Fruit Smoothies: 20 Juicy Blends for Energy, Glow & Gut Health. By Stuart.K



A VIBRANT COLLECTION OF FRESH, FEEL-GOOD RECIPES TO FUEL YOUR DAY — NATURALLY

Welcome

Hey there — and welcome to Series 3:
Fruit Smoothies.

This one's all about colour, flavour, and natural goodness. These aren't your sugar-loaded shop-bought smoothies — they're honest blends made with fresh, whole ingredients that support real health.

I'm not a nutritionist. I'm just someone passionate about helping people feel better without relying on quick fixes or pharmaceuticals. These recipes are here to show that you can enjoy something sweet, satisfying, and genuinely good for your body—all at once.

In these pages, you'll find juicy classics, vibrant immunity-boosters, and a few surprises that'll wake up your taste buds. Simple to make, full of flavour, and designed to keep you feeling great from the inside out.

Let's get stuck in.

— Stuart.K

What's Inside Here's how we've split things up — four chapters, each with its own fruity focus.

Chapter One: Energy & Uplift Blends

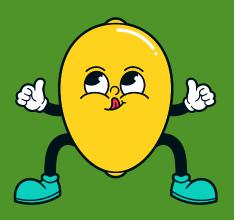
Think tropical, zesty, and bold — banana, pineapple, citrus, berries — everything you need to start the day strong or beat the afternoon slump.

* Chapter Two: Skin & Glow Blends Hydrating fruits rich in antioxidants and vitamins to help you glow from the inside out — watermelon, kiwi, berries, and more.

Chapter Three: Gut & Digestion Blends
Gentle, fibre-packed fruits paired with soothing extras like papaya, figs, and apples to support gut health without the fuss.

Chapter Four: Everyday Feel-Good
Blends
Easygoing, balanced blends for any
time of day — these are your tasty gotos that never get boring.

Energy & Uplift Blends This one's for those mornings when you need a kick, or afternoons where the wheels start to wobble a bit. These blends are fresh, fruity, and full of natural energy. Think bananas, pineapples, citrus, and berries — all the juicy stuff that gets you back on track without the crash. Quick to make, easy to sip, and perfect for getting you going.



1. STRAWBERRY SUNRISE SMOOTHIE.

INGREDIENTS

- 1 CUP FRESH STRAWBERRIES (HULLED AND RINSED)
 - ½ CUP ORANGE JUICE (PREFERABLY FRESH)
 - ½ CUP GREEK YOGURT
 - 1 TSP HONEY (OPTIONAL)
 - **INSTRUCTIONS**
 - ADD STRAWBERRIES TO THE BLENDER.
 - POUR IN ORANGE JUICE AND GREEK YOGURT.
 - BLEND ON HIGH FOR ABOUT 30 SECONDS.
 - ADD HONEY IF YOU LIKE IT SWEETER.

FLAVOUR TIP

TRY COCONUT YOGURT IF YOU PREFER DAIRY-FREE, OR ADD A HANDFUL OF SPINACH FOR EXTRA NUTRIENTS.

HEALTH BENEFITS

- VITAMIN C (STRAWBERRIES, ORANGE JUICE): BOOSTS IMMUNITY AND COLLAGEN PRODUCTION
 - PROTEIN & CALCIUM (GREEK YOGURT): SUPPORTS
 MUSCLES AND BONE STRENGTH

🌞 2. BLUEBERRY BOOST SMOOTHIE

A INGREDIENTS

- 1 CUP BLUEBERRIES (FRESH OR FROZEN)
 - 1 RIPE BANANA
 - 1 CUP ALMOND MILK
 - 1 TBSP GROUND FLAXSEED
 - **♥** INSTRUCTIONS
- ADD BLUEBERRIES, BANANA, ALMOND MILK, AND FLAXSEED TO THE BLENDER.
 - BLEND FOR 30-60 SECONDS UNTIL SMOOTH.

FLAVOUR TIP

USE FROZEN FRUIT FOR A THICKER TEXTURE OR ADD
YOUR FAVOURITE PROTEIN POWDER FOR A POSTWORKOUT LIFT.

