

ANCESTRAL NUTRITION SMOOTHIES





HI! I'M DANI & I'M IN LOVE WITH PROTEIN SMOOTHIES.

I found myself making smoothies for my family with tons of ingredients - a collagen protein, a greens powder, spirulina to help with detoxification, a turmeric supplement to assist with inflammation - it was just too much. I've been a holistic nutritionist for nearly ten years and owned my own business for eight - so I decided to make my own!

I created the **Ancestral Organics Collagen Protein + Super Greens** because there isn't anything like it on the market. Grass-fed, high quality collagen protein mixed with six organic superfoods: turmeric, kale, spinach, spirulina, broccoli and wheatgrass. It combines protein with antioxidant rich, anti-inflammatory plants to support skin, gut, bones, digestion and energy. It's flavored with stevia, a natural sweetener that has no effect on blood sugar and natural extracts of coconut and vanilla. Seriously, it's amazing.

I have a smoothie nearly everyday, and it's changed my life.

Smoothies are a great way to pack in a ton of nutrients, fruits, vegetables, healthy fats and fiber. Depending on your goals, smoothies can boost digestion, mood, brain function, the immune system and so much more. Check out some of my favorite smoothies below, and if you have any questions just email me at dani@ancestral-nutrition.com!



IMMUNE BOOSTING SMOOTHIE

INGREDIENTS:

- 1 cup full fat, plain yogurt or kefir (coconut, goat, raw or grass-fed)
- 1/2 scoop Ancestral Nutrition Collagen Protein + Super Greens
- 1/2 lemon
- 1 carrot
- handful of spinach
- 1 tbsp chia seeds or psyllium husk
- 1/2 tbsp fresh ginger

DIRECTIONS:

Blend everything together in a high powered blender and enjoy! If you'd like this sweeter, add a few drops of stevia or a small amount of manuka honey (also great for the immune system)!

This smoothie is amazing for boosting the immune system. Full fat yogurt, whether grass-fed or dairy-free, is a great source of probiotics. Probiotics are great for mood, skin and gut health, thus boosting the immune system.

Lemon, carrot and spinach pack a punch of antioxidants, micronutrients and vitamin C.

Chia seeds or psyllium husk offer a great source of fiber, keeping digestion strong and promoting motility.

Ginger contains potent immune boosting properties, is great for digestion and contains antioxidant and antiviral properties.



ANTI-ANXIETY SMOOTHIE

INGREDIENTS:

- 1 cup full fat, plain yogurt or kefir (coconut, goat, raw or grass-fed)
- 1/2 scoop [Ancestral Nutrition Collagen Protein + Super Greens](#)
- 1/2 cup blueberries
- 1 tbsp MCT oil
- handful of spinach
- 1 tbsp chia seeds or psyllium husk
- 1 tsp passionflower or lemonbalm extract

DIRECTIONS:

Blend everything together in a high powered blender and enjoy!

This smoothie contains potent anti-anxiety properties. Kefir and yogurt both contain probiotics, which feed the beneficial bacteria in the gut. The gut and brain are interconnected, and studies have shown that consuming probiotic foods regularly boosts the mood.

The glycine in collagen is great for the gut lining, strengthening the gut also improves mood.

Blueberries have shown to improve cognitive function.

MCT oil boosts brain function.

Chia and psyllium are both rich in fiber which is great for gut health!

Passionflower and lemonbalm are powerful anti-anxiety herbs.



CHOCOLATE MILKSHAKE SMOOTHIE

INGREDIENTS:

- 1 cup coconut milk (Califia is my fave!)
- 1/2 scoop Ancestral Nutrition Collagen Protein + Super Greens
- 1 tbsp almond butter
- handful of spinach
- 1 tbsp chia seeds or psyllium husk
- 2 tbsp cocoa powder
- stevia to taste

DIRECTIONS:

Blend everything together in a high powered blender and enjoy!

This smoothie is perfect when you're craving something sweet! It's rich in nutrients, healthy fats, fiber and antioxidants.

I like using coconut milk with this because it's so creamy. In addition, I like to use stevia to sweeten this up a bit. I use an organic liquid stevia, but use what you like!



