



# Smoothie RECIPES

with Whole Earth & Sea®

100% Fermented Organic Greens and Protein & Greens



# CHOCOLATE PEANUT BUTTER

## Smoothie Bowl

### INGREDIENTS

- 1/3 cup almond milk
- 2 frozen bananas
- 1 Tbsp peanut butter
- 1 tsp cacao powder
- 1 tsp chia seeds
- 1 scoop **Whole Earth & Sea Fermented Organic Greens**  
– **Chocolate flavour**

**Optional toppings** – granola, sliced banana, goji berries, pumpkin seeds, and cacao nibs

### DIRECTIONS

1. Add all your ingredients in a blender and mix. The mixture should be thick and creamy. You can thin it out by adding a splash of almond milk if you prefer.
2. Serve in a bowl and add all your favourite toppings from the list to the left.





# MANGO STRAWBERRY

## Pre-Workout Smoothie

### INGREDIENTS

1 cup unsweetened almond milk

1 cup freshly hulled strawberries

1 cup frozen mango

1 Tbsp hemp seeds

2 Tbsp freshly squeezed  
lemon juice

6 ice cubes

1 scoop **Whole Earth & Sea**  
**Fermented Organic Greens**  
– **Chocolate flavour**

**Optional toppings** – hemp seeds,  
mulberries, and freshly sliced  
strawberries

### DIRECTIONS

1. Starting with the almond milk, combine all the ingredients in a blender and mix until smooth.
2. Add more almond milk if you prefer to thin out the smoothie.





# GREEN TROPICAL *Smoothie*

## INGREDIENTS

⅓ cup coconut milk

¼ cup Greek yogurt

1 cup frozen pineapple

⅓ cup frozen mango

1 frozen banana

2 cups fresh kale of any kind



1 Tbsp flaxseeds

1 scoop [Whole Earth & Sea Fermented Organic Greens – Tropical flavour](#)

**Topping** – shredded coconut

## DIRECTIONS

1. Place all the ingredients in a blender and mix until smooth.
2. I used shredded coconut as the topping to give a crunch, but feel free to add any fun toppings you like.



# VANILLA CHAI

# Smoothie



## INGREDIENTS

1 cup almond milk

1 pitted date

1 frozen banana

½ tsp cinnamon

1 scoop [Whole Earth & Sea Fermented Organic Protein & Greens – Vanilla chai](#)

## DIRECTIONS

1. Place all the ingredients in a blender and mix until smooth.
2. Add a dash of cinnamon on top.  
Enjoy!





# TROPICAL FEELING

## Smoothie Bowl

### INGREDIENTS

⅓ cup full-fat coconut milk

⅓ cup frozen mango

¼ cup frozen pineapple

½ frozen banana

1 scoop **Whole Earth & Sea**  
**Fermented Organic Protein**  
**& Greens – Tropical flavour**

**Toppings** – fresh pineapple,  
shredded coconut, raspberries,  
and blueberries

### DIRECTIONS

1. Add all the ingredients into a high-speed blender, and mix until smooth and thick.
2. Serve in a bowl and add all the toppings.



# 100% FERMENTED CERTIFIED ORGANIC GREENS and PROTEIN & GREENS

for easy digestion and maximum nutrition



For more recipes go to [wholeearthsea.com](http://wholeearthsea.com) or [karlenekarst.com](http://karlenekarst.com)

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## Recipes provided by **KARLENE KARST**

Karlene Karst holds a BSc in Nutrition and is a leading authority in natural health and wellness. You can enjoy over 100 of her delicious recipes in her latest cookbook, *This Kitchen Is for Dancing, Real Food, Pure Flavor*. She is also the founder of the award-winning brand Sea-licious® Omega-3 oils and has published numerous health books. Karlene is an upbeat, well-informed sought-after TV personality and spokesperson appearing on the cover of magazines and TV shows including *The Marilyn Denis Show*, *CTV Morning Live*, and *Global Morning News*.

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