HEALTH BENEFITS

- ANTIOXIDANTS (BLUEBERRIES): HELP FIGHT CELL
 DAMAGE
- OMEGA-3 & FIBRE (FLAXSEED): GREAT FOR HEART AND GUT HEALTH

3. TROPICAL MANGO TANGO.

INGREDIENTS

- 1 CUP RIPE MANGO CHUNKS
- ½ CUP PINEAPPLE CHUNKS
 - ½ CUP ORANGE JUICE
- A FEW ICE CUBES (OPTIONAL)
 - INSTRUCTIONS
- ADD MANGO AND PINEAPPLE TO YOUR BLENDER.
 POUR IN ORANGE JUICE AND ICE (IF USING).
 - BLEND ON HIGH UNTIL SMOOTH.
 - **₽** FLAVOUR TIP

SWAP ORANGE JUICE FOR COCONUT WATER OR ADD A PINCH OF CHILLI POWDER FOR A FIERY TWIST.

- HEALTH BENEFITS
- VITAMIN C (MANGO, PINEAPPLE): IMMUNE SUPPORT AND SKIN HEALTH
- DIGESTIVE ENZYMES (PINEAPPLE): HELP BREAK
 DOWN PROTEINS

4. BANANA-KALE POWER SMOOTHIE.

INGREDIENTS

- 1 BANANA (FRESH OR FROZEN)
- 1 CUP KALE LEAVES (WASHED, STEMS REMOVED)
 - 1 CUP WATER OR ALMOND MILK
 - 1 TSP HONEY (OPTIONAL)
 - INSTRUCTIONS
 - ADD KALE AND BANANA TO THE BLENDER.
 - POUR IN WATER OR ALMOND MILK.
 - BLEND UNTIL SMOOTH AND WELL COMBINED.
 - **9** FLAVOUR TIP

USE BABY KALE FOR A MILDER TASTE OR ADD ALMOND BUTTER FOR EXTRA CREAMINESS.

- HEALTH BENEFITS
- KALE (VITAMINS K, A, C): SUPPORTS BONES, VISION, AND IMMUNITY
 - BANANA (POTASSIUM): GREAT FOR HEART HEALTH AND MUSCLE SUPPORT

- **INGREDIENTS**
- 1 CUP FRESH PINEAPPLE CHUNKS
 - 1 CUP COCONUT WATER
 - JUICE OF HALF A LIME
 - HANDFUL OF ICE (OPTIONAL)
 - **INSTRUCTIONS**
- BLEND PINEAPPLE, COCONUT WATER, AND LIME JUICE UNTIL FROTHY.
- ADD ICE IF YOU PREFER A COOLER, THICKER TEXTURE.
 - **₱** FLAVOUR TIP

TOSS IN A HANDFUL OF SPINACH — PINEAPPLE MASKS THE FLAVOUR BRILLIANTLY.

- **HEALTH BENEFITS**
- BROMELAIN (PINEAPPLE): SUPPORTS
 DIGESTION AND MAY REDUCE INFLAMMATION
 ELECTROLYTES (COCONUT WATER): KEEPS
 YOU HYDRATED AND REFRESHED
 - 6. MIXED BERRY BLAST SMOOTHIE
 - ½ CUP STRAWBERRIES
 - ½ CUP BLUEBERRIES
 - ½ CUP RASPBERRIES
 - 1 CUP ALMOND MILK (OR ANY PREFERRED MILK)
 - **SINSTRUCTIONS**
 - RINSE ALL BERRIES AND BLEND WITH ALMOND MILK UNTIL SMOOTH.
 - FLAVOUR TIP

ADD A FEW BLACKBERRIES FOR EXTRA TANG
OR A SCOOP OF VANILLA YOGHURT FOR
CREAMINESS.

