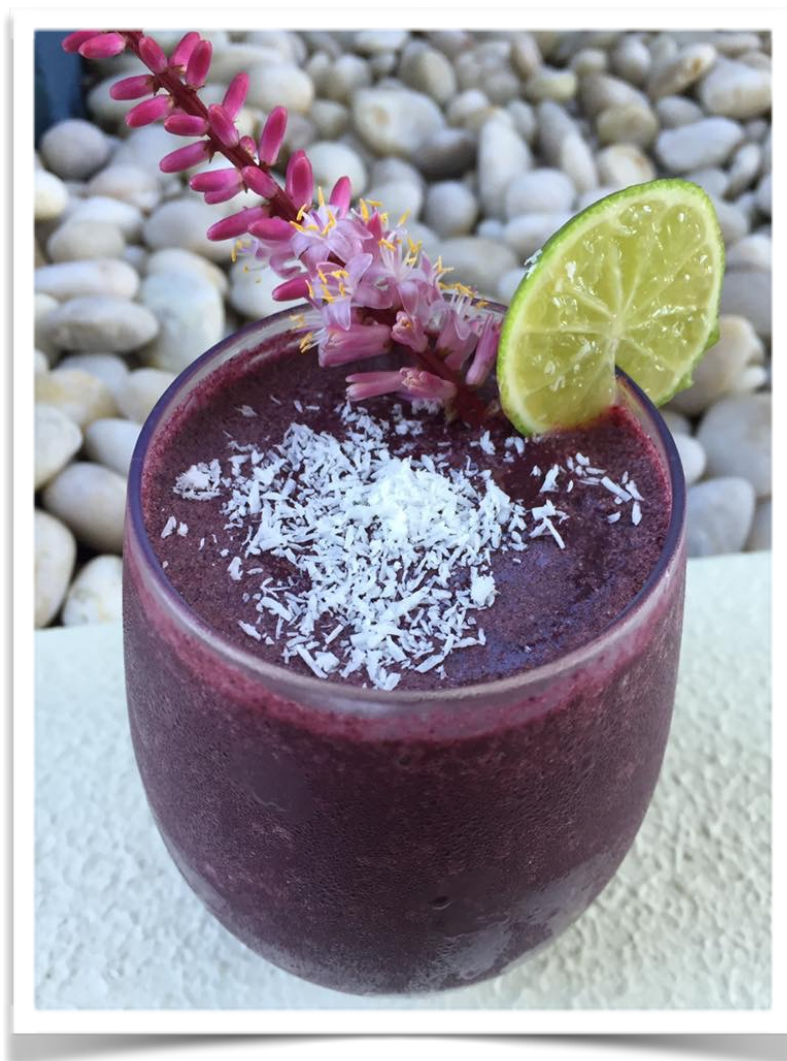
Method:

Add all of your ingredients to your blender jug and whizz until smooth and creamy.

Cool to Know:

So while this one is very good for helping to fight the ageing process and keep us looking youthful and radiant, it's also gut-healing*!

*if you use the Perfect Collagen instead of the Perfect Plant Protein!



Gut-healing Papaya Paradise Smoothie

Serves 2

Ingredients:

- 1 ½ cups coconut water ½ red papaya
- 1 lime
- ¼ pineapple
- 1 tsp Perfect Coconut Oil
- 2 Scoops Perfect Hydrolyzed Collagen or 2 Scoops of Perfect Plant Protein*
- ½ tsp vanilla powder or extract (optional)
- Ice

*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.

Method:

Add all of your ingredients to your blender jug and whizz until smooth and creamy.



Gut-healing Green Dream Smoothie

Serves 2

Ingredients:

- 1 ½ cups coconut water
- 1-2 frozen bananas
- 1 tsp Perfect Coconut Oil
- 2-4 medjool dates (optional)
- 2 heaped tsp raw cacao
- 2 tbsp coconut yoghurt
- 1 tbsp tahini
- 2 scoops Perfect Hydrolyzed Collagen powder or plant protein*
- Handful baby spinach (optional)
- ½ scoop Perfect fermented kale powder
- ½ scoop Perfect Aquatic greens powder
- 1 tsp flax meal
- 1 tsp flax oil
- Handful



*Keep in mind that while the Plant protein is very gentle on the tummy it doesn't have the gut-healing element that the Perfect Hydrolyzed Collagen does.

Method:

Add all of your ingredients to your blender jug and whizz until smooth and creamy.

Thanks for downloading this... be sure to print out and pop it into a clear sleeve/binder!

It's my Mission to get more Aussies healthier so please share your experience with the Perfect Supplements products and Perfect Supplements Australia on Social media.

So we can all live an abundant life full of sparkle and vitality! ~ Tam x



Check us Out on Instagram, make one of these gut-healing smoothies and use the hash tag **#PSAsmoothie** and tag **@perfectsupplementsaustralia** in your post to **receive 15% off your next order!**

You can also find us on:

[Facebook](#), [Twitter](#), [YouTube](#), [Pinterest](#) & [Website](#).

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