



Consecration

Consecration Companion

Smoothie, Tea and Soup Recipes

Fruit Smoothie Recipes



Healthy Pineapple Smoothie

This tropical pineapple smoothie uses plant-based ingredients to create a creamy and healthy treat. Fun to make + easy to customize; enjoy the best flavors of summer with this super simple smoothie.

Ingredients

1/2 cup pineapple frozen

1 cup peach frozen

1 cup plain cashew yogurt

1 can pineapple chunks in juice

1 serving Protein Smoothie Boost optional

Instructions

Blend all ingredients until smooth. Pour into glasses and enjoy!

Notes

Swap the pineapple juice for coconut water or plain water for a less sweet treat. Swap the canned pineapple for fresh pineapple. Peach can be subbed with nectarine or mango.



Healthy Blueberry Smoothie

This deliciously thick blueberry smoothie is infused with nutritious superfood blueberries, nutty cashew milk and creamy cashew yogurt. It's a vegan smoothie using just four ingredients and no added sugar. This smoothie is simple, easy to make and full of delicious blueberry flavor.

Ingredients

1 cup blueberries frozen

1 cup cashew milk

1/2 cup cashew yogurt unsweetened plain

1/2 banana

1 serving Protein Smoothie Boost optional

Instructions

Add all ingredients to a blender. Blend on high until smooth. Pour in a fun glass and enjoy. Cheers!



Vanilla Fig Smoothie

Spice up the holidays with this festively delicious fig smoothie. Figs are full of natural sweetness, fiber, and the ability to lower blood sugar. This is one holiday treat that is a plus for your taste buds and your health.

Ingredients

1/2 cup spinach

1 cup coconut milk

1 cup figs fresh or frozen

1/2 banana

1/2 tsp ground cinnamon

1/2 tsp vanilla extract

1 serving Protein Smoothie Boost optional

Instructions

Blend the spinach and coconut milk until smooth. Add the figs, banana, cinnamon, and vanilla and blend again.



Honey Turmeric Smoothie

Treat yourself to a nutrition-packed Honey Turmeric Smoothie with mango, carrots, orange, ginger, turmeric and honey. It all comes together to create a creamy, flavorful drink.

Ingredients

- 1** inch ginger root peeled
- 1** orange peeled and zested
- 3/4** cup almond milk or other nut milk
- 1/2** cup mango frozen
- 1/2** cup sliced carrots frozen
- 1** tbsp honey
- 1** tsp ground turmeric
- 1** serving Protein Smoothie Boost optional

Instructions

Place ginger, orange and almond milk in blender. Blend until smooth.
Add remaining ingredients and blend until creamy.



Cherry Beet Smoothie

Sweet beets and tangy cherries are a power-packed superfood combo in this tasty, bright red cherry beet smoothie.

Ingredients

1/4 cup beet peeled and diced

1 cup cherries

1/4 banana frozen

1/2 cup pomegranate juice

1/2 cup water

Fresh mint for garnish

1 serving Protein Smoothie Boost optional

Instructions

Blend all ingredients until smooth. Top with mint for garnish, if desired.

Notes

To make it easier on your blender (and cutting board), look for steamed beets (not pickled) in the refrigerated produce section, freezer aisle, or in the canned food section of most grocery stores.



Perfect Lemon Smoothie

Light, refreshing, and perfect for warm weather, this lemon smoothie is a great start to summer. The sweet peaches offset the tart lemon, while the fresh ginger brings out a bit of tang.

Ingredients

1 lemon peeled

1/2 cup water

1 tbsp honey

1/2 inch ginger root fresh

1 cup peach frozen

1/2 tsp ground turmeric

1 serving Protein Smoothie Boost optional

Instructions

Blend all ingredients until smooth. Pour into a tall glass and enjoy.

Notes

To make this smoothie vegan, replace honey with maple syrup. Meyer lemons are slightly sweeter than traditional lemons, which can help if you don't love the pucker or a lemon.