- HEALTH BENEFITS
- ANTIOXIDANTS & FIBRE (BERRIES): GREAT FOR GUT HEALTH AND IMMUNITY
- VITAMIN C: SUPPORTS COLLAGEN AND SKIN
 HEALTH

***** CHAPTER TWO: **SKIN & GLOW BLENDS** THESE SMOOTHIES DO DOUBLE **DUTY — THEY TASTE AMAZING** AND THEY GIVE YOUR SKIN SOMETHING TO SMILE ABOUT. PACKED WITH HYDRATING FRUITS. ANTIOXIDANTS. AND **GLOW-BOOSTING NUTRIENTS.** THESE BLENDS HELP YOU SHINE FROM THE INSIDE OUT. **IDEAL IF YOU'VE BEEN BURNING THE CANDLE AT BOTH ENDS OR JUST WANT TO** LOOK AND FEEL YOUR BEST NATURALLY.



- **INGREDIENTS**
- 1 APPLE (CORED AND SLICED)
 - ½ CUP GREEK YOGHURT
 - ½ TSP CINNAMON
 - 1 CUP ALMOND MILK
 - **INSTRUCTIONS**
- BLEND APPLE SLICES, YOGHURT, CINNAMON,
 AND ALMOND MILK UNTIL SMOOTH AND
 CREAMY.
 - FLAVOUR TIP

USE SWEET APPLES LIKE FUJI OR GALA FOR BETTER FLAVOUR, AND A PINCH OF NUTMEG FOR EXTRA PIE VIBES.

- HEALTH BENEFITS
- FIBRE & POLYPHENOLS (APPLES): SUPPORT DIGESTION AND OFFER ANTIOXIDANTS
- PROTEIN & CALCIUM (GREEK YOGHURT): HELP
 WITH MUSCLE AND BONE HEALTH
- Ø 8. CREAMY AVOCADO & SPINACH SMOOTHIE
 - INGREDIENTS
 - ½ AVOCADO
 - 1 CUP SPINACH (WASHED)
 - 1 CUP UNSWEETENED SOY MILK (OR ANY MILK)
 - 1 TSP LEMON JUICE
 - INSTRUCTIONS
 - SCOOP AVOCADO INTO THE BLENDER WITH SPINACH, SOY MILK, AND LEMON JUICE.
 - BLEND ON HIGH UNTIL VELVETY.
 - FLAVOUR TIP

ADD BASIL LEAVES OR FROZEN SPINACH
CUBES FOR A TWIST.

- **HEALTH BENEFITS**
- HEALTHY FATS (AVOCADO): SUPPORT NUTRIENT ABSORPTION AND HEART HEALTH
 - FOLATE & IRON (SPINACH): BOOST RED
 BLOOD CELLS AND ENERGY

INGREDIENTS

- 1 CUP WATERMELON (PREFERABLY SEEDLESS)
 - ½ CUP CUCUMBER
 - JUICE OF 1/2 LIME
 - HANDFUL OF ICE
 - INSTRUCTIONS
 - CHOP WATERMELON AND CUCUMBER INTO CHUNKS.
 - BLEND WITH LIME JUICE UNTIL WELL COMBINED.
- ADD ICE AND BLEND BRIEFLY FOR A SLUSHY TEXTURE.
 - **9** FLAVOUR TIP

ADD A FEW STRAWBERRIES FOR EXTRA
SWEETNESS, OR A PINCH OF SALT TO BOOST THE
WATERMELON'S FLAVOUR.

- **HEALTH BENEFITS**
- WATER CONTENT (WATERMELON, CUCUMBER):
 EXCELLENT FOR HYDRATION
- LYCOPENE (WATERMELON): SUPPORTS HEART
 HEALTH AND FIGHTS OXIDATIVE STRESS

 - 1 CUP RASPBERRIES (FRESH OR FROZEN)
 - 1 TBSP ALMOND BUTTER
 - 1 CUP ALMOND MILK
 - 1 TSP HONEY (OPTIONAL)
 - INSTRUCTIONS
 - RINSE RASPBERRIES.
 - BLEND THEM WITH ALMOND BUTTER AND ALMOND MILK UNTIL CREAMY.
 - TASTE AND ADD HONEY IF NEEDED.
 - FLAVOUR TIP

TART BERRIES? ADD HALF A BANANA FOR NATURAL SWEETNESS OR A SCOOP OF PROTEIN POWDER FOR A POST-WORKOUT BOOST.

