

# 10 Nutritious and Delicious Smoothie Recipes for NeuroMetabolic Health



Hi,

Thank you for requesting the smoothie recipes. You hold in your hands 10 power-packed, nutrient dense smoothie recipes that will help you jumpstart your metabolism, reach your ideal weight, improve your digestion, stabilize your blood sugar, and decrease inflammation.

Did you know that most hospital visits are due to lifestyle preventable diseases? Did you know about 50 million people in the United States suffer from autoimmune disease? This is more than cardiovascular disease and cancer combined. Although autoimmune disease is not as deadly as heart disease or cancer, the drain on quality of life can be equally devastating. Autoimmune diseases are conditions where your own immune system attacks your body, leading to chronic inflammation, leaky gut, and tissue destruction. The number of people with autoimmune disease have been steadily rising over the years. Hypothyroidism, for example, is primarily an autoimmune disease. Medical treatment for autoimmune diseases is limited to immune suppressing medications with powerful side effects. This approach masks the symptoms but ignores the root cause.

You see, my practice in Gilbert, AZ focuses primarily on autoimmune disease and other chronic conditions such as thyroid problems, chronic digestive problems, chronic fatigue, fibromyalgia and other conditions that the medical community usually throw their hands up and say cause is unknown and there is no effective treatment. But when you really dig into the root cause, we find some common denominators that are causing problems for all these chronic conditions, such as food sensitivities, blood sugar imbalance, hormone dysregulation, neurological dysfunction, chronic infections, chronic chemical toxicities, stress, etc.

Through working with thousands of patients in the last 7 years utilize a program that I developed called NeuroMetabolic Integration, which treats the patient both metabolically and neurologically, I have had the blessing and privilege of helping many patients turn their life

around with our non-drug approach to restoring health, by running detailed lab tests and physical exam to pinpoint the problem, and reverse it with lifestyle, nutrition and brain based therapies. I also developed an exclusive line of nutritional supplements that addresses the neurological and metabolic deficiencies commonly associated with autoimmune and chronic health conditions. These products will be the corner stone that will complement the health promoting benefits of the smoothies listed here.

Why smoothies? Well, if you been trying to find a way to shed some extra pounds, improve your energy, or improve your health, but find it difficult to get started or stick to something, smoothies when done right can be a jumpstart you are looking for. The problem is, most smoothies people make or sold in stores are sugar laden milkshakes in disguise. They actually can cause weight gain and more blood sugar problems. When you make the smoothies that I listed here along with the NeuroMetabolic Integration line of supplements, you will have numerous benefits, including:

Convenient - You can make one in 5 minutes

Portable - You can put in a shaker bottle and take it to go

Easy - some recipes only call for 4 ingredients. Even my kids can make them.

Nutritious - You can pack tons of nutrient dense foods and even hide stuff that you don't normally eat, like kale and spinach and hemp hearts

Balanced - The key to a healthy meal and smoothie is balance between protein, fats, and carbs. When done right with the NeuroMetabolic Integration powders, you will have all the nutrients in a glass

Easy to digest - it's kind of all chewed up for you by the blender, the finely chopped up ingredients makes it easier for your digestive tract to breakdown.

Support ideal body weight and metabolism - along with a healthy diet, smoothie can help create fullness and diminish cravings so you don't overeat.

Stabilize blood sugar - the key to good health is optimal blood sugar level. When done right, smoothies with healthy fats and protein can stabilize your blood sugar and prevent insulin spikes, leading to high blood sugar with its many harmful effects on the body

Heal leaky gut - leaky gut is chronic inflammation of the gut lining that leads to more inflammation and more allergies, and can lead to autoimmune disease. By avoiding processed foods and using natural organic ingredients, you are decreasing the toxic assault on the digestive tract and gives your gut a chance to heal and recover. Furthermore, GI Resuscitate powder you will use specifically helps heal leaky gut

Promote healthy gut bacteria - beneficial gut bacteria is crucial to immune function, digestive function, and neurological health. The fiber from using the right ingredients along with the Fiber FX powder, which contains prebiotic (food for the probiotic) supports healthy gut microbiome

Support colon health - again, Fiber FX and all the natural occurring fiber helps with healthy bowel movement

Decrease inflammation - Healthy fat such as omega 3 fatty acids found in the nuts and seeds and oils and support health inflammatory response. GI Resuscitate powder contains ingredients that decreases inflammation in the gut.

More energy - You are what you eat. When you fuel your body correctly, your body's energy producing capacity will sky rocket and you will feel better than you have ever imagined.