Strawberry Banana Smoothie

Blend up this strawberry banana smoothie as a fun family treat, or a bright + refreshing morning breakfast. One sip of this smoothie will put a smile on anyone's face; it's truly a smoothie for all ages.

Ingredients

1 cup strawberries frozen

1.5 banana

1 cup almond milk

1/4 cup cauliflower frozen

1 tbsp chia seeds

1 serving Protein Smoothie Boost optional

Instructions

Blend all ingredients until smooth.

Pour into a glass and enjoy!

Notes

If using fresh cauliflower, make sure to use 1 frozen fruit for a refreshingly cool smoothie. Make sure to use at least one frozen fruit for a refreshingly cool smoothie.

Swap the almond milk for the plant based milk of your choice.

Meal Replacement Smoothie

Recipes



Epic Almond Smoothie

Start your morning with a protein fueled breakfast all wrapped up in a perfectly sweet smoothie. This almond smoothie is delicious and an easy on-the-go beverage for a busy day.

Ingredients

1 cup almond milk

2 tbsp almonds

1 banana

1/2 cup strawberries frozen

1/2 tsp ground cinnamon

1 tsp maple syrup or honey

Instructions

Blend all ingredients until smooth. Pour into your favorite glass and enjoy!

Notes

Make sure to use a frozen fruit for a refreshingly cold smoothie. Add even more protein with 1 tbsp of chia seeds or 1 serving of Protein Smoothie Boost. For less natural sugar, swap 1/2 banana with 1/4 cup frozen cauliflower.



Vanilla Bean Yogurt Smoothie

Whip up this super simple, super delicious vanilla bean yogurt smoothie made with just four ingredients. Switch up the type of fruit according to what's in season for endless possibilities!

Ingredients

1 cup lowfat yogurt

1 peach peeled and sliced, frozen if desired

1 tbsp honey

1/2 teaspoon vanilla bean paste or 1/2 vanilla bean scraped

Instructions

Place ingredients into blender and puree until smooth. Pour into a glass and enjoy!

Notes

To alter this recipe, use your favorite yogurt whether it is a dairy alternative like cashew, coconut, almond, or other plant-based option, or an alternative dairy such as sheep or goat milk. The calorie and nutritional facts will vary according to the actual size of the peach. If the smoothie is too thick when blending, add 1/4 cup plant based milk. Swap vanilla bean for 1/2 tsp pure vanilla extract. If you need a little sweetener, add honey or maple syrup (vegan option).



Cherry Collagen Smoothie

If you need a gorgeous beverage to go with your next beauty treatment night, then try this cherry collagen smoothie. Boosted with a beauty collagen powder, this smoothie will help smooth skin, strengthen nails, and help you glow.

Ingredients

3/4 cup water

1/4 cup beets peeled and diced, raw or cooked

1 cup spinach fresh

3/4 cup cherries frozen, pitted

1 scoop collagen powder

1 tbsp lemon juice

Instructions

Place water and beets into blender jar. Blend until smooth. Add remaining ingredients and blend again until smooth. Pour into a glass and enjoy!

Notes

Beets stain, so make sure you have a cutting board (not wooden) down when cutting them, and don't be alarmed if your hands turn pink. You can use pink or yellow beets for this smoothie, just know the color will change to brown if you use yellow beets.

Frozen cherries give the smoothie a refreshing temp, yet you can use fresh if that's what you have. Feel free to use the collagen powder of your choice, and adjust the amount based on which one you choose.



Meal Replacement Smoothie

Healthy fats and proteins are the way to go if you want to power up with a meal replacement smoothie. This combo of almond butter and rolled oats is a must to keep you feeling full and fuel you 'til your next meal.

