

Aphrodisiac Secret

SEXY
SMOOTHIE
GUIDE



MEREDITH SHIRK

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Berry Beet Delight

Serving size: 1

Ingredients:

1 small cooked or raw beet
1/2 cup frozen or fresh blueberries
1/2 cup frozen or fresh raspberries
1/2 cup organic apple juice
1/2 cup coconut milk
1/2 cup chia seeds
Pinch of cinnamon

Simply blend and serve!

Cacao Maca Smoothie

Serving size: 1

Ingredients:

1 ripe banana, fresh or frozen
1 tbsp. raw cacao powder
1 tbsp. maca powder
1/2 cup coconut or almond milk
Pinch of cinnamon
Ice and water, amount depends on desired consistency

Blend until smooth and enjoy!

Watermelon Coconut Blend

Serving size: 1

Ingredients:

1/2 cup watermelon, sliced
1 small sprig of basil
1 cup coconut water
Ice as desired

Blend until smooth and serve

Jalapeno Papaya Libido Booster

Serving size: 1

Ingredients:

1/2 tbsp. fresh ginger root, peeled and minced

1/2 tsp. jalapeno pepper, finely mined (more or less depending on preference)
1/2 cup papaya, chopped
1/2-1 cup coconut water
Ice as desired

Blend until smooth and serve

Pomegranate Berry Bliss

Serving size: 1

Ingredients:

1 cup fresh or frozen raspberries
2 tbsp. pomegranate seeds
1/2 banana, ripe
1 tbsp. flax seeds, ground
Water and ice depending on desired consistency

Blend until smooth and serve

Aphrodisiac Super Smoothie Blend

Serving size: 1

Ingredients:

1/2 cup unsweetened almond or coconut milk
1/2-1 cup water (depending on desired consistency)
1 fresh fig
1 fresh date, pitted
2 slices ripe avocado
1/4 tsp. ginger powder or fresh ginger root
1 tbsp. raw cacao powder
1 tsp. maca powder
Pinch of raw honey
Pinch of cinnamon
Pinch of cayenne pepper (optional)

Blend until smooth and serve

Sensual Chocolate Blend

Serving size: 1

Ingredients:

1 cup coconut or unsweetened almond milk
1 ripe banana, fresh or frozen
1 tbsp. raw cacao powder
1-2 tsp. raw honey
Pinch of cayenne powder

Ice as desired

Blend until smooth and serve

Green Aphrodisiac Goodness

Serving size: 1

Ingredients:

1 cup pineapple, chopped
juice of 1/2 lime
1/4 avocado, sliced
1 handful spinach
Ice and water as desired

Blend until smooth and serve

Peachy Keen

Serving size: 1

Ingredients:

1 organic peach, chopped
1/4 cup oats
2-3 tbsp. dark chocolate chips or 1-2 tbsp. raw cacao powder
1/2-1 cup cranberry juice
Ice as desired

Blend until smooth and serve

Sweet Chai Booster Smoothie

Serving size: 1

Ingredients:

1 cup unsweetened almond milk
1 ripe banana, fresh or frozen
2 dates, pitted and chopped
Dash of cinnamon and cardamom
1 tsp. vanilla extract
1 tbsp. maca powder
1/2-1 cup coconut water
Water and ice as desired

Blend until smooth and serve

Strawberry Chocolate Smoothie

Serving size: 1

Ingredients:

1 cup fresh or frozen strawberries
1 tbsp. raw cacao powder
1/2 cup coconut milk
Water and ice as desired for consistency

Blend until smooth and serve

Spicy Banana Chocolate Bliss

Serving size: 1

1 ripe banana, fresh or frozen
1/2 jalapeno pepper, minced (or less, this will make it spicy!)
1 tbsp. raw cacao powder or unsweetened cocoa powder
1 tbsp. raw honey

Blend until smooth and serve

Super Sexy Pineapple Blend

Serving size: 1

Ingredients:

1 cup chopped pineapple
1/2 ripe banana, fresh or frozen
4 tbsp. walnuts, chopped
Pinch of ginger powder or fresh ginger root
Add a bit of raw cacao powder if desired
Add a bit of honey for sweetness if desired
Water and ice depending on desired consistency

Blend until smooth and serve

Superfood Aphrodisiac Blend

Serving size: 1

1 cup kale, washed and chopped
1/2 cucumber, peeled and chopped
1/2 cup fresh or frozen mango, chopped
1/2 mandarin orange, peeled
3 strawberries, washed and halved
Ice and water depending on desired consistency

Blend until smooth and serve

Pumpkin Seed Libido Lift

Serving size: 1

Ingredients:

1/4 cup strawberries
1/2 ripe banana
1/2 cup raspberries
1 tbsp. pumpkin seeds (raw, if possible)
1 tbsp. raw cacao powder
1/2 cup coconut milk
1/2-1 cup water
Ice