Have I convinced to start the habit? I hope so. This is one of the easiest thing you can do to start the day right and set the stage for how the rest of your day will go. Many people start the

day with breakfast that does nothing but causes weight gain and slow metabolism, not to mention inflammation from possible food sensitivities. Breakfast cereal, bagels, muffins, sugar loaded caffeinated drinks are the norm. I challenge you to eat a meal that is as nutritious as these smoothies boosted with the NeuroMetabolic Integration powders. When in doubt and you don't know what to eat, go for a smoothie.

#### Fast Track

If you have a lot of weight to lose and you want to speed things up a bit, you can do one smoothie for breakfast, one smoothie for dinner, and eat a healthy lunch consisting of tons of vegetables, lots of healthy fat, moderate amount of protein. Watch as your weight falls off, clothes get looser, energy shoots up, digestion improves, and better mental clarity as well as less inflammation which may show up as less joint pain and puffiness.

#### IMPORTANT. READ THIS.

For best results, follow the smoothie recipes and use the NeuroMetabolic Integration powders. You can purchase them at [neurometabolicsupplements.com](http://neurometabolicsupplements.com) and order online. It's fast, easy and products are shipped directly to you.

There may be some of you who follow the recipes and use the powders but still feel like the weight is not coming off or energy and digestion is not improving. Keep in mind this recipe is not a replacement to see a qualified functional medicine professional and have a detailed analysis and lab tests done to identify the root cause. If you feel like your health is stuck despite the smoothies, you may have a BROKEN METABOLISM. That is a sign that you need to seek professional help and have a proper work up. My practice is designed from the ground up to help those with chronic neurological and metabolic issues. A great starting point is to attend one of our FREE condition specific workshops every Tuesday and every other Wednesday night at 5:30PM. At these workshop I go into great detail of why you may still have symptoms even though your doctor say all your lab tests are normal, as well as how our program can help you get your life back. This is absolutely the best one hour you can invest in your health and I highly recommend you attend before making an appointment to see me. Seating is extremely limited and fill up fast, so please register for the workshop by calling 480-988-6269 so we can reserve your seats.

Have Fun With It! The recipes a guide, feel free to adjust the amounts of each ingredients to make it perfect for you. I like to line up all my dry ingredients on my kitchen counter within easy reach like a buffet line, and just go down the line and throw in what my mood dictates. You can literally create a hundred different smoothies with the ingredients listed here. So get crazy and experiment and create new smoothies. Keep in mind blood sugar control is key. Keep the fruit to a handful, add more fat, and definitely use the NeuroMetabolic Integration powders as the secret sauce to super boost the smoothies.

Let me help you on your journey to better health. You can get useful information by following us on [facebook/hopeintegrativellenss](https://www.facebook.com/hopeintegrativellenss), [periscope@askdrkan](mailto:periscope@askdrkan), [twitter@askdrkan](https://twitter.com/askdrkan).

Every Monday at 12:30PM AZ time, tune in to Facebook Live and Periscope for the live Ask Dr Kan Show where you get your questions answered and I present on special topics.

Keep you eye on the email inbox for updates from me with more useful videos and information that will help you.

Dr. Kan

## Banana and Strawberry Smoothie



Perfect as a quick and healthy snack, this banana and strawberry smoothie is a refreshing treat.

This triple-duty smoothie can be a grab-and-go breakfast, after-school snack, or evening treat. Kids and adults alike will love its frosty goodness, which is full of fruit and blended into a creamy smoothie.

You can also add one of the healthful boosters I recommend below, or enjoy as-is for a cooling, vitamin-packed, non-dairy drink.

This simple smoothie is not only delicious, this recipe is flexible and is a great way to introduce healthy smoothies to people who might otherwise be a little hesitant about making a more nutritious choice. Great for kids, this whole-food, all-fruit smoothie tastes like dessert, but is packed with nutrient-rich ingredients that boost your health.

I like to offset this creamy smoothie with more berries than banana, just to ensure the sugars aren't out of control. To make this smoothie as simple as possible, I used frozen strawberries, which means you don't need ice.

### Booster Options:

**Almond Butter.** Mild tasting, but a great flavor match for this smoothie, add raw almond butter if you're looking for more plant-based protein and heart-healthy fats.

**Ground Flax.** A tablespoon of ground flax is a great way to take this smoothie from good to good-for-breakfast.

High in fiber and Omega-3 fatty acids, flax is great for your digestive health while offering anti-inflammatory benefits as well. A tablespoon of ground flax will be virtually hidden in when blended into this smoothie.

**Maca.** For hormonal regulation, add 1 teaspoon of maca to your smoothie. Maca is also great for natural energy. Maca powder blends well into smoothies, and can be found at your local health food store.