Ingredients

1 cup kale or spinach

1 cup almond milk unsweetened

1 cup blueberries frozen

1 banana

1 tbsp almond butter or raw almonds

2 tbsp rolled oats

1 serving Protein Smoothie Boost optional

INSTRUCTIONS

Blend kale and almond milk until smooth in a high speed blender. Add remaining ingredients, and blend until smooth.



Energizing Mocha Coffee Smoothie

Sip on this cool and creamy coffee smoothie for breakfast or as a mid-afternoon pick-me-up.

Ingredients

$\frac{3}{4}$ cup brewed coffee cooled in the fridge

1 banana frozen

1 medjool date pitted (or 1 tsp maple syrup)

1 tsp vanilla extract

$\frac{3}{4}$ cup cauliflower frozen

$\frac{1}{4}$ cup oat milk or other plant milk of choice

$\frac{1}{2}$ tbsp cacao powder

1 serving Protein Smoothie Boost optional

Instructions

Add all ingredients into the blender. Blend on high until creamy. Pour into a glass and enjoy immediately.



Cinnamon Date Smoothie

I can't wait for you to try this crowd pleasing Cinnamon Date Smoothie. It's perfectly sweet and creamy, and will delight at your next party or family movie night. The dates naturally sweeten this cinnamon smoothie, while the rolled oats thicken it to a milkshake consistency.

Ingredients

- 1/2** cup rolled oats
- 3** medjool dates pitted
- 1 1/2** cups plant milk ex: cashew, almond, or oat
- 1/2** tsp vanilla extract
- 2** tsp ground cinnamon
- 1** serving Protein Smoothie Boost optional
- 1** cup ice optional

Instructions

Blend oats until powdery. Add dates, non dairy milk, vanilla extract, and cinnamon to blender, and blend again. Pour into a glass containing 1 cup ice, for an extra cold beverage.

Notes

Ice can be added to blender at blending stage, yet blades tend to dull over time when blending ice, so we like to add it to our drinking glass. If you prefer no ice in this smoothie, yet still want it to be cold, then place in freezer for 30 minutes before serving.

Green Smoothie Recipes



Detox Smoothie

Using plant based whole foods in your green smoothie is a simple way to detox your body naturally. We've used pineapple, mango and a blend of kale and spinach to nourish and heal in a tasty way.

Ingredients

1/2 cup spinach

1/2 cup kale

1 cup water

1 cup mango

1/2 cup pineapple

1 serving Protein Smoothie Boost optional

Instructions

Blend spinach, kale, and water until smooth. Add remaining fruit and blend again.

Notes

* We recommend using frozen mango and pineapple for a cold smoothie.



Best Green Smoothie Recipe

The best green smoothie recipe is a tasty tropical treat packed with iron, potassium and vitamins galore. There's no need to be scared of a spinach smoothie when it tastes like this.

Ingredients

1 cup spinach

1 cup water

1/2 cup pineapple frozen

1/2 cup mango frozen

1 banana

1 serving Protein Smoothie Boost optional

Instructions

Measure: Tightly pack spinach in a measuring cup. **Add:** Put spinach to blender with water. **Blend** together until all chunks are gone. (Should resemble green water when blended well). **Toss:** Pineapple, mango and banana to blender. I like to use frozen pineapple and mangos to chill the smoothie down and save time cutting and prepping. It's a win-win! **Blend:** It all together until smooth and creamy. Depending on your blender, this could take as little as 30 seconds or as long as 2 minutes. **Pour:** Into a glass and serve immediately. **Store:** In the fridge with a lid until ready to drink.

Notes

Not a fan of bananas? Swap it for 1/4 avocado, additional 1/2 cup mango or 1/2 cup peaches. You can use 1 cup pineapple if you're out of mango. Frozen fruit is recommended to chill the smoothie (and save time cutting and washing).



Clear Skin Diet Smoothie

Vitamin C is one of the greatest antioxidants we have available, and it's wonderful for your skin. The addition of avocado brings with it other skin-specific nutrients such as vitamins E, A and zinc. This clear skin diet smoothie is a go-to for so many reasons!