- **HEALTH BENEFITS**
- VITAMIN C & FIBRE (RASPBERRIES): SUPPORT IMMUNITY AND GUT HEALTH
- HEALTHY FATS & VITAMIN E (ALMOND BUTTER):
 GREAT FOR SKIN AND CELLS

INGREDIENTS

- 1 RIPE PEACH (PITTED AND SLICED)
 - 1 CUP VANILLA YOGHURT
 - ½ CUP ORANGE JUICE
 - INSTRUCTIONS
- PLACE PEACH, YOGHURT, AND ORANGE JUICE IN BLENDER.
 - BLEND UNTIL SMOOTH AND CREAMY.
 - FLAVOUR TIP

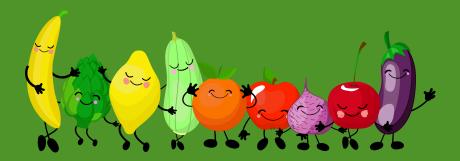
FROZEN PEACH SLICES GIVE IT A MILKSHAKE FEEL. SWAP FOR PLAIN YOGHURT AND HONEY IF YOU LIKE IT LESS SWEET.

- **#** HEALTH BENEFITS
- VITAMINS A & C (PEACH, ORANGE): FOR GLOWING SKIN AND IMMUNE SUPPORT
- PROBIOTICS (YOGHURT): PROMOTE GUT
 BALANCE
 - **8) 12. KIWI SPIN DELIGHT**
 - INGREDIENTS
 - 2 KIWIS (PEELED)
 - 1 CUP SPINACH
 - 1 CUP WATER
 - 1 TSP HONEY (OPTIONAL)
 - **INSTRUCTIONS**
- SLICE KIWIS AND COMBINE WITH SPINACH AND WATER IN A BLENDER.
 - BLEND UNTIL SMOOTH AND VIBRANT GREEN.
 - 💡 FLAVOUR TIP

ADD PINEAPPLE FOR A TROPICAL VIBE OR COCONUT MILK FOR A CREAMY TWIST.

- HEALTH BENEFITS
- VITAMIN C (KIWI): BOOSTS SKIN AND IMMUNITY
- FOLATE & IRON (SPINACH): GREAT FOR BLOOD
 HEALTH AND ENERGY

CHAPTER THREE: **GUT & DIGESTION BLENDS** A HAPPY GUT MAKES FOR A HAPPY EVERYTHING, AND THESE BLENDS ARE BUILT TO SUPPORT JUST THAT. THEY'RE **GENTLE, SOOTHING, AND** PACKED WITH FIBRE. **ENZYMES, AND GOODNESS. IF** YOU'RE FEELING A BIT OFF OR JUST WANT TO SUPPORT YOUR **DIGESTION IN A NATURAL** WAY, THESE ARE THE ONES TO REACH FOR. THINK PEARS. GINGER, OATS, AND SUBTLE SPICE.



13. ZESTY ORANGE-CARROT SMOOTHIE

INGREDIENTS

- 1 ORANGE (PEELED AND SECTIONED)
 - ½ CUP CARROTS (CHOPPED)
 - ½ CUP WATER
 - ½ TSP FRESH GINGER (OPTIONAL)
 - **SINSTRUCTIONS**
- BLEND ORANGE SEGMENTS, CARROTS, AND WATER.
 ADD GINGER IF YOU FANCY A SPICY KICK.
 - **9** FLAVOUR TIP

USE FRESHLY SQUEEZED ORANGE JUICE INSTEAD OF WATER FOR EXTRA ZING.

