

Rivex

# Smoothies That Boost

Your Guide to Healthy Blends



**10 RECIPES THAT YOU WILL WANT IN YOUR ROUTINE!**



# Fuel Your Day with Green Boost

Smoothies are the perfect way to start your day, power through a workout, or enjoy as a mid-day pick-me-up. Packed with fresh fruits, veggies, and the added benefits of Green Boost, these recipes will provide the nutrients your body craves and the energy you need to tackle whatever comes your way.

Whether you're blending for energy, immunity, gut health, or just because they taste amazing, this guide has something for everyone. All recipes are designed to be fully vegan-friendly, with easy substitutions for every preference. Grab your blender, your favourite ingredients, and let's get started!

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# Tropical Energizer

**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1 cup frozen mango
- 1/2 cup pineapple
- 1/2 banana
- 1/2 cup almond milk
- 1 scoop Green Boost (citrus orange flavour)
- 4 ice cubes

## Instructions:

- 1** Add mango, pineapple, and banana to your blender.
- 2** Pour in coconut water, almond milk & add ice.
- 3** Add a scoop of Green Boost.
- 4** Blend until smooth and enjoy immediately.

## FULL GREEN BOOST INGREDIENTS LIST

### WHY IT WORKS:

This smoothie combines the natural sweetness of mango and pineapple with the hydrating benefits of coconut water. Packed with Vitamin C and electrolytes, it's perfect for starting your day or recovering after a workout.



# Berry Bliss Boost

**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup plant-based yogurt (e.g., coconut or almond yogurt)
- 1 scoop Green Boost (Berry Bliss flavour)
- 1 tbsp chia seeds
- 1 cup unsweetened almond milk
- 4 ice cubes

## Instructions:

- 1** Add berries, yogurt, and chia seeds to your blender.
- 2** Pour in almond milk & add ice.
- 3** Add a scoop of Green Boost.
- 4** Blend until creamy and vibrant.

[SHOP BERRY BLISS](#)

## WHY IT WORKS:

Rich in antioxidants from berries and Omega-3s from chia seeds, this smoothie supports heart health and boosts your immunity. The Berry Bliss flavour ties it all together with a delicious sweetness.





# Chocolate Peanut Butter Dream



**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1 frozen banana
- 4 ice cubes
- 1 tbsp natural peanut butter or almond butter
- 1 scoop Green Boost (Natural Greens)
- 1 tbsp unsweetened cocoa powder
- 1 cup oat milk

## Instructions:

- 1** Add banana, peanut butter, and cocoa powder to your blender.
- 2** Pour in oat milk and add ice.
- 3** Add a scoop of Green Boost.
- 4** Blend until creamy and vibrant.

[SHOP NATURAL GREENS](#)

## WHY IT WORKS:

This smoothie is a healthy alternative to satisfy chocolate cravings while providing potassium, protein, and antioxidants.

Great for a post-workout recovery snack.



# Green Goodness Smoothie

**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1 cup spinach
- 1/2 avocado
- 1/2 cucumber
- 1 scoop Green Boost (Natural Greens)
- Juice of 1/2 lemon
- 1 cup water or coconut water
- 4 ice cubes

## Instructions:

- 1** Add spinach, avocado, and cucumber to your blender.
- 2** Pour in water or coconut water & add ice.
- 3** Add a scoop of Green Boost.
- 4** Blend until smooth and refreshing.

[SHOP NATURAL GREENS](#)

## WHY IT WORKS:

High in fiber and healthy fats, this smoothie supports digestion and keeps you feeling full longer. The lemon juice adds a refreshing zing and boosts Vitamin C intake.



# Immunity BOOST'r

**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1 orange, peeled
- 1/2 cup frozen mango
- 1 tbsp grated ginger
- 1 scoop Green Boost (Citrus Orange)
- 1/2 cup carrot juice
- 1/2 cup water or coconut water
- 4 ice cubes

## Instructions:

- 1** Add orange, mango, and ginger to your blender.
- 2** Pour in carrot juice and water, + add ice.
- 3** Add a scoop of Green Boost.
- 4** Blend for a vibrant, immune-supporting drink.

