

# 21-Day smoothie diet Smoothies

## Peach Melba smoothie



### Ingredients

- 410g can peach halves
- 100g frozen raspberry, plus a few for garnish
- 100ml orange juice
- 150ml fresh custard, plus a spoonful for garnish

### Method

#### STEP 1

- Drain and rinse peaches and place in a blender with raspberries. Add orange juice and fresh custard and whizz together.

#### STEP 2

- Pour over ice, garnish with another spoonful of custard and a few raspberries. Best served chilled.

[Click here to learn about the secrets of the 21 day smoothie diet!](#)

## Orange Creamsicle Smoothie



### Ingredients

- 6 medium sized oranges, peeled
- 1 can (13.5 oz) refrigerated coconut milk
- 2 Tablespoons orange zest, (from 1–2 oranges)
- 1 Tablespoon vanilla extract
- water, orange, or apple juice as needed if it's too thick

### Method

#### STEP 1

- Add all the ingredients for the smoothie in the order listed to the blender.

#### STEP 2

- Blend, starting on low and working your way up to high speed, until the mixture is completely smooth.

#### STEP 3

- Serve immediately for the best flavor, or refrigerate up to 2 days in a sealed container.

#### STEP 4

- To make 2 servings of this smoothie, use 1/2 cup + 1/3 cup canned coconut milk and halve the rest of the ingredients.

## Tropical Green Smoothie



### INGREDIENTS

- 1 cup fresh pineapple chunks
- 1 ripe banana, peeled and cut into chunks
- 1 cup frozen mango cubes
- 1–2 cups liquid, coconut milk, a peeled orange, or coconut water, see notes
- 4 cups baby spinach, start with less if you're new to green smoothies
- 1 Teaspoon vanilla extract

### Superfood extras:

- 3–4 Tablespoons flax meal or chia seeds
- 2 servings Hawaiian spirulina
- 2 servings protein powder or collagen

## Method

### Step 1

- Place all the ingredients into the blender in the order listed. If you're using any of the superfoods/extras, place them into the blender before you add the greens.

### Step 2

- Secure the lid and blend until smooth.

### Step 3

- Serve immediately for best flavor, or refrigerate and drink within half a day.

**DROP 3 POUNDS  
IN 3 DAYS?**



You *won't believe*  
what this mother of  
two looks like now!

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