



MUSLIMAH
VITALITY HUB

SUPER SMOOTHIES

FOR HORMONAL HARMONY

by

DR. NIKITA ISLAM

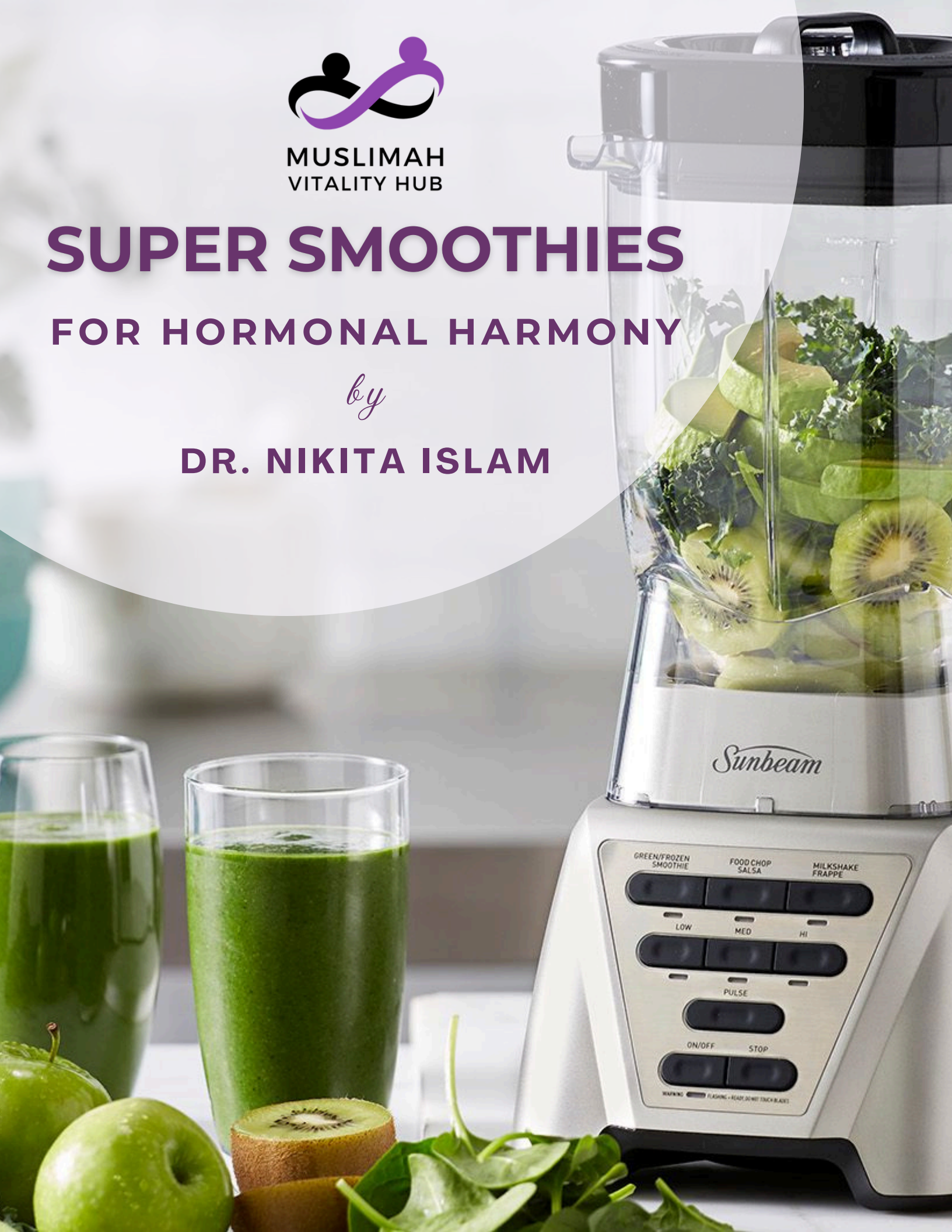
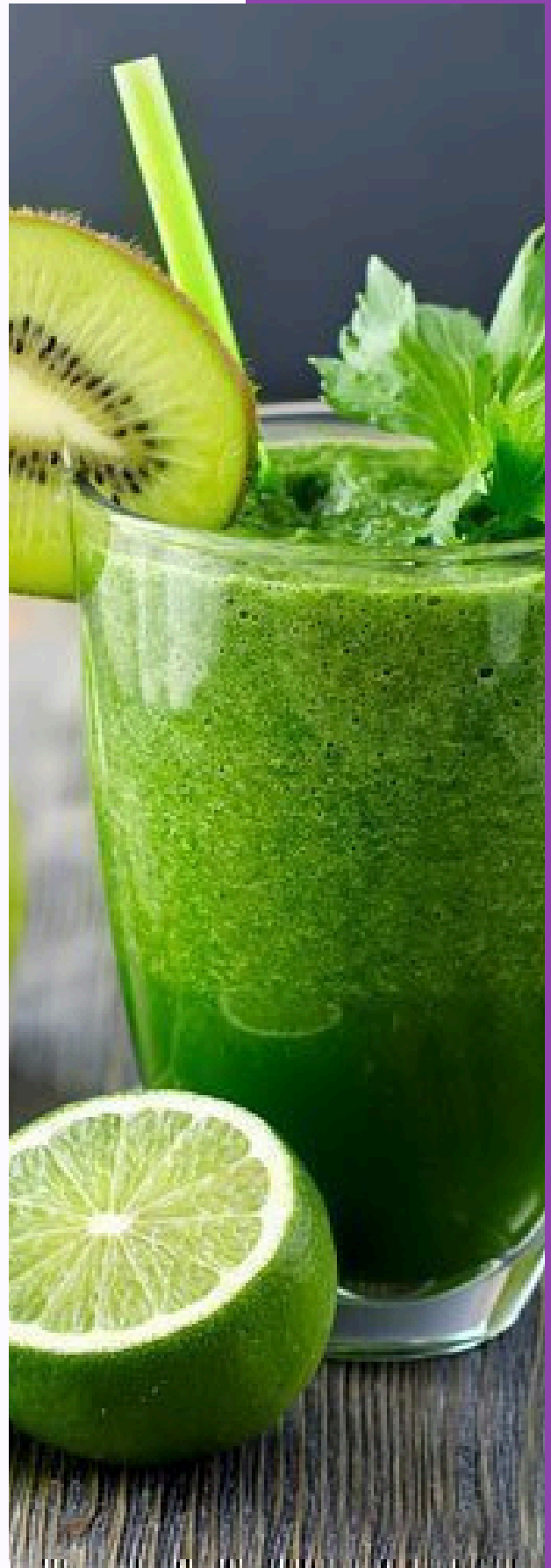