Blend until smooth and serve

Antioxidant-Packed Aphrodisiac Blend

Serving size: 1

Ingredients:

1 tbsp. raw almonds
1/2 ripe banana
1/2 cup blueberries
1 handful spinach
1 cup coconut water
1 tbsp. maca powder (optional)
1 tsp. raw honey
Ice

Blend until smooth and serve

Hormone Balancer

Serving size: 1

Ingredients:

1 cup unsweetened almond or coconut milk, or a blend
1 ripe banana
1 tbsp. raw cacao powder
1 tbsp. maple syrup
1 tsp-1 tbsp. maca powder
1/4-1/2 tsp. vanilla
Pinch of sea salt
Pinch of cinnamon
Ice as desired

Blend until smooth and serve

Revitalizing Sangria Smoothie

Serving Size: 1

Ingredients:

1 cup organic apple juice
1 cup pomegranate juice
1 tbsp. pomegranate seeds
1/2 mandarin orange slices
1/2 apple, sliced
Ice

Blend until smooth and serve

Blood Flow Boosting Blend

Serving Size: 1

Ingredients:

1/2 red beet, cooked or raw, peeled and chopped
1/2 apple, sliced
1/2 orange, sliced
1/4 tbsp. fresh ginger root, peeled and sliced
Handful spinach
1 cup pomegranate juice
Juice of 1/2 lime or lemon

Blend until smooth and serve

Mango Madness

Serving Size: 1

Ingredients:

1/2 mango, peeled and chopped
1/2 ripe banana
Pinch of cayenne pepper
2-4 fresh basil leaves
Water and ice depending on desired consistency

Blend until smooth and serve

Sexy Strawberry Bliss

Serving Size: 1

Ingredients:

1 cup fresh or frozen strawberries
1/2 cup coconut milk

2 dates, pitted and chopped
1 tbsp. dark chocolate chips
1/2 tsp. vanilla
1/2 tsp. lemon juice
Pinch of cinnamon

Blend until smooth and serve

Goji Berry Blend

Serving Size: 1

Ingredients:

1 tbsp. dried goji berries
1/2 cup strawberries, fresh or frozen
1/2 cup blueberries, fresh or frozen
1 tsp. raw honey
1 cup coconut or almond milk
Ice

Blend until smooth and serve

Orange Goji Berry Pick-Me-Up

Serving Size: 1

Ingredients:

1 orange, peeled and sliced
1 ripe banana, frozen or fresh
Zest of 1 orange
1 cup coconut water
1/4 cup goji berries
1 tbsp. flax seeds
Juice of 1 lemon
Ice

Blend until smooth and serve

Ultimate Avocado Aphrodisiac Blend

Serving Size: 1

Ingredients:

1 frozen banana
1 tbsp. chia seeds, ground
1/2 ripe avocado, sliced
1/2 cup unsweetened almond milk

1-2 tbsp. raw honey

Ice

Blend until smooth and serve

Ginseng Ginger Smoothie

Serving Size: 1

Ingredients:

1/2 cup coconut or unsweetened almond milk

1 tbsp. ground chia or flax seeds

1 cup organic orange juice (fresh squeezed is best)

1/2 tsp. ginseng powder (purchase at your local health food store)

Small pinch of sea salt

Ice

Blend until smooth and serve

Refreshing Fennel Ginger

Serving Size: 1

Ingredients:

1/2 sweet apple, cored and sliced

1/2 cup sliced fennel bulb

1 small carrot, peeled and chopped

1 tbsp. fresh ginger root, peeled and sliced

1/2 cup organic apple juice

1/2 tbsp. fresh lemon or lime juice

Blend until smooth and serve

Morning Coffee Pick-Me-Up Smoothie

Serving Size: 1

Ingredients:

1 cup of coffee

1 ripe banana

1 cup almond or coconut milk, unsweetened

1 tbsp. raw honey

1 tsp. cinnamon

Splash of vanilla

Ice

Blend until smooth and serve

Spicy Arugula Blend

Serving Size: 1

Ingredients:

1 cup arugula
1/2 pear, sliced
1 cup organic orange juice (homemade is ideal)
1 tbsp. chopped walnuts
1 tbsp. ground flax seeds
Ice and water depending on desired consistency

Blend until smooth and serve

Fantastic Fig Aphrodisiac Smoothie

Serving Size: 1

Ingredients:

1 ripe banana
3 fresh figs
1 handful of spinach
1/2 apple, sliced
1/2-1 cup unsweetened coconut or almond milk
Ice and water depending on desired consistency

Blend until smooth and serve

Sultry Chai Smoothie

Serving Size: 1

Ingredients:

1/2 ripe banana
1/2 cup coconut milk, unsweetened
1/2 cup chai tea, brewed beforehand and cooled
2 tbsp. honey or maple syrup
Pinch of ground ginger and cinnamon
Ice

Blend until smooth and serve