Ingredients

1 1/2 cups spinach

1 cup coconut water unsweetened

1 cup pineapple frozen

1/4 avocado

1 serving Protein Smoothie Boost optional

Instructions

Blend spinach and coconut water until smooth. Add remaining ingredients, and blend until smooth.

Notes

*Use a frozen fruit to make smoothie cold.



Healthy Immune System Booster

Want a great smoothie recipe to help you boost your immune system? This Healthy Immune System Booster uses mangos, parsley, celery, lemon, cucumber, spinach and ginger.

Ingredients

3/4 cups spinach

1/2 stalk celery

2 tbsp fresh parsley leaves only

1 cup water

1/2 cucumber peeled

1/4 inch ginger root peeled and diced

1 1/2 cups mango frozen

1/2 lemon peeled and seeded

1 serving Protein Smoothie Boost optional

Instructions

Blend spinach, celery, parsley and water until smooth. Add the remaining ingredients and blend again.

Notes

Use frozen mango to make a refreshingly cool smoothie. Boost this smoothie with 1 serving of plant based protein powder to help your body more easily process the natural fruit sugars. The stems of parsley are bitter and harder to blend smoothly, use just leaves to make blending easier.

Swap spinach with the leafy green of your choice.



Green Apple Smoothie

Tangy green apple, creamy avocado, sweet pineapple. This refreshing apple smoothie makes for great pre-workout fuel or a splendid mid-afternoon plant-based pick-me-up.

Ingredients

1 cup water

1 cup spinach

1 apple green, cored

1/2 banana peeled

1/4 avocado

1/4 cup pineapple frozen

Instructions

Place water, spinach and apple in a blender. Blend until smooth. Add banana, avocado and pineapple. Blend until creamy.

Notes

For added convenience, look for frozen avocado, banana and spinach in the freezer section of most grocery stores. If green apples are hard to find, use yellow or light red. To lower the natural sugar, swap banana for 1/4 cup frozen cauliflower.



Pineapple Mint Smoothie

Friends will keep coming back for more when you serve up this refreshingly sweet pineapple mint smoothie. This recipe is a great way to introduce others to the world of kale!

Ingredients

1 cup kale fresh

1 cup coconut water

1 1/2 cups pineapple

1/4 cup mint fresh

1 tbsp lime juice

1 serving Protein Smoothie Boost optional

Instructions

Blend kale and coconut water until smooth. Add remaining ingredients, and blend until smooth.

Notes

Use frozen fruit to make smoothie cold. This really can turn into a mocktail with a fun glass and some fresh mint or lime wedge garnish. Swap kale with the leafy green of your choice. Swap coconut water with regular water or carton coconut milk. Use a plant based protein powder to help your body process the natural sugar more easily.



Fat Burning Smoothie for Weight Loss

Make fat cry by adding this fat burning smoothie to your day. The natural ingredients are paired together to help boost your metabolism and burn fat in one delicious weight loss smoothie.

Ingredients

1 cup spinach

2 tbsp fresh mint

1 stalk celery chopped

1/2 cup brewed green tea cooled

1/2 grapefruit peeled and seeded

1 cup pineapple frozen

1/4 avocado

Dash cayenne pepper optional

1 serving Protein Smoothie Boost optional

Instructions

Place spinach, mint, celery and green tea into blender. Puree until smooth. Add remaining ingredients. Blend again. Best when served chilled.

Notes

The pith and peel of the grapefruit are extremely bitter but are beneficial in small amounts. To lessen the bitterness of the grapefruit, remove the fruit from the inner membranes as well as peel before using. Drink 1-2 smoothies a day as meal replacements to get the weight loss benefits you're looking for.

Warm Smoothie Recipes



Warm Apple Pie Smoothie

All of the goodness of Autumn is contained in this yummy, warm apple pie smoothie. Packed with spinach, apples and a touch of cinnamon and nutmeg allows you to enjoy a dessert in a mug using whole food, plant-based ingredients.

