

SATTVIC

# Smoothies

FOR HEALING & DETOX!



# About

## Sattvic smoothie recipes

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- ✓ You want to eat well, but are short on time. We get that.
- ✓ You want quick recipes. We noted that.
- ✓ You want no-cook recipes. Check that!
- ✓ It is too hot to cook. Yep! We noticed.
- ✓ You want simple recipes. We got that covered.
- ✓ You want to detox while you eat. We know the formula.
- ✓ This quarter, you have a weight loss goal in mind. We have the solution.
- ✓ You are on vegan diet. We can help you.
- ✓ You are on paleo diet. We have recipes for you.
- ✓ You want to eat no solid food for the season. Yes! We have the method for you!

We get that you do not want to read lengthy recipes early in the morning or afternoon or evening, or any form of reading that requires detailed instructions amidst all the distractions of the day. Our recipes have infographics that even kids can assemble. With every sip of the smoothie you are putting your health on autopilot that will help you heal and detox.

The Sattvic Method comes from the process and practices, which were discovered and shared by ancient Hindu sages who were scientists in their own right. The system they developed requires no purchase of formulas, supplements, or unique products. Yet by harnessing the healing properties and potentialities of the human body, and potent herbs used in the Sattvic Method, you can experience profound, remarkable, and everlasting healing with minimal effort. It is perfect for people who want to try alternate methods, stop adding chemicals to their bodies or focus on consciousness-based practice.

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## Recipes for busy people





## **Morning Smoothies**

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- 1. Green smoothie**
  - 2. Filling smoothie**
  - 3. Cooling smoothie**
  - 4. Fruit smoothie**
  - 5. Banana smoothie**
  - 6. Mango medley smoothie**
  - 7. Detox berry smoothie**
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# Morning green smoothie recipe

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2 cups spinach

+



2 dates, chopped

+



1/2 cucumber



1 tbspn fresh ginger

+



1 lemon, juiced

+



1 x mango cheek, cubed

*Blend well with 1/4 tsp pepper powder + 1.5 to 2 cups of water*

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The background is a solid light pink color. It is decorated with various tropical fruits and greenery. In the top left, there are pink and white flowers. In the top right, there is a slice of orange and a slice of papaya. In the bottom left, there is a large slice of papaya. In the bottom center, there is a half of an avocado. In the bottom right, there is a slice of grapefruit and some green leaves.

## **Afternoon Smoothies**

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- 1. Pumpkin smoothie**
- 2. Sweet potato smoothie**
- 3. Cauliflower smoothie**
- 4. Cucumber medley smoothie**
- 5. Mango lassi smoothie**
- 6. Protein smoothie**
- 7. Tomato smoothie**

A bowl of fresh, bright orange carrots with green stems, set against a light wooden background. The carrots are piled in a dark brown bowl, with several stems extending upwards and outwards. The background is a light-colored wooden surface with a vertical grain pattern.

Research have shown carrots reduce the risk of lung cancer, breast cancer and colon cancer. Carrots are rich in falcarinol and falcarindiol which has anticancer properties. Falcarinol is a natural pesticide produced by the carrot that protects its roots from fungal diseases. Carrots are one of the only common sources of this compound.

# Afternoon

## Tomato smoothie recipe

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1 cup tomato

+



juice of 1 lemon

+



2 tbsp ginger



1/4 cup mint

+



1 tsp pepper

+



1 /2 cup garbanzo beans,  
cooked

*Blend well with 1 cup water*

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A still life composition featuring a terracotta pitcher, a glass of iced tea, a lit diya, and various flowers. The background is dark with some dried herbs and a slice of citrus fruit. The text is overlaid on the pitcher.

## Evening Smoothies

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1. Rejuvenating smoothie
2. Ginger refresh smoothie
3. Tropical burst smoothie
4. Apple mint smoothie
5. Turmeric detox smoothie
6. Jaggery lemonade smoothie
7. Buttermilk smoothie







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