

Smoothies

To Heal Your Gut

25+ Recipes!



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Smoothies to Heal Your Gut

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Introduction:

Hippocrates once said, “All disease begins in the gut,” and modern science is proving these words to be true. Many studies show digestive challenges are the root cause of chronic inflammatory diseases, such as autoimmune disorders, various skin challenges, and also have a profound impact on mental health. Good gut health is fundamental to our physical and mental well-being, yet digestive disorders are more prevalent than ever. We need to make proactive efforts to protect our digestive systems from damage caused by pervasive environmental toxins like glyphosate sprayed on non-organic crops, GMOs, heavy metals, biotoxins like mold, and lifestyle factors like emotional and physical stress and poor sleep habits.

Of course, it's impossible to entirely avoid the modern toxins and stressors that wreak havoc upon our guts. However, we can take steps to avoid known gut destructors and provide our bodies the tools to self-repair as needed. Following the Cellular Healing Diet, which avoids conventional grains, meats, sugars, and toxic vegetable oils, will go a long way in rebuilding gut health. Including naturally fermented foods, homemade bone broth, intermittent fasting, periodic True Cellular Detox™, and rotating high-quality probiotic supplements are also key strategies. In addition, incorporate the following gut-healing smoothies into your anti-inflammatory diet and lifestyle to accelerate healing. Since smoothies are blended, they are easier to digest than solid food, and these recipes contain ingredients to restore a distressed gut in the most delicious way. Most of the smoothies include full-fat coconut milk and grass-fed gelatin and collagen powders, which support the healing and sealing of an inflamed, leaky gut. The good fat content of coconut milk, pure protein from gelatin and collagen, and tasty add-ins will satisfy taste buds, digest easily, and act as complete fuel for your brain and body. The recipes are free of most common allergens and refined sugar, and a bonus immune-boosting tea recipe is included as a gut soothing sipper. Let's join together and raise our smoothie glasses to good gut health... Cheers!

Important Notes:

- Find a full fat, organic, unsweetened, BPA-free canned coconut milk or make your own. Natural Value and Native Forest brands are good options.
- Full-fat, plain yogurt or raw milk from grass-fed cows, sheep, or goats may be substituted for coconut milk if dairy is well-tolerated.
- Always lightly steam leafy greens and discard cooking water, prior to adding to smoothies to decrease goitrogenic properties of these plants (which can disrupt thyroid function).
- [Collagen](#) powder is cold water soluble, mixes into any liquid, is excellent for skin and joint health, and is easy to digest. [Gelatin](#) powder becomes gelatinous when heated and clumps if not thoroughly blended, but has a stronger healing effect on the gut. Gelatin is excellent for use as a thickener and binder in recipes, and is perfect for making gut-healing “gummy” jigglers (see [recipes here](#)). Collagen powder is more often included in these recipes since it is easier to mix into smoothies. Gelatin creates a thicker, more custard-like smoothie consistency, and is also great for making pudding variations of any of the smoothies.
- Incorporate gelatin and collagen powder at a low speed to the blender AFTER mixing other ingredients, to avoid mechanically damaging fragile proteins.
- Using a high-speed blender (such as a VitaMix) is helpful to effectively blend ingredients.
- Natural nut butters and seeds can be difficult to digest and were omitted from basic recipes, but small amounts may be added if tolerated, or after sufficient healing has taken place.
- A glass mason jar with a lid acts as a perfect smoothie travel container.
- Recipes are two servings, and leftovers can be kept in the fridge for 1-2 days.
- Raw, pastured eggs may be added to recipes for added protein and nutrients, if tolerated.
- Tweak ingredients and amounts to personal taste preference. Choose organic and local ingredients when possible.
- For increased sweetness, add a touch of [stevia](#), raw honey, or a grade B maple syrup (more minerals than grade A).
- To purchase our recommended grass-fed gelatin powder [click here](#) and grass-fed collagen powder [click here](#).

Berry Green Beauty Smoothie



- 1 can unsweetened, full-fat coconut milk
- 1 bag frozen strawberries
- 2 cups kale, lightly steamed and drained
- 1-2 tsp [vanilla extract](#)
- 2-4 Tbsp [collagen powder](#)
- 1 Tbsp raw honey (optional)
- Pinch of [sea salt](#)

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Cocoa Pumpkin Pudding Smoothie

- 1 can unsweetened, full-fat, coconut milk
- 1 BPA-free can pumpkin puree
- 2-3 Tbsp [gelatin powder](#)
- ¼ cup [cocoa powder](#)
- 1-2 tsp pumpkin pie spice
- Pinch of [sea salt](#)
- Raw honey or [stevia](#) to taste (optional)

1. Put all ingredients, excluding gelatin, in high-speed blender and mix.
2. Once thoroughly mixed, add gelatin and incorporate at low speed.
3. Enjoy!

