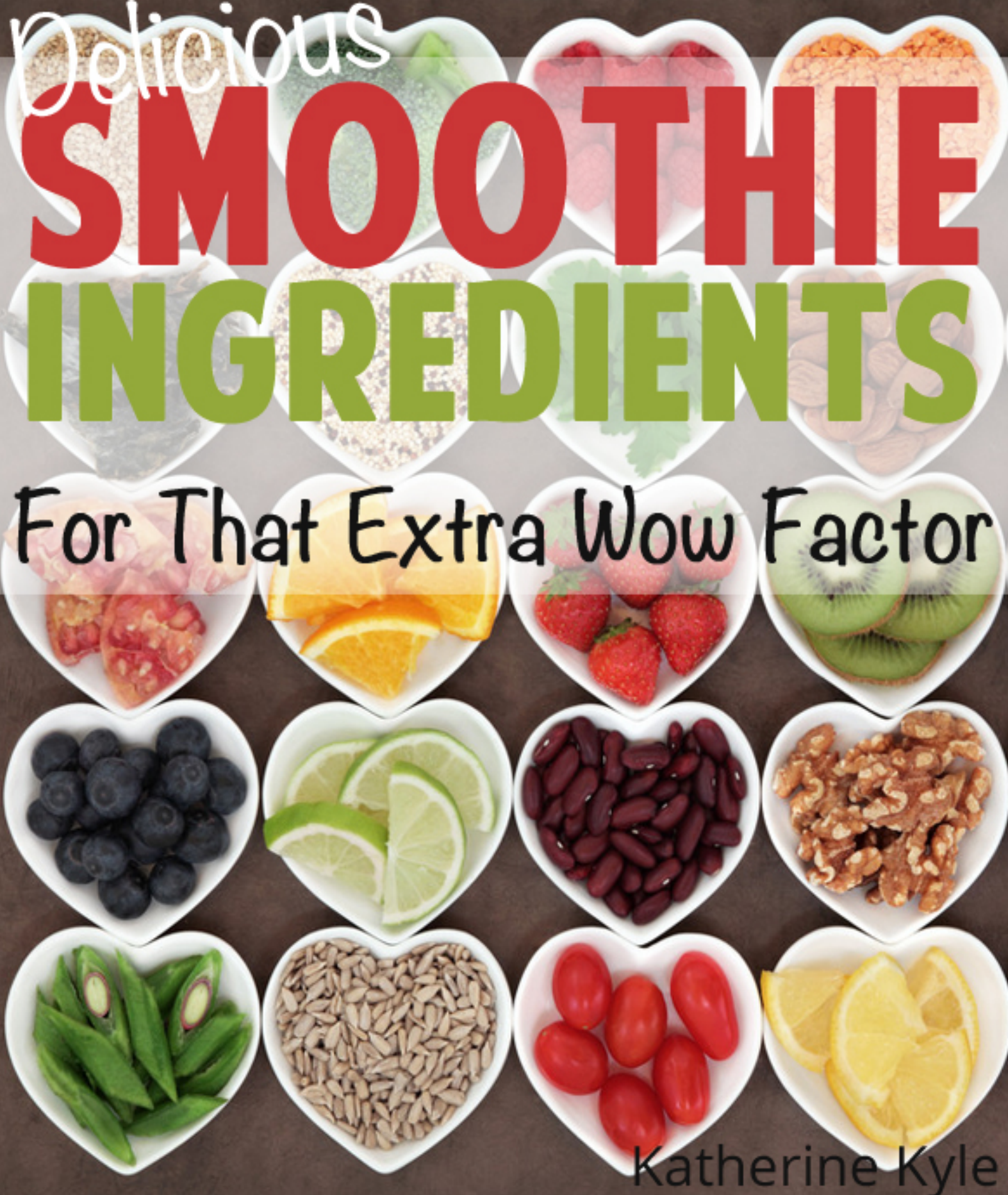


Delicious

# SMOOTHIE INGREDIENTS

For That Extra Wow Factor



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# 32

HEALTHY SMOOTHIE INGREDIENTS  
THAT GIVE YOUR TASTELESS  
SMOOTHIES INCREDIBLE FLAVOUR



## *Green Thickies Best Smoothie Ingredients for that extra wow factor*

I'm sure you've probably done this before, blended up some fruit, with some water and expected a delicious naturally sweet healthy smoothie.

And what you've got is something so tasteless and disgusting you can barely stand to drink it.

There are several reasons for this - but mainly it is to do with the type of fruit you are using. You may be using unripe fruit, so make sure your fruit is ripe and your bananas have brown spots before you use them.

You might be using a lot of berries or other tart fruit such as grapefruit which can make your smoothie taste very bitter.

And unfortunately a lot of fruit these days is just picked unripe so it never has a chance to reach its full potential when it comes to flavour. So if you're lucky enough to live somewhere where the quality of your fruit is top notch you might not need this guide. But for the rest of us who have mostly imported fruit, picked unripe and shipped from the other side of the world your smoothies might be lacking in the flavour department.

So here is a list of my favourite ways to improve the flavour and the nutrition of your smoothies.



## *Smoothie Ingredients list for that added wow factor*

1. Lemon juice
2. Lime Juice
3. Cinnamon
4. Nutmeg
5. Ginger
6. Nutmeg
7. Cayenne Pepper
8. Dates
9. Stevia
10. Maple Syrup
11. Coconut Milk
12. Shredded Coconut
13. Pecans
14. Cashew Nuts
15. Sea Salt
16. Vanilla Extract
17. Almond Extract
18. Mint Leaves
19. Basil Leaves
20. Cocoa/Cacao/Carob Powder
21. Lucuma Powder
22. Milk
23. Yogurt
24. Rolled Oats
25. Peanut butter (or other nut butters)



26. Peppermint Essential Oil ([food grade/therapeutic only for essential oils - get a discount here](#))
27. Lemon Essential Oil
28. Orange Essential Oil
29. Tangerine Essential Oil
30. Cinnamon Essential Oil
31. Grapefruit Essential Oil
32. Lime Essential Oil

Remember there are so many other ingredients you could add to your smoothie - but this is a list only of those ingredients that enhance the flavour of your food.

So next time you make a tasteless boring smoothie - throw one of these ingredients in.

Want to know my personal favourites? Of course I love all of these ingredients - but the ones that I reach for over and over without fail are:

- Lemon Juice
- Lime Juice
- Cinnamon
- Stevia
- Coconut Milk
- Pecans
- Sea Salt
- Vanilla Extract
- Almond Extract
- Carob Powder

# SMOOTHIE INGREDIENTS FOR THAT EXTRA WOW FACTOR



- Peanut Butter
- Orange Essential Oil
- Peppermint Essential Oil

These ingredients, without fail – turn a boring smoothie into a lemon pie, a key lime pie, chocolate covered marzipan, peanut butter and banana, orange and coconut, mint and choc chip.

These are smoothies that I make over and over and all of these Green Thickey Recipes are in my book, [80 Green Thickers Recipes](#).

Have fun creating some tasty Dessert Thickers!