- **#** HEALTH BENEFITS
- BETA-CAROTENE (CARROTS): SUPPORTS VISION
 AND SKIN
- VITAMIN C (ORANGE): BOOSTS IMMUNITY AND IRON ABSORPTION
 - **№ 14. CREAMY COCONUT-PINEAPPLE SMOOTHIE**

INGREDIENTS

- 1 CUP PINEAPPLE CHUNKS
 - ½ CUP COCONUT MILK
 - ½ CUP ICE
- DASH OF VANILLA EXTRACT (OPTIONAL)
 - **INSTRUCTIONS**
- BLEND PINEAPPLE WITH COCONUT MILK UNTIL SMOOTH.
- ADD ICE AND VANILLA FOR A TROPICAL, DESSERT-LIKE TOUCH.
 - FLAVOUR TIP

TOSS IN A HANDFUL OF SPINACH — PINEAPPLE HIDES THE FLAVOUR PERFECTLY.

- **HEALTH BENEFITS**
- MANGANESE & VITAMIN C (PINEAPPLE): SUPPORTS
 BONES AND IMMUNITY
 - HEALTHY FATS (COCONUT MILK): HELP KEEP
 ENERGY STABLE

🏶 15. STRAWBERRY-BANANA CLASSIC SMOOTHIE

- INGREDIENTS
 - 1 BANANA
- 1 CUP STRAWBERRIES
- 1 CUP MILK (DAIRY OR NON-DAIRY)
 - 1 TBSP HONEY (OPTIONAL)
 - INSTRUCTIONS
- HULL STRAWBERRIES AND SLICE BANANA.
- BLEND WITH MILK UNTIL SMOOTH AND CREAMY.
 - ₱ FLAVOUR TIP

USE FROZEN BANANA FOR A MILKSHAKE-STYLE TEXTURE.

- HEALTH BENEFITS
- FIBRE & POTASSIUM (BANANA): AIDS DIGESTION
 AND BLOOD PRESSURE
- VITAMIN C (STRAWBERRIES): SUPPORTS SKIN AND IMMUNITY
 - 🥒 16. BANANA-NUT BUTTER BLISS
 - INGREDIENTS
 - 1 BANANA
 - 1 TBSP PEANUT OR ALMOND BUTTER
 - 1 CUP MILK OF CHOICE
 - PINCH OF CINNAMON
 - INSTRUCTIONS
 - BLEND BANANA, NUT BUTTER, AND MILK.
 - ADD CINNAMON AND BLITZ UNTIL VELVETY.
 - FLAVOUR TIP

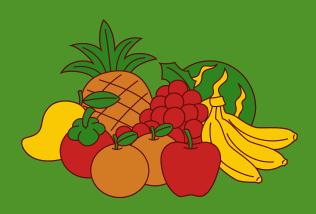
ADD A SCOOP OF CHOCOLATE PROTEIN POWDER FOR A DECADENT TWIST.

- **HEALTH BENEFITS**
- PROTEIN & FATS (NUT BUTTER): KEEPS YOU SATISFIED
- POTASSIUM (BANANA): ESSENTIAL FOR MUSCLES
 AND NERVES

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CHAPTER FOUR: EVERYDAY FEEL-GOOD BLENDS

SOMETIMES YOU JUST WANT A
SMOOTHIE THAT DOES THE
JOB — NOTHING FANCY,
NOTHING FIDDLY, JUST A
GOOD SOLID BLEND THAT
MAKES YOU FEEL BETTER.
THESE EVERYDAY BLENDS ARE
YOUR NO-FUSS, NO-STRESS
GO-TOS. IDEAL FOR
BREAKFAST, MID-MORNING
PICK-ME-UPS, OR A HEALTHY
SNACK WHEN YOU'RE SHORT
ON TIME BUT STILL WANT TO
TREAT YOUR BODY RIGHT.