Note: Refrigerate for a few hours or overnight for pudding consistency.



Egg Nog Protein Shake



- 1 can unsweetened, full-fat, coconut milk
- 2 whole, pastured raw eggs
- 1 cup ice
- 2 tsp vanilla extract
- 1/2 tsp freshly ground nutmeg
- 1 tsp ground cinnamon
- 1-2 Tbsp MCT oil
- 2-4 Tbsp collagen powder
- Pinch of sea salt
- Stevia to taste (optional)

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Blackberry Carob Cream Smoothie

- 1 can unsweetened, full-fat, coconut milk
- 1 bag frozen blackberries
- 1/4 cup carob powder
- 2 tsp vanilla extract
- 2-4 Tbsp collagen powder
- Pinch of sea salt

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!



Vanilla Green Tea Smoothie



- 1 can unsweetened, full-fat coconut milk
 - 1 cup leftover brewed [green tea](#) (cold)
 - 2 scoops [vanilla Metaboshake protein powder](#)
 - 2 cups spinach, lightly steamed and drained
 - 2-4 Tbsp [collagen powder](#)
1. Put all ingredients, excluding collagen, in high-speed blender and mix.
 2. Once thoroughly mixed, add collagen and incorporate at low speed.
 3. Enjoy!

Aloe Vera Soother

- 1 cup coconut water
- 1 cup [filtered water](#)
- ½ cup [aloe vera juice](#)
- ½ medium cucumber, chopped without skin
- 1 avocado
- 1 bag frozen blueberries
- 2-4 Tbsp [collagen powder](#)
- Juice of 1 lime

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!



Probiotic Protein Powerhouse



- 1 can unsweetened, full-fat coconut milk
- 1 bag frozen raspberries
- 2 whole, pastured raw eggs
- 1 capsule [MBC](#) high-potency probiotic
- 2 capsules [Prescript-Assist Probiotic](#)
- 1-2 scoops [glutamine powder](#)

1. Empty contents of capsules and put all ingredients in high-speed blender and mix gently.
2. Enjoy!

Strawberry Banana Dreamsicle

- 1 can unsweetened, full-fat coconut milk
- 1 bag frozen strawberries
- 1 banana
- 2-3 Tbsp [gelatin powder](#)
- Pinch of [sea salt](#)

1. Put all ingredients, excluding gelatin, in high-speed blender and mix.
2. Once thoroughly mixed, add gelatin and incorporate at low speed.
3. Enjoy!

Note: Refrigerate for a few hours or overnight for pudding consistency.



Cayenne Kicker



- 16 ounces [pure water](#)
 - 1 tsp [cayenne pepper](#), or to taste
 - 1 Tbsp freshly grated ginger
 - 2 Tbsp apple cider vinegar
 - Juice of 1 lemon
 - 2 Tbsp [MCT oil](#) (optional)
 - 2-4 Tbsp [collagen powder](#)
 - 1 Tbsp raw honey (optional)
1. Put all ingredients, excluding collagen, in high-speed blender and mix.
 2. Once thoroughly mixed, add collagen and incorporate at low speed.
 3. Enjoy!

Wake-Me-Up Mocha Smoothie

- 1 can unsweetened, full-fat coconut milk
 - 1 banana
 - ½-1 cup cold, organic brewed [coffee](#)
 - 2-4 Tbsp [collagen powder](#)
 - 4 Tbsp [cocoa powder](#)
 - Pinch of [stevia](#) (optional)
1. Put all ingredients, excluding collagen, in high-speed blender and mix.
 2. Once thoroughly mixed, add collagen and incorporate at low speed.
 3. Enjoy!



Super Detox Smoothie



- 2 cups kale, lightly steamed and drained
- ½ cup chopped cucumber
- ½ cup chopped celery
- 1 avocado
- 1 cup coconut water
- 1 cup [filtered water](#)
- 1 sprig of fresh mint, chopped
- 1 sprig of fresh [parsley](#), chopped
- 1 whole lemon, juiced
- 2 Tbsp [collagen powder](#)
- ¼-inch slice ginger root,
- ½ tsp [cayenne pepper](#)
- 1 tsp [turmeric](#)

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Herbal Cleanser

- 1 bunch [parsley](#)
- 1 bunch cilantro
- 1 cucumber
- 2-3 stalks celery
- 1 lemon, juiced
- 2 inches fresh ginger root, peeled
- 2 Tbsp [collagen powder](#)
- ½ cup [filtered water](#)

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!