**Chia seeds.** A tablespoon of chia stirred or blended in delivers a punch of nutrition. Chia seeds are known for their superfood power in delivering omega-3 fatty acids, protein, fiber, and antioxidants all in one tiny seed.

Coconut Oil. Blend 1 to 2 tablespoons of liquid coconut oil or MCT oil (available online and health food store) for medium-chain fatty acids and slow burning energy.

Though this will boost the fat and caloric intake of your smoothie, it will also satiate you, so a little goes a long way.

#### Ingredients - Serves 1

1/2 scoop NeuroMetabolic Meal powder  
2 teaspoon Fiber FX powder  
1/2 scoop GI Resuscitate  
1 cup frozen strawberries  
1 banana  
1 cup almond milk or coconut milk  
1-2 tbsp booster (optional)

#### Instructions

Blend strawberries, banana, almond milk, and desired booster in a high-speed blender until smooth.

If desired, top with diced fruit.

### **Speedy Blueberry Nut Butter Smoothie**

This is a great smoothie to start with or if you are on the go. It is only 4 ingredients but when packed with NeuroMetabolic powders, this becomes a powerhouse smoothie that can keep you going for hours. You can always add optional boosters such as chia seeds, hemp hearts, acai powder to make it extra special. But this is good just the way it is. K.I.S.S. - Keep It Simple Smarty.



#### Ingredients - Serves 1

1/2 scoop NeuroMetabolic Meal  
2 teaspoon Fiber FX powder  
1/2 scoop GI Resuscitate  
1 cup frozen blueberries  
1/2 cup frozen banana slices  
1 cup coconut milk or almond milk  
1 heaping tbsp almond butter or Nuttzo (7 nuts and seeds butter, get at Costco)

Combine all ingredients into a blender. Blend until completely smooth.

## Green Protein Smoothie Without Fruit



This recipe is especially good for those with

1. High blood sugar, insulin resistance, or diabetes
2. Candida or yeast infection
3. Irritable bowel syndrome or small intestinal bacterial overgrowth who are sensitive to fruit.

Fruit contains natural sugar that is normally fine if consumed whole. I would not suggest drinking the juice since you are getting concentrated sugar without any of the fiber that would slow down the blood sugar spike. However, even if you don't have a blood sugar problem, too much fruit can still sabotage your insulin response and therefore cause you to gain weight and throw off the intricate hormone balance that requires optimal blood sugar level. Limit fruit intake to 2-3 servings per day in most cases. Again, with specific health conditions, this may need to be reduced or even eliminated.

### Ingredients - Serves 1

- 1/2 scoop NeuroMetabolic Meal powder
- 1 tsp Fiber FX powder
- 1/2 scoop GI Resuscitate powder
- 2 large handfuls of organic baby spinach
- 1 cup (250ml) unsweetened almond milk or coconut milk
- 1/2 a LARGE avocado...or 1 full small avocado; approx. 100g/3.5 oz
- Optional: dash or two of cinnamon...a few fresh mint leaves!

## Invisible Spinach Smoothie



If you're craving something sweet but don't want added sugar, this Invisible Spinach Smoothie is a great way to satisfy your sweet tooth. It's loaded with antioxidants and fiber, and actually has tons of hidden greens. Red spinach is the trick to a vibrant red smoothie, which delivers some serious leafy green nutrition.

Red Spinach has been used in Indian cuisine for hundreds of years, but is just now starting to show up on the North American food scene. You'll find it in health food and specialty food stores like Whole Foods and Trader Joes.

A sweet treat smoothie with no sugar added. Rich in vitamin C, antioxidants and fiber, this smoothie is a healthy alternative to a high sugar dessert. It's a great way to stay focused on good eating goals while still feeling like you snuck in a little dessert.

### Ingredients - Serves 2

1/2 scoop NeuroMetabolic Meal powder  
2 teaspoon Fiber FX powder  
1 scoop GI Resuscitate  
4-6 cups red spinach  
1 cup frozen strawberries  
1/2 ripe banana  
3-4 Tablespoon raw cacao powder  
1 1/2 (375-400 ml) cup almond or coconut milk  
1 Tablespoon almond butter or Nuttzo  
1 teaspoon vanilla extract  
Optional: 1 Tablespoon raw cacao nibs

### Instructions

Blend all ingredients except raw cacao nibs in high-speed blender until completely incorporated. Pour in glass and sprinkle with raw cacao nibs.

## Superfood Smoothie Bowl



Who says smoothies can only be had in a glass? Make it thick and have it in a bowl to eat with a spoon. High in fiber and protein, this acai smoothie bowl is a great way to start the day. Not only does it feature a bright berry flavor that will wake up your taste buds, it's filled with energizing nutrients and will keep you feeling full for hours.

