

Dr. Misa

Smoothies & Lattes

Dr. Misa Kawasaki, ND https://www.drmisakawasaki.com





Bulletproof Latte

1 serving 15 minutes

Ingredients

1 cup Coffee (brewed)

1 tbsp Ghee

2 tbsps Canned Coconut Milk (full fat)

Directions



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 Milk2/3 cup Water1/4 Lime (juiced)1 cup Baby Spinach2 tsps Ginger (grated)

Directions

Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.

Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

Notes

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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 Milk1/3 oz Collagen Powder

1 tsp Green Tea Powder (Matcha)

1 tsp Maple Syrup

1 tsp Coconut Oil

Directions

Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.

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

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

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.

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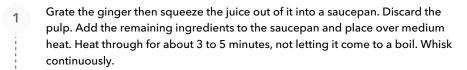
Golden Turmeric Latte

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



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.

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Blueberry Energy Smoothie

2 servings 10 minutes

Ingredients

1/2 cup Cashews1/4 cup Hemp Seeds2 cups Water2 cups Baby Spinach1 1/2 cups Frozen Blueberries

Directions

Combine cashews, hemp seeds and water in a blender. Blend until very smooth.

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 servings5 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



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



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 cococa 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 servings10 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



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.)