17. BLUEBERRY-OATMEAL BREAKFAST SMOOTHIE

- INGREDIENTS
- 1 CUP BLUEBERRIES
- 1/4 CUP ROLLED OATS
- 1 CUP MILK OF CHOICE
- 1 TBSP HONEY (OPTIONAL)
 - INSTRUCTIONS
- BLEND BLUEBERRIES, OATS, AND MILK UNTIL SMOOTH.
 - LET SIT TO THICKEN IF PREFERRED.
 - FLAVOUR TIP
 - ADD SPINACH OR FLAXSEED FOR EXTRA NUTRITION.
 - HEALTH BENEFITS
- FIBRE (OATS): AIDS DIGESTION AND KEEPS YOU FULLER FOR LONGER
 - ANTIOXIDANTS (BLUEBERRIES): HELP FIGHT OXIDATIVE STRESS
 - **18. SWEET MELON MINT SMOOTHIE**
 - INGREDIENTS
 - 1 CUP CANTALOUPE OR HONEYDEW MELON
 - 4-5 FRESH MINT LEAVES
 - ½ CUP WATER
 - JUICE OF ½ LIME (OPTIONAL)
 - INSTRUCTIONS
- SCOOP MELON AND BLEND WITH MINT, WATER,
 AND LIME.
 - FLAVOUR TIP
 - ADD ICE FOR A SUPER REFRESHING SLUSH.
 - HEALTH BENEFITS
 - WATER CONTENT (MELON): KEEPS YOU
 HYDRATED
 - MINT: SOOTHES THE GUT AND FRESHENS
 BREATH

19. RASPBERRY-MANGO MEDLEY

INGREDIENTS

- ½ CUP RASPBERRIES
- ½ CUP MANGO CHUNKS
- 1 CUP COCONUT WATER
 - ½ TSP LIME JUICE
 - **INSTRUCTIONS**
- BLEND RASPBERRIES, MANGO, AND COCONUT WATER.
 - ADD LIME JUICE TO BRIGHTEN IT UP.
 - 🥊 FLAVOUR TIP

USE FROZEN MANGO FOR A CHILLED TEXTURE AND TOSS IN FRESH GINGER FOR ZING.

- HEALTH BENEFITS
- VITAMIN C (RASPBERRIES & MANGO): BOOSTS
 IMMUNITY
- ELECTROLYTES (COCONUT WATER): GREAT FOR POST-WORKOUT RECOVERY
 - 20. PEAR-GINGER IMMUNITY SMOOTHIE

INGREDIENTS

- 1 PEAR (CORED)
- ½-INCH FRESH GINGER (PEELED)
 - 1 CUP WATER
 - 1 TSP HONEY (OPTIONAL)
 - INSTRUCTIONS
- BLEND PEAR AND GINGER WITH WATER.
 - ADD HONEY TO TASTE.
 - FLAVOUR TIP

SWAP WATER FOR PEAR JUICE IF YOU PREFER A SWEETER FINISH.

- HEALTH BENEFITS
- FIBRE (PEAR): SUPPORTS DIGESTION AND STABLE BLOOD SUGAR
- GINGER: SOOTHES THE STOMACH AND REDUCES INFLAMMATION

♣ THANKS FOR BLENDING WITH ME AND THERE YOU HAVE IT. 20 VIBRANT FRUIT SMOOTHIES TO BOOST ENERGY, SUPPORT YOUR SKIN, SOOTHE YOUR GUT, AND KEEP YOU FEELING GOOD EVERY DAY.

THIS BOOK ISN'T ABOUT RESTRICTION OR CHASING FADS. IT'S ABOUT USING SIMPLE, NATURAL INGREDIENTS TO FEEL YOUR BEST — AND KNOWING THAT LOOKING AFTER YOUR HEALTH CAN STILL TASTE PRETTY AMAZING.

I HOPE THESE BLENDS BRING A BIT OF COLOUR, BALANCE, AND FLAVOUR INTO YOUR ROUTINE — WHETHER YOU'RE GRABBING A QUICK BREAKFAST OR WINDING DOWN IN THE EVENING.

THE NEXT VOLUME'S ALREADY ON THE
WAY, AND I'D LOVE TO HAVE YOU
ALONG FOR THE RIDE.
UNTIL THEN — BLEND WELL, LIVE WELL,
AND TAKE CARE OF YOURSELF.
— STUART.K