



Dr. Misa

Smoothies & Lattes

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Bulletproof Latte

1 serving
15 minutes

Ingredients

1 cup Coffee (brewed)
1 tbsp Ghee
2 tbsps Canned Coconut Milk (full fat)

Directions

1

Pour your brewed coffee into a blender with the ghee and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

Notes

No Ghee: Use coconut oil or butter.

More Fuel: Add 1 tablespoon MCT oil per cup.

No Coffee: Use your favourite tea instead.



Green Coconut Ginger Juice

1 serving

5 minutes

Ingredients

1/3 cup Canned Coconut Milk
2/3 cup Water
1/4 Lime (juiced)
1 cup Baby Spinach
2 tsps Ginger (grated)

Directions

- 1 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 2 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

Notes

Make it Sweeter: Add maple syrup, honey or monk fruit sweetener.

Make it Thicker: Add avocado, greek yogurt or frozen cauliflower.



Green Tea Collagen Latte

1 serving
10 minutes

Ingredients

1 1/4 cups Unsweetened Almond Milk
1/3 oz Collagen Powder
1 tsp Green Tea Powder (Matcha)
1 tsp Maple Syrup
1 tsp Coconut Oil

Directions

- 1 Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
- 2 Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
- 3 Pour into a mug and enjoy!

Notes

Nut-Free: Use a nut-free milk instead, like coconut or oat.

More Flavor: Adjust the maple syrup according to preference.

Additional Toppings: Sprinkle with additional green tea powder to serve.

Make it Vegan: Omit the collagen powder.



Strawberry Milkshake

3 servings

15 minutes

Ingredients

- 1 cup Almonds
- 4 cups Water
- 1 tbsp Raw Honey
- 2 tbsps Hemp Seeds
- 2 tbsps Ground Flax Seed
- 2 cups Frozen Strawberries

Directions

- 1 Start by making your own almond milk. Place almonds in a high powered blender with water. Add raw honey. Blend on high for at least 60 seconds. Pour milk through a strainer or mesh sack to strain out the pulp. Discard the pulp
- 2 Add your filtered almond milk back to the blender with hemp seeds, flax seed and frozen strawberries. Blend for another 60 seconds or until smooth.
- 3 Pour into glasses and enjoy!

Notes

Short on Time: Use store-bought almond milk.

Make it Green: Add spinach.



Golden Turmeric Latte

2 servings

10 minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Canned Coconut Milk
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil

Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root: Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess: Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go: Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan: Use maple syrup to sweeten instead of honey.



Blueberry Energy Smoothie

2 servings

10 minutes

Ingredients

1/2 cup Cashews
1/4 cup Hemp Seeds
2 cups Water
2 cups Baby Spinach
1 1/2 cups Frozen Blueberries

Directions

- 1 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 2 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter: Add in a few soaked dates to sweeten it up.



Pineapple Turmeric Smoothie

2 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
2 cups Pineapple (diced into chunks)
1 tbsp Ginger (peeled and grated)
1/2 cup Vanilla Protein Powder
1 tsp Turmeric (powder)

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Chocolate Avocado Smoothie

1 serving

5 minutes

Ingredients

1/4 Avocado
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter
1 cup Baby Spinach
1/4 cup Chocolate Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder: Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Winter Berry Smoothie

2 servings

10 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1 tbsp Ground Flax Seed
1 tbsp Hemp Seeds
1 Navel Orange (peeled and sectioned)
1 1/2 cups Frozen Berries
2 cups Baby Spinach

Directions

1

Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)