Chocolate Lovers Smoothie



- 1 can unsweetened, full-fat coconut milk
 - 1 avocado
 - 2-3 Tbsp [gelatin powder](#)
 - 4 Tbsp raw [cacao powder](#)
 - 1 Tbsp raw [maca powder](#)
 - Pinch of [sea salt](#)
 - [Stevia](#) to taste
 - 2 Tbsp raw cacao nibs (optional for crunch)
1. Put all ingredients, excluding gelatin, in high-speed blender and mix.
 2. Once thoroughly mixed, add gelatin and incorporate at low speed.
 3. Enjoy!

Note: Refrigerate for a few hours or overnight for pudding consistency.

Thin Mint Smoothie

- 1 can unsweetened, full-fat coconut milk
 - 4 Tbsp raw [cacao powder](#)
 - 2-3 Tbsp [collagen powder](#)
 - 2-3 drops peppermint essential oil or 1 tsp peppermint extract
 - 1 cup of ice cubes
 - [Stevia](#) to taste
1. Put all ingredients, excluding collagen, in high-speed blender and mix.
 2. Once thoroughly mixed, add collagen and incorporate at low speed.
 3. Enjoy!



Salad Smoothie



- 1 head romaine lettuce
- 2 cups kale, lightly steamed and drained
- 2 stalks celery
- 1 large carrot, chopped
- 1 green apple, chopped
- 2-3 Tbsp collagen powder
- 2 Tbsp MCT oil
- 2 Tbsp fresh squeezed lemon juice
- Stevia to taste (optional)

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Lemon Cream Smoothie

- 1 can unsweetened, full-fat coconut milk
 - 2 whole lemons, juiced
 - 2-3 Tbsp gelatin powder
 - 2 Tbsp collagen powder
 - 1 Tbsp raw honey
 - Pinch of sea salt
 - Lemon zest for garnish
1. Put all ingredients, excluding collagen and gelatin, in high-speed blender and mix.
 2. Once thoroughly mixed, add gelatin and collagen and incorporate at low speed.
 3. Enjoy!

Note: Refrigerate for a few hours or overnight for pudding consistency.



Ginger Honey Zinger



- 1 can unsweetened, full-fat coconut milk
- 2 cups kale, lightly steamed and drained
- 2-3 Tbsp freshly grated ginger
- 1 Tbsp [gelatin powder](#)
- 2 Tbsp [collagen powder](#)
- 2 Tbsp raw honey
- Pinch of [sea salt](#)

1. Put all ingredients, excluding collagen & gelatin, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen & gelatin and incorporate at low speed.
3. Enjoy!

Apple Pie Swirl

- 1 can unsweetened, full-fat coconut milk
- 1 red apple, peeled and cubed
- ½ banana
- 1 tsp clove powder
- 2 tsp [cinnamon powder](#)
- 3 Tbsp [collagen powder](#)
- Pinch of [sea salt](#)
- 1 scoop [glutamine powder](#)
- 1 tsp Grade B maple syrup (optional)

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!



Green Mean Smoothie



- 1 can unsweetened, full-fat coconut milk
 - 1 avocado
 - 1 banana
 - 2 cups spinach, lightly steamed and drained
 - 2 cups kale, lightly steamed and drained
 - 2-4 Tbsp collagen powder
 - Pinch of sea salt
1. Put all ingredients, excluding collagen, in high-speed blender and mix.
 2. Once thoroughly mixed, add collagen and incorporate at low speed.
 3. Enjoy!

Cool As a Cucumber Refresher

- 1 can unsweetened, full-fat coconut milk
 - 1 large peeled and cubed cucumber
 - 1 cup ice cubes
 - 1 sprig fresh mint, chopped
 - Juice of 1 lime
 - 3-4 Tbsp collagen powder
 - 1 tsp raw honey (optional)
1. Put all ingredients, excluding collagen, in high-speed blender and mix.
 2. Once thoroughly mixed, add collagen and incorporate at low speed.
 3. Enjoy!