TABLE OF CONTENTS

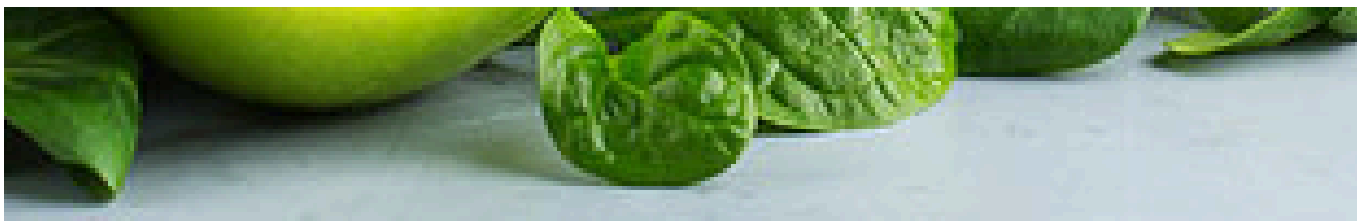
Tips to make Smoothies	03
Smoothies recipes	05
GREEN SMOOTHIE	06
STRAWBERRY SMOOTHIE	06
KALE SMOOTHIE	07
HORMONE BERRY SMOOTHIE	07
HORMONE CHIA SMOOTHIE	08
HORMONE SUPERFOOD SMOOTHIE	08
TURMERIC HORMONE SMOOTHIE	09
DATE HORMONE SMOOTHIE.....	09
MANGO HORMONE SMOOTHIE.....	10
KEFIR SMOOTHIE	10





TIPS TO MAKE

SMOOTHIES



A FEW TIPS FOR MAKING DELICIOUS SMOOTHIES:



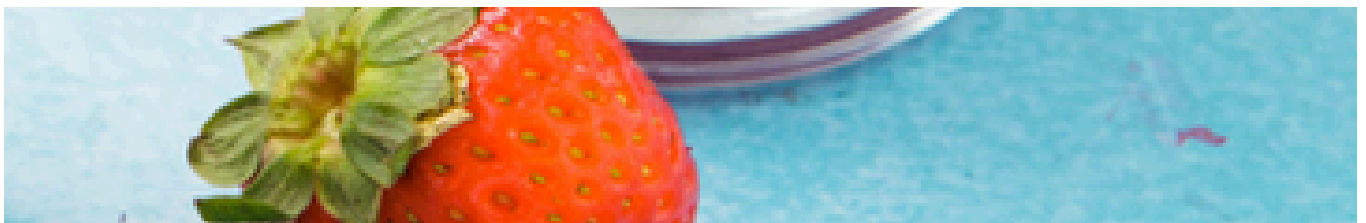
1. Feel free to add water to thin out a smoothie.
2. Use fresh produce wherever possible. Organic, if available.
3. Each smoothie recipe serves one person and can be used as a substitute for one large meal.
4. Choose sweeteners like raw honey or stevia if you feel you need to sweeten your smoothie a bit.