STRAWBERRY LEMONADE SMOOTHIE

INGREDIENTS:

- 1 cup coconut milk (Califia is my fave!)
- 1/2 scoop Ancestral Nutrition Collagen Protein + Super Greens
- 1/2 cup strawberries
- handful of spinach
- 1/2 a lemon
- 1 tbsp chia seeds or psyllium husk

DIRECTIONS:

Blend everything together in a high powered blender and enjoy!

My kids go nuts for this smoothie! It tastes just like strawberry lemonade and is great during the summertime for a refreshing snack.



GREEN GODDESS DETOX SMOOTHIE

INGREDIENTS:

- 1 cup water or nut milk (Califia is my fave brand!)
- 1/2 scoop Ancestral Nutrition Collagen Protein + Super Greens
- 2 kale leaves
- 1/2 cup cucumber
- 1/2 a lemon
- 1 tbsp chia seeds or psyllium husk

DIRECTIONS:

Blend everything together in a high powered blender and enjoy!

This detox smoothie packs an antioxidant punch! It is rich in greens, low in sugar, anti-inflammatory and the lemon supports liver health!

The liver is one of our main detoxification organs, so using a whole lemon in this not only makes it taste like lemonade, it also strengthens and supports the liver, thus enabling the body to better detoxify!

The fiber in this smoothie also supports regularity, and having regular bowel movements is one of the best ways to detoxify the body.



CONSTIPATION BUSTING SMOOTHIE

INGREDIENTS:

- 1 cup water
- 1/2 scoop Ancestral Nutrition Collagen Protein + Super Greens
- 1/2 raspberries
- 1 green apple
- 1 tsp raw ginger
- 1 tbsp MCT oil
- 1 tbsp chia seeds or psyllium husk

DIRECTIONS:

Blend everything together in a high powered blender and enjoy!

It's so important to have regular bowel movements! It's crucial for gut health, skin health, mood health and overall detoxification.

Raspberries and green apple are both low sugar fruits that are high in fiber. They are a good source of prebiotics, or food for the beneficial bacteria in your gut to feed off of.

Ginger supports digestion and can promote regular bowel movements.

Chia and psyllium provide even more fiber to keep things moving.



BRAIN BOOSTING SMOOTHIE

INGREDIENTS:

- 1 cup water or coconut milk
- 1/2 scoop Ancestral Nutrition Collagen Protein + Super Greens
- 1 blueberries
- 2 kale leaves
- 1 tbsp MCT oil
- 1 tbsp chia seeds or psyllium husk

DIRECTIONS:

Blend everything together in a high powered blender and enjoy!

Blueberries are brain food, my friend! Numerous studies have displayed blueberry's ability to enhance cognitive function. Blueberry is actually my favorite berry to use in smoothies.

MCT oil is easily digested and supports brain health.

Kale is the most nutrient dense green and is rich in micronutrients that support brain health.



WRINKLE, STRETCH MARK & CELLULITE SMOOTHIE

INGREDIENTS:

- 1 cup water or coconut milk
- 1/2 to 1 scoop Ancestral Nutrition Collagen Protein + Super Greens
- 1/2 cup blueberries
- 2 kale leaves or handful of spinach
- 1 tbsp chia seeds or psyllium husk

DIRECTIONS:

Blend everything together in a high powered blender and enjoy!

Collagen is the most abundant protein in the body. Roughly 70% of the skin is made up of collagen. As we age, our bodies produce less collagen - starting around age 25. This is why we see more wrinkles, cellulite and sallow skin.

The good news is that with a great skincare routine (check out ancestralorganics.com!), a healthy diet, good sleep and regular exercise, we can largely prevent wrinkles, cellulite and stretch marks.

I had a variation of this smoothie nearly everyday during my pregnancies and have no stretch marks!



DISCLAIMER

I am not a doctor. I am a holistic wellness professional. The information presented in this book has not been evaluated by the U.S. Food and Drug Administration and is not intended to diagnose, treat, cure or prevent disease. Purchase of this book does not make you a client of Danielle Andrews, nor does it constitute medical advice. Danielle Andrews claims no responsibility to any entity for damages caused directly or indirectly from applying information obtained in this book. Always check with your physician prior to making any dietary, supplemental or lifestyle changes.

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