Ingredients

1/4 cup hot water

2 tbsp rolled oats

2 medjool dates pitted

1 cup spinach

1 cup almond milk

1 apple cored and sliced

1 tsp cinnamon ground

1/8 tsp nutmeg ground

Instructions

Add hot water, oats and dates to a blender. Let stand 5-10 minutes. Add the remaining ingredients. Blend on low speed, increasing speed until very smooth. If using a high speed blender, continue blending using the soup function or high speed, until smoothie is hot. Pour into a mug and sprinkle the top with extra cinnamon and nutmeg, if desired.

Notes

Make sure your blender is rated for hot liquids before pouring hot water into it. Swap almond milk with the plant milk of your choice. Swap dates with natural sweetener of your choice. To lower the natural fruit sugar in this smoothie, omit 1 date.



Warm Chai Smoothie

A warm comforting meal replacement smoothie that is full of healthy fruit and spinach, plus just the right amount of spice inside the warm chia tea smoothie.

Ingredients

1/2 cup spinach

1/2 cup brewed tea herbal green, white or black

1/2 cup coconut milk

1/2 pear cored and peeled

1/2 apple cored and peeled

1 medjool date

1/2 tsp ground cinnamon

1/4 inch ginger root

1/8 tsp ground cardamom

1 serving Protein Smoothie Boost optional

Instructions

Blend spinach, tea and coconut milk until smooth. Next, add the remaining ingredients. If using a high speed blender, start blending again on low speed working up to high speed. Allow to blend for 3-5 minutes, or until very hot. If using a regular blender, blend until smooth and heat gently on the stove or transfer to mugs and heat in microwave.

Notes

Note: Hot tea can be used, but use caution when blending. Be sure to vent the lid so the liquid doesn't leak and splatter. Blend on low speed, working up to high speed until smooth.



Warm Wassail Drink

The classic holiday warm wassail drink is actually a delicious, warming green smoothie full of sweet fruit flavor and comforting spices. Add some spinach to your cup of holiday cheer!

Ingredients

- 1** cup spinach
- 1** cup apple cider warmed
- 1/2** apple peeled and cored
- 1/2** orange peeled
- 1/4** cup cranberries
- 1/4** inch ginger root
- 1** tsp ground cinnamon
- Pinch ground cloves
- 1** serving Protein Smoothie Boost optional

Instructions

Blend spinach and apple juice until smooth. Next add the remaining ingredients. If using a high speed blender, start blending again on low speed working up to high speed. Allow to blend for 3-5 minutes, or until very hot.

Notes

Can substitute dark sweet or tart cherries for cranberries. Notes: If using hot apple juice or cider, use caution when blending. Be sure to let the lid vent so the liquid doesn't leak and splatter. Blend on low speed, working up to high speed until smooth. Smoothie will keep for 2-3 days in the fridge and can be made ahead and reheated before serving. If using a regular blender, blend until smooth and heat gently on the stove or transfer to mugs and heat in the microwave.

Tasty Teas



Turmeric Tea

The anti-inflammatory benefits of turmeric are well known. It's easy to consume enough each day in this simple-to-make tonic.

Ingredients

1 cup water hot

1/2 tsp turmeric ground

1 tsp coconut oil

1 tbsp lemon juice

1/4 tsp black pepper

1 tsp honey

Instructions

Combine water with turmeric in a mug. Stir well to break up any clumps. Add remaining ingredients and stir again. Let stand for 2 minutes, then drink.

Notes

Hot lemon water can be sensitive on your teeth. I suggest using a stainless steel straw as your stir stick and then gently sipping it when it's the perfect temperature.



Lavender Sleep Tea

This calming, warm tea is just the thing to help unwind and relax after a long day. Chamomile tea is steeped directly in the almond milk and lightly sweetened. Add dried lavender buds for an extra calming effect.

