

LiveGood Blends:
**10-Minute
Smoothie
Hacks**
for Health & Vitality

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10-MINUTE SMOOTHIE HACKS
20



Edward Keyte

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Introduction

Welcome to "LiveGood Blends," where health meets taste in the whirl of a blender! As part of the LiveGood family, we understand that time is precious, but so is your health. That's why we've crafted a collection of smoothie recipes that are as quick to prepare as they are beneficial for your wellbeing.

Whether you're rushing out the door in the morning, refueling after a workout, or seeking a sweet treat that doesn't derail your diet, our smoothie hacks are here to serve your needs. Each recipe in this e-book has been thoughtfully created to incorporate the goodness of LiveGood's range of health products—from our plant-based proteins and organic superfoods to our energising E3 formula. These smoothies are more than just beverages; they're a lifestyle choice. With LiveGood products, you're not just quenching your thirst, you're nourishing your body with premium ingredients that support your active lifestyle and wellness goals.

We encourage you to use this e-book as a starting point to explore the versatility of LiveGood products. Feel free to mix and match ingredients, adjust portions, and create your own signature blends. Your perfect smoothie is just a blend away—simple, fast, and brimming with benefits.

So, grab your blender, your favourite LiveGood products, and let's make health and vitality a delicious daily habit. Welcome to the world of "LiveGood Blends"—where every sip is a step toward a better you.



Green Machine Protein Boost

Green Machine Protein Boost: Blend LiveGood super greens, a scoop of vanilla plant-based protein, and a handful of spinach for a chlorophyll-packed start to your day.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: Supergreens / Plant-Based Protein



Berry Amino Fusion

Berry Amino Fusion: Whirl together mixed berries, LiveGood aminos fruit punch flavour, and a splash of almond milk for a berrylicious workout recovery.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [Essential Aminos](#)



Tropical Energy Smoothie

Tropical Energy Smoothie: Combine LiveGood E3 Energy drink, frozen tropical fruit mix, Essential aminos fruit punch flavour and coconut water for a pre-workout tropical fizz.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: E3 - Energy, Endurance, Electrolytes



Banana Nut Powerhouse

Banana Nut Powerhouse: Puree a banana, a dollop of natural peanut butter, and a scoop of LiveGood vanilla protein for a creamy energy boost.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [Plant-Based Protein](#)



Detox Green Tea Elixir

Detox Green Tea Elixir: Blend LiveGood super greens, brewed green tea, and lemon juice for a detoxifying morning ritual.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [Organic Super Greens](#)



Coffee Chocolate Shake

Coffee Mushroom Shake: Mix LiveGood organic coffee with mushrooms, a scoop of chocolate protein powder - (LiveGood chocolