



 **Homemade Method™**

# SUPERFOOD SMOOTHIES

FOR THE LIFE-CHANGING  
COOKING PROGRAM

[www.homemademethod.com](http://www.homemademethod.com)

**AUSSIE  
VERSION!**

# A MESSAGE FROM OUR FOUNDER, ANNA



## COPYRIGHT NOTICE & LEGALS

This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it! 😊

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends and family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

But...This document and its contents are protected by copyright laws and intended for private use only.

So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at [member@homemade-cooking.com](mailto:member@homemade-cooking.com).

Warmly,

**Anna Rakoczy**

Founder, Homemade Method

Your Chief Cheerleader

# USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

[CLICK HERE TO ACCESS US VERSION](#)

## VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

## WEIGHT

1 OUNCE = 30 GRAMS

1 POUND = 16 OUNCES

1 POUND = 450 GRAMS

2.2 POUNDS = 1 KILOGRAM

## TEMPERATURE

350 F = 180 C

375 F = 190 C

400 F = 200 C

425 F = 220 C

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# THE EVERYDAY SMOOTHIE

## THE BASICS

This is a recipe for your basic Homemade Superfood Smoothie and the building block for branching out to other more adventurous smoothies. It is packed with vitamins, minerals, antioxidants, fibre, potassium (good for lowering blood pressure and heart health), low GI, slow-release energy - and it's delicious! You can make this smoothie anytime, for any meal, snack, or dessert.

You can enjoy one Homemade Superfood Smoothie every day for optimum health benefits. Using frozen fruit will make it more creamy and thick. As you start to build the Homemade Superfood Smoothie into your daily routine, you can experiment with additional ingredients and some of our other smoothie recipes below. Enjoy!

# INSTRUCTIONS FOR ALL SMOOTHIES

- Place all your ingredients into your blender with bigger or other ingredients first (e.g add frozen banana first and superfood add ins last).
- Blend on high until mixture is smooth and consistent (about 1 min).
- Serve immediately, or pour in a mason jar for easy transport to enjoy later.



## RECIPE NOTES

*BEST BLENDER FOR ONE: Nutri-bullet.*

*BEST ALL ROUND BLENDER: Oster blender*



# BANANA ALMOND SMOOTHIE

Best for: Curbing a sweet tooth or craving.

This smoothie has it all; fibre, slow-release energy, healthy fats, protein and omega fatty acids to make this a nourishing and satisfying treat to enjoy now and then.

Serves: 1

Prep time: 5 minutes

Cook time: 0

## INGREDIENTS

---

Banana (frozen)

Almonds

Ground flaxseed

Vanilla essence

Almond milk

Ice

## QTY

---

1 ea

1 tbsp

1 tsp

few drops

½ cup - 1 cup

to thicken

## LINKS TO BUY

---

[Almonds](#)

[Ground flaxseed](#)

[Vanilla](#)

[Almond milk](#)



# BERRY DELICIOUS ANTIOXIDANT SMOOTHIE

Best for: Super high antioxidant value, which is health-protective (including against cancer cells), healing, and great for glowing skin and anti-aging benefits.

This smoothie is also high in fibre and vitamin C, so it's great for keeping you full and boosting the immune system.

Serves: 1

Prep time: 5 minutes

Cook time: 0

## INGREDIENTS

---

Strawberries

Raspberries

Blueberries

Natural yoghurt

Acai powder

Milk of your choice

Ice

## QTY

---

3-4 large  
strawberries

1 handful

1 handful

3 tbsp

1 tsp

½ cup - 1 cup

to thicken

## LINKS TO BUY

---

[Acai Powder](#)



# GREEN MACHINE SMOOTHIE

Best for: Complete health reboot.

This smoothie contains dark leafy green vegetables such as spinach and kale plus spirulina, making it a powerful health tonic that can fight heart disease, high blood pressure and cholesterol.

It is extremely high in phytonutrients and antioxidants, which have powerful health-protective properties (especially against various cancers), and it is also high in fibre to help you feel full and low in calories.

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

## INGREDIENTS

---

## QTY

---

## LINKS TO BUY

---

Banana

1 ea

Spinach or kale

1 cup

Honey

1 tsp

[Honey](#)

Spirulina (optional)

1 tsp

[Spirulina](#)

Orange juice (fresh squeezed)

½ cup - 1 cup

Ice

to thicken



# STRAWBERRY OATS SMOOTHIE

Best for: Breakfast on the go & heart health.

Oats are a great addition to any smoothie because it contains high levels of soluble and insoluble fibre which makes the smoothie more 'chewy' and feel more like a complete meal.

Oats have also been shown to lower your risk for heart disease. Walnuts provide added omega-3 fatty acids - great for post menopausal women because they help balance triglyceride levels, as well as support joint health.

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

## INGREDIENTS

---

Banana (frozen)

Strawberry

Whole rolled oats

Walnuts

Dried cranberries (optional)

Soy milk

Ice

## QTY

---

1 ea

3-4 large  
strawberries

2 tbsp

1 tbsp

1 tbsp

½ cup - 1 cup

to thicken

## LINKS TO BUY

---

[Strawberry](#)

[Whole Rolled Oats](#)

[Walnuts](#)

[Dried Cranberries](#)



# MANGO MAGIC SMOOTHIE

Best for: A luscious, nourishing snack that tastes like a true indulgence!

Mangoes are amazing because they help lower bad cholesterol levels, help normalize insulin levels in the blood, improve digestion, and aid digestion. And did we mention they taste amazing?!

Chia seeds are a true superfood as they contain all the essential amino acids needed by the body (aka a perfect protein source) - and they are loaded with fibre and healthy omega 3 and 6 fatty acids.

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

## INGREDIENTS

---

## QTY

---

## LINKS TO BUY

---

Mango (freeze flesh without peel or stone)

1 ea

[Fresh mango](#)

Shredded coconut

1 tbsp

[Shredded Coconut](#)

Spinach

½ cup

Chia seeds

1 tbsp

[Chia seeds](#)

Coconut water

½ cup - 1 cup

[Coconut water](#)

Ice

to thicken



# TROPICAL PARADISE SMOOTHIE

Best for: Refreshing health tonic.

Both pineapples and papaya are not only refreshing but also improve digestion, heart health, eyes, the immune system and have anti-inflammatory and anti-cancer properties.

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

## INGREDIENTS

---

Papaya (frozen or fresh)

Pineapple (frozen or fresh)

Chia seeds

Water

Ice

## QTY

---

1 cup

1 cup

1 tbsp

½ cup - 1 cup

to thicken

## LINKS TO BUY

---

[Papaya](#)

[Chia seeds](#)



# SPEARMINT AVOCADO SMOOTHIE

Best for: Curbing cravings.

When you want something sweet, try indulging in this creamy and delicious delight, which will also boost your health.

The avocados contain healthy fats which are not only good for your heart but will send signals to your brain and body to say you are full or satisfied, fighting hunger and cravings.

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

## INGREDIENTS

---

## QTY

---

## LINKS TO BUY

---

Banana

1 ea

Spinach or kale

½ cup

Avocado (trust us!)

⅓ ea

[Avocado](#)

Agave (optional)

1 tsp

[Agave](#)

Milk or water

½ cup - 1 cup

[Almond Milk](#)

Ice

to thicken

Spearmint or mint, fresh

3-4 leaves



## BEETROOT, APPLE AND GINGER ALKALIZING SMOOTHIE

Best for: Alkalizing the body and boosting the immune system.

A lot of recent science points to the acidic state of many of our bodies as the culprit for many modern-day, chronic 'lifestyle diseases.' This acidic state is created by our modern diets and the foods we eat - such as sugar, fried foods, meat & too much stress.

This smoothie helps to alkalize the body with its amazing blend of beetroot, celery, carrot and ginger. It also provides an incredible immunity boost to fight illness, and the right purple colour means it's bursting with antioxidants.

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

## INGREDIENTS

---

## QTY

---

## LINKS TO BUY

---

Apple

1 ea

[Apple](#)

Celery

1 stalk

Beetroot

¼ of a small raw  
beetroot

Carrot

½ medium carrot

Ginger root

½ tsp

Honey or agave

to taste

[Agave](#) or [Honey](#).

Orange juice (fresh squeezed)

½ cup - 1 cup

Ice

to thicken



# DECADENT CHOCOLATE SUPERFOOD SMOOTHIE

Best for: Dessert! Or beating sugar cravings.

This is THE smoothie for those days when you just can't stop thinking about SUGAR. Stop trying to fight the cravings and indulge instead with something that will help eliminate your sugar cravings over time and benefit your health in the meantime.

This smoothie is high in protein, fibre, beneficial fats, antioxidants, omega fatty acids, slow-release carbs, and it TASTES so good!!

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

## INGREDIENTS

---

## QTY

---

## LINKS TO BUY

---

Banana (frozen)

1 ea

Raw cacao powder

1 tbsp

[Raw Cacao Powder](#)

Almond or peanut butter

1 tbsp

[Almond or Peanut Butter](#)

Ground flax seeds

1 tbsp

[Ground flax seeds](#)

Maple syrup

1 tbsp

[Maple Syrup](#)

Almond milk

½ cup - 1 cup

[Almond milk](#)

Ice

to thicken



# WANT MORE?

WE OFFER EXPERT COACHING, A PRIVATE COMMUNITY AND LIVE EVENTS IN OUR CONTINUING SUCCESS MEMBERSHIP.

EMAIL [MEMBER@HOMEMADE-COOKING.COM](mailto:MEMBER@HOMEMADE-COOKING.COM) FOR MORE INFO.

# NOTES

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