Acai berries increase antioxidant levels, naturally boost energy, support your immune system, and help to promote a healthy digestive system. Acai berries also have a very high ORAC score (Oxygen Radical Absorbency Capacity). ORAC is a measure of how well antioxidants neutralize free radicals, and the higher

the value, the better the body can utilize them to fight free radicals.

This acai smoothie bowl recipe is also an excellent source of healthy fats. It contains avocado, which lends creaminess, and the superfood seeds – chia, hemp, and flax – contain omega-3 fatty acids, which are good for both cardiovascular health and have potent anti-inflammatory properties. Chronic inflammation has been linked with diseases such as cancer, diabetes, and heart disease.

This recipe is quick and easy to make, and it's loaded with nutrients to optimize your health. Pile on your favorite healthy toppings and this breakfast bowl will quickly become a morning favorite.

### Ingredients - Serves 1

1/2 scoop NeuroMetabolic Meal powder  
2 teaspoon Fiber FX powder  
1/2 scoop GI Resuscitate  
1 1/2 cups frozen blueberries  
1/2 ripe avocado  
1 tbsp ground flaxseed  
2 tbsp hemp hearts  
1 tbsp chia seeds  
1 Tbsp acai powder  
1/2+ cup coconut water

Fresh berries, coconut flakes, nuts or seeds for topping

#### Instructions:

In a high-speed blender, puree berries, avocado, flaxseed, hemp hearts, chia, acai powder, protein powder and just enough coconut water to puree.

Blend.

Pour into a bowl.

Add stevia to taste.

Top with fresh berries and your favorite nuts and seeds for a little crunch.

#### Notes

Purchase only organic, 100 percent acai powder with no sugar added. Look online or in a reputable health food store for the best quality acai powder.

### GREEN SMOOTHIE BOWL WITH CHIA SEEDS



While traditional smoothies need to be very well balanced so you can easily sip them, in smoothie bowls you can include more nourishing foods like healthy fats, fruits, nuts and seeds, coconut or extra toppings. This green smoothie bowl is not only topped with delicious goodies, they're loaded with minerals, antioxidants and chlorophyll, which nourish and oxygenate the liver cells, providing great support for detoxification.

You can combine the ingredients in any proportion you want, and add any topping you prefer. The most important thing is to stay green for a good cleanse and detox. You can also use coconut water instead of coconut milk for making the green smoothies, because it gives a sweet taste and an extra potassium-kick for healthy cell activity.

#### Ingredients - Serves 2

- 1/2 scoop NeuroMetabolic Meal powder
- 2 teaspoon Fiber FX powder
- 1/2 scoop GI Resuscitate
- 1 ripe avocado, peeled and cut in cubes
- 1 1/2 cup coconut milk or coconut water
- 1 small cucumber, cut in cubes
- 1 cup fresh spinach leaves
- 1 small bunch fresh parsley

1 lime, juice only  
1 tsp chia seeds  
1 tbsp unsweetened coconut  
1 tbsp almond flakes

#### INSTRUCTIONS

Blend all ingredients to obtain a creamy, dense texture.  
Pour the smoothie in a bowl, and top with chia seeds, coconut and almonds.  
Eat straight away to take the maximum benefits from the powerful nutrients.

### Almond Butter Protein Shake



This almond butter protein shake has the right blend of protein, healthy fats, and carbohydrates to help your muscles refuel and recover from tough workouts. And It tastes amazing!

It's no wonder your muscles hurt after you exercise. Working out causes micro tears and an accumulation of waste products in your muscles. Feeding them the proper fuel is imperative for refueling and repairing your tissues.

This post-workout shake contains the perfect balance of protein, healthy fats and carbohydrates to get your muscles into optimal recovery mode.

Even though I suggest focusing on healthy eating and staying away from refined carbohydrates (such as white bread, cereals, pasta, and baked goods), the carbohydrates in fruits and vegetables provide glucose, which aids in restoring glycogen to your muscles post-exercise

This post-workout almond butter protein shake contains cherries, and aside from the muscle-repairing carbohydrates in cherries, they also have remarkable anti-inflammatory properties that help you to bounce back after a punishing workout.

#### Ingredients - Serves 1

1/2 scoop NeuroMetabolic Meal  
2 teaspoon Fiber FX  
1/2 scoop GI Resuscitate  
3/4 cup frozen cherries  
1/4 cup almond butter

1 cup almond milk  
2 cups spinach  
2 tbsp hemp seeds  
1 tbsp ground flax seeds

#### Instructions

Blend all ingredients together until smooth. Enjoy immediately.