Looking for a few ideas to add to your smoothie? Give your smoothie a boost by adding any item listed here:

- probiotic
- flax seeds
- chia seeds
- spirulina
- bee pollen
- unsweetened shredded coconut
- raw cacao powder
- raw honey
- sprouts of any kind
- detox greens (dandelion, parsley, coriander, radish)



SMOOTHIES RECIPES





GREEN SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups dairy free milk
- 1 scoop collagen protein or marine collagen
- 1 green apple
- 1 kiwi, without skin
- 1 tablespoon flax seeds
- ½ avocado
- 1 cup spinach
- ½ inch fresh ginger knob

Blend in a high-speed blender and enjoy!

STRAWBERRY SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups dairy free milk
- 1 scoop collagen protein or marine collagen
- 1 date, pitted
- 1 tablespoon almond butter
- 1 cup strawberries
- ½ avocado
- 1 cup kale, chopped
- 1-inch fresh ginger knob

Blend in a high-speed blender and enjoy!





KALE SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups non-dairy milk
- 1 scoop collagen protein or marine collagen
- 1 tablespoon almond butter
- 1 cup frozen berries
- ¼ teaspoon turmeric
- ½ avocado
- 1-inch fresh ginger root

Blend in a high-speed blender and enjoy!

HORMONE BERRY SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups full-fat, unsweetened coconut milk
- 1 scoop collagen protein or marine collagen
- ½ avocado
- 1 cup spinach
- 2 Brazil nuts, preferably soaked overnight
- 2 tablespoons kelp sprinkles
- 1 cup strawberries
- 1-inch fresh ginger root

Blend in a high-speed blender and enjoy!





HORMONE CHIA SMOOTHIE

Serves 1

INGREDIENTS

- 1½ cups full-fat, unsweetened coconut milk
- 1 avocado
- 1 scoop collagen protein or marine collagen
- 1 cup kale, chopped
- 1 tablespoon almond butter
- 2 tablespoons chia seeds
- ½ cup blueberries
- 1-inch fresh ginger root

Blend in a high-speed blender and enjoy!

HORMONE SUPERFOOD SMOOTHIE

Serves 1

INGREDIENTS

- 1½ cups dairy-free milk
- 1 cup kale
- ½ cup blueberries
- 2 tablespoons walnuts
- 2 tablespoons goji berries
- 1 scoop collagen protein or marine collagen
- 1 teaspoon flax seeds
- 1 dash ground ginger

Blend in a high-speed blender and enjoy!





TURMERIC HORMONE SMOOTHIE

Serves 1

INGREDIENTS

- 1½ cups dairy-free milk
- 2 cups spinach
- ½ cup blueberries
- ½ avocado
- 1 teaspoon turmeric
- 1 teaspoon cinnamon
- 1 orange, without peel
- 1 Brazil nut, preferably soaked overnight
- 1 scoop collagen protein or marine collagen
- 1 teaspoon flax seeds

Blend in a high-speed blender and enjoy!

DATE HORMONE SMOOTHIE

Serves 1

INGREDIENTS

- 1½ cups dairy-free milk
- 1 cup spinach
- 2 tablespoons almond butter
- 2 dates, pitted
- ½ cup blueberries
- ½ teaspoon vanilla extract (alcohol free)
- 1 scoop collagen protein or marine collagen
- 2 tablespoons chia seeds

Blend in a high-speed blender and enjoy!





MANGO HORMONE SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups dairy free milk
- 1 teaspoon cinnamon
- 1 tablespoon ground flax seeds
- 1 cup fresh or frozen berries
- 1 cup kale, chopped
- ½ cup mango (fresh or frozen)
- 1 tablespoon flax seeds
- 2 Brazil nuts, preferably soaked overnight
- 1 teaspoon cinnamon
- 1-inch fresh ginger knob

Blend in a high-speed blender and enjoy!

KEFIR SMOOTHIE

Serves 1

INGREDIENTS

- 1 cup dairy free kefir (coconut)
- 1 cup blueberries
- 2 tablespoons chia seeds
- 2 tablespoons pumpkin seeds for topping

Blend in a high-speed blender and enjoy!





**MUSLIMAH
VITALITY HUB**

Dr. Nikita Islam