Ingredients

- 1** cup almond milk
- 1** chamomile tea bag
- 1** tsp honey to taste
- 1/2** tsp vanilla extract
- 1/2** tsp lavender buds optional

Instructions

Place the almond milk into a small saucepan and heat until very hot but not boiling. Add the chamomile tea and lavender buds, if using and allow to steep 5-6 minutes. Remove tea bag and strain out lavender buds, if needed. Pour into the teacup or mug. Sweeten with honey, if using and stir in vanilla extract. Drink immediately.

Notes

To create more of a frothy latte, pour all contents into a blender and blend before serving. If culinary lavender tea buds are hard to find, use a chamomile lavender tea bag. Swap honey with maple syrup to make this recipe vegan. Use the plant milk of your choice.



Best Crockpot Apple Cider

Nothing says winter quite like crockpot apple cider—and this version takes it to the next level with flavor. Using a slow cooker makes preparing this hot beverage easier than ever, and as the cider mulls, your house smells fantastic

Equipment

Crock pot

Ingredients

1 gallon apple cider

4 cinnamon sticks

1/2 tsp ground nutmeg

1 tbsp whole cloves

1 inch ginger root sliced, optional

Orange peel organic + peeled

Maple syrup optional

Instructions

Combine in a slow cooker the cider, cinnamon sticks, nutmeg, cloves, and orange peel.

Heat on low for 8 hours or high for 4 hours, or until the spices infuse the cider. The longer the cider cooks, the stronger the spice flavor will be. Discard the cinnamon sticks, cloves, ginger, and orange peel before serving. Store extra cider in an airtight container for up to 2 weeks in the fridge.

Notes

To make it easier to remove the spices and peel, place them in a few layers of cheesecloth and tie with string to make a nice little bundle. For a sweeter sip, add honey or maple syrup.



Detox Tea Recipe

Start your day with this alkalizing, metabolism-boosting detox tea recipe to wake up the digestive system and get your body moving.

Ingredients

1 cup water

1 inch ginger root thinly sliced

1 tbsp lemon juiced

Cayenne pepper optional

Fresh parsley optional

Instructions

Heat water just below boiling. Add sliced ginger and lemon juice to a mug. Pour hot water into mug and allow to steep for 5 minutes. Add a dash of cayenne, and parsley, if using.

Notes

Use fresh ginger for best results. Ground ginger will taste good, yet won't give your body the benefits that fresh ginger root does. Cayenne pepper and parsley will help with the cleansing process yet I know they are strong ingredients and can be omitted if you aren't able to tolerate them. You want to make sure your water isn't boiling because this will start to kill off the medicinal properties of the lemon + ginger root. Warm water is just fine, or even room temp if that's easier for you.

Blended Vegetable Soup



Bieler's Blended Vegetable Soup

This healing, cleansing blended vegetable soup recipe helps to alkalize the body and bring it back into balance, especially if you've been eating too much sugar and/or processed foods. Add collagen powder for a protein boost without altering the flavor or texture.

Equipment

Stock pot

Blender

Ingredients

4 zucchini chopped and ends discarded

1 lb green beans ends trimmed

2 stalks celery chopped

1 bunch fresh parsley tough stems removed

4 cups alkaline water

1/4 cup coconut oil

Instructions

Place all ingredients (except coconut oil) in a large pot and bring to a boil. Lower the heat and simmer until the vegetables are tender, about 15 minutes. Puree soup and coconut oil in a blender in batches (covered!). Eat warm and season with salt and pepper, if desired.

Notes

Use caution and make sure to vent the blender lid and cover with a towel and start blending on low speed to prevent the hot soup from splattering. Make sure your blender container is heat resistant. An immersion blender can be used during the blending step.

Feel free to spice this soup up with your spices of choice: garlic can help detox, fresh ginger and/or turmeric added before blending can boost the anti-inflammatory properties.