Beets Me Mineral Smoothie



- 1 can unsweetened, full-fat coconut milk
 - 2 small beets, scrubbed and chopped
 - 1 orange, peeled & sliced
 - 2 large carrots, chopped
 - 1 inch piece fresh ginger or 1 tbsp. [ginger powder](#)
 - 1 tsp. [turmeric powder](#)
 - 2 tbsp. grass-fed [collagen](#)
 - Pinch of [sea salt](#)
1. Put all ingredients, excluding collagen, in high-speed blender and mix.
 2. Once thoroughly mixed, add collagen and incorporate at low speed.
 3. Enjoy!

Kombucha Power Smoothie

- 16oz chilled or room temperature raw kombucha tea
 - 2 cups spinach, lightly steamed and drained
 - 1 banana
 - 2 Tbsp [coconut oil](#) (or 1-2 Tbsp [MCT oil](#))
 - 1 tsp raw [maca powder](#)
 - 2-4 Tbsp [collagen powder](#)
 - 1 cup of ice
1. Put all ingredients, excluding collagen, in high-speed blender and mix.
 2. Once thoroughly mixed, add collagen and incorporate at low speed.
 3. Enjoy!



Tropical Delight



- 1 can unsweetened, full-fat coconut milk
- ½ cup fresh pineapple, sliced
- 1 banana
- 1 orange, peeled and sliced
- 2-3 Tbsp collagen powder
- 1 tsp turmeric
- Pinch of sea salt

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Carrot-Ginger Cleanser

- 3-4 whole carrots, chopped
- 1 stalk celery
- 1 Tbsp freshly grated ginger
- 2 cups filtered water
- 1 tsp turmeric
- 2-3 Tbsp collagen powder
- 1 tsp raw honey (optional)

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!



Carrot Cake Shake



- 1 can unsweetened, full-fat coconut milk
- 2-3 medium carrots, chopped
- 1 avocado
- 1 banana
- 1 tsp clove powder
- 2 Tbsp [collagen powder](#)
- 2 Tbsp [gelatin powder](#)
- 1 tsp [cinnamon](#)
- 1 small scoop raisins (optional)

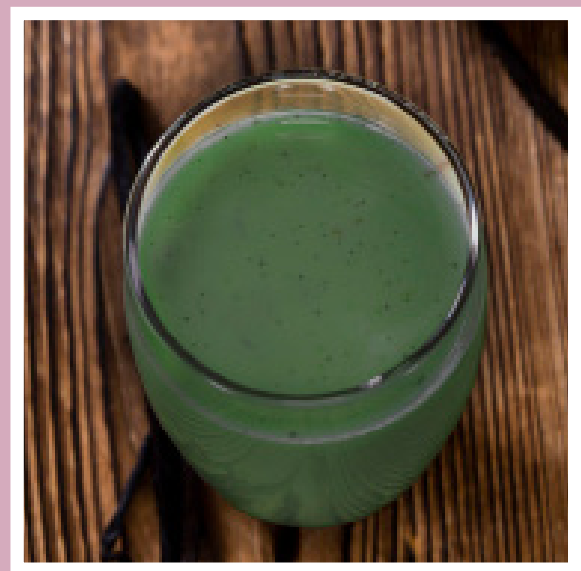
1. Put all ingredients, excluding collagen and gelatin, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and gelatin and incorporate at low speed.
3. Enjoy!

Note: Refrigerate for a few hours or overnight for pudding consistency.

Colostrum Immune Elixir

- 1 can unsweetened, full-fat coconut milk
- 1 scoop (10 grams) [pure bovine colostrum](#)
- 2 cups kale, lightly steamed and drained
- 2 Tbsp [collagen powder](#)
- 2 tsp [ground ginger](#)
- 1 Tbsp raw honey
- Pinch of [sea salt](#)

1. Put all ingredients, excluding collagen and colostrum, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and colostrum and incorporate at low speed.
3. Enjoy!



Green Ginger Zinger



- 1 can full-fat coconut milk
- 1 frozen banana
- 2 cups kale, lightly steamed and drained
- 1 Tbsp [maca powder](#)
- 2 one-inch pieces fresh ginger root
- [Sea salt](#) to taste
- 2 Tbsp [collagen powder](#)

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Golden Milk Immune-Boosting Tea



- 1 can unsweetened, full-fat coconut milk
- 1 tsp [turmeric](#)
- 1 tsp [bee pollen](#) or raw honey
- 1 tsp freshly grated [ginger](#) (or dried powder)
- 1 tsp [collagen powder](#)
- Pinch of [sea salt](#)

1. Combine all ingredients in saucepan
2. Over medium heat, stir until heated thoroughly.
3. Pour into mug & enjoy!

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