**CITRUS ORANGE GREENS**

## WHY IT WORKS:

This smoothie is packed with immune-boosting Vitamin C and anti-inflammatory properties from ginger. It's a great choice during flu season or when you need a mid-day pick-me-up.



# Morning *matcha* Boost

**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1 tsp matcha powder
- 1/2 frozen banana
- 1/2 cup unsweetened almond milk
- 1 scoop Green Boost (Natural Greens)
- 1/2 cup water
- 1 tsp maple syrup (optional)
- 4 ice cubes

## Instructions:

- 1** Add matcha powder and banana to your blender.
- 2** Pour in almond milk and water + add ice.
- 3** Add a scoop of Green Boost.
- 4** Blend for a light, energizing start to your day.

**WHAT'S INSIDE GREEN BOOST?**

## WHY IT WORKS:

Matcha provides a gentle caffeine boost while Green Boost and banana offer sustained energy and essential nutrients. A perfect alternative to coffee.



# Creamy Citrus Delight

**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1 orange, peeled
- 1/2 cup frozen mango
- 1/2 cup plant-based yogurt
- 1 scoop Green Boost (Citrus Orange)
- 1/2 cup unsweetened almond milk
- 4 ice cubes

## Instructions:

- 1** Add orange, mango, and yogurt to your blender.
- 2** Pour in almond milk, + add ice.
- 3** Add a scoop of Green Boost.
- 4** Blend until creamy and tangy.

**CITRUS ORANGE GREENS**

## WHY IT WORKS:

This smoothie is a delicious way to load up on Vitamin C while the plant-based yogurt adds creaminess and probiotics to support gut health.



# Protein Power BOOST'r

**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1/2 cup frozen blueberries
- 1/2 cup spinach
- 1 scoop vegan protein powder
- 1 scoop Green Boost (Berry Bliss) optional
- 1 cup oat milk
- 4 ice cubes

## Instructions:

- 1** Add blueberries, spinach, and protein powder to your blender.
- 2** Pour in oat milk, + add ice.
- 3** Add a scoop of Green Boost.
- 4** Blend for a protein-packed drink.

**BERRY BLISS GREENS**

## WHY IT WORKS:

Combining vegan protein powder and Green Boost creates a well-rounded post-workout recovery drink that helps rebuild muscles while providing essential vitamins and minerals.



# Gut Health Booster

**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1/2 cup kale
- 1/2 cucumber
- 1/2 green apple
- 1 scoop Green Boost (natural greens)
- 1/4 cup fresh parsley
- 1 cup water + 3 ice cubes

## Instructions:

- 1** Add kale, cucumber, and apple to your blender.
- 2** Pour in water & add ice.
- 3** Add a scoop of Green Boost & parsley
- 4** Blend to support digestion and gut health.

## WHY IT WORKS:

Loaded with fiber, chlorophyll, and detoxifying properties, this smoothie is great for improving digestion and promoting a healthy gut microbiome.

**INGREDIENTS**

**NATURAL GREENS**

# Spiced Chai Smoothie

**Prep Time:** 5 Minutes

**Serving Size:** 1

## Ingredients:

- 1/2 frozen banana
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 scoop Green Boost (natural greens)
- 1 cup chai tea (cooled)
- 1/2 cup oat milk

## Instructions:

- 1** Add banana, cinnamon, and nutmeg to your blender.
- 2** Pour in chai tea and oat milk.
- 3** Add a scoop of Green Boost.
- 4** Blend for a warming, spiced drink.



## WHY IT WORKS:

Spices like cinnamon and nutmeg not only add warmth and flavour but also support blood sugar regulation. Combined with Green Boost, this smoothie offers a comforting start to your day.

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[NATURAL GREENS](#)



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# Tips for the Perfect Smoothie:

**Freeze your fruit:** It makes your smoothie creamier without needing ice.

**Adjust consistency:** Add more liquid for a thinner smoothie or less for a thicker one.

**Experiment with flavours:** Don't be afraid to mix and match ingredients—Green Boost works with just about anything!

Enjoy these recipes, and remember, every scoop of Green Boost helps fuel your body with essential nutrients. Happy blending!

## Thank You!

Thank you for choosing Rivex Wellness to support your wellness journey. We hope these recipes inspire you to get creative and enjoy the incredible benefits of Green Boost. Your health and happiness are at the heart of everything we do.

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