### Purple Power Smoothie



This smoothie is my go-to at the moment, I do change it up every few weeks and get hooked on a new flavor combination but this one has been my number one for now. This is a great morning smoothie that has everything in it that will power you through the day.

The combination of banana, blueberries and strawberries is, as you can imagine, sweet, juicy and delicious! Together they create an awesome fruity flavor, which is seriously enhanced by the unbelievably rich fruity essences of the acai powder, meaning that the veggie taste of the kale goes totally unnoticed. And that is really the trick. Add the stuff you don't normally eat

with bunch of stuff you love.

The cinnamon is there for flavor as it really complements the berries adding extra sweetness to the recipe, while also helping to regulate your blood sugar, setting you up nicely for a day of balanced energy. The ground flax add an incredible boost of dietary fiber, which aids your detoxification system, while also keeping you full for hours. The acai berries add more antioxidants, as well as healthy omega fats, amino acids and dietary fiber, while the chia adds a bucket of heart-healthy omega-3 fatty acids. Hemp adds to all of these health promoting properties, boosting the fiber content, while also adding an incredible amount of wonderful plant protein. It's a particularly easy protein to digest too, and two tablespoons will give you over 5 grams of protein! After drinking all of this you will really be ready for anything!

### Ingredients - Serves 1

1/2 scoop NeuroMetabolic Meal  
2 teaspoon Fiber FX powder  
1/2 scoop GI Resuscitate  
1/2 ripe banana  
1/3 of a cup of blueberries  
1/3 of a cup of strawberries  
1/2 a cup of kale leaves (remove the hard parts of the stalks)  
1 cup of almond milk or water  
1 tablespoon of ground flax seed  
1 tablespoon of hemp powder  
1 tablespoon of chia seeds  
1 tablespoon of acai  
1 teaspoon of cinnamon

### **Green Entree Smoothie**



Talk about a super charged meal in a glass! This one has 3 vegetables, fruits, healthy fat, and loaded with protein. I use hemp hearts as the major protein source for this drink. In addition to being a complete protein source, hemp hearts also contain the ideal balance of omega 3-6-9 fatty acids and are high in fiber. They work wonderfully to make this smoothie super creamy, all without needing any banana.

In 5 minutes, you can have a smoothie in hand that would just about rival the most nutritious meal around. I've been drinking this smoothie as a way to pack in a ton of nutrition with minimal effort.

### Ingredients - Serves 2

1/2 scoop NeuroMetabolic Meal  
2 teaspoon Fiber FX powder  
1/2 scoop GI Resuscitate  
1 cup coconut water  
1 cup (25 g) baby spinach or baby kale  
1 large sweet apple, cored and roughly chopped  
1 cup chopped cucumber  
1 medium/large stalk celery, chopped (about 3/4 cup)

3 to 4 tablespoons hemp hearts  
1/3 cup (55 g) frozen mango  
2 tablespoons (4 g) packed fresh mint leaves  
1 teaspoons virgin coconut oil or MCT oil  
4 ice cubes, or as needed

#### Directions:

Add the coconut water, kale (or spinach), apple, cucumber, celery, hemp, mango, mint, coconut oil or MCT oil, and ice. Blend on high until super smooth. (If using a Vitamix, use the tamper stick to push it down until it blends). You can add a bit of water if necessary to get it blending. Pour into a glass and enjoy immediately! This makes enough for a large glass with some leftover so you can also divide it into two servings and save one for later.

### Easy Peezy Spinach Smoothie



This is one of my go-to green smoothie recipes that I make if I'm in a hurry, or if I'm in the mood for something different, or if I want to share this smoothie with people who are new to the whole green smoothie idea. The ultimate healthy green smoothie for on-the-go, made in under 5 minutes with plant-based protein, greens, healthy fats, and fruit! This smoothie is literally a meal in a glass, it tastes amazing and is incredibly nutrient dense, especially

with the addition of the NeuroMetabolic powders. It's a great one to start out with if you're a newbie to green smoothies.

#### Ingredients - Serves 1

1/2 scoop NeuroMetabolic Meal  
2 teaspoon Fiber FX powder  
1/2 scoop GI Resuscitate  
2-3 cups raw spinach  
1 cup frozen banana  
1 cup coconut milk or almond milk  
1/2 cup ice  
1 tablespoon almond butter  
1 date, pitted

#### Instructions

Simply combine all the ingredients in a high-speed blender until thick and creamy. You may adjust for your desired thickness by adding ice or removing liquid- opposite is true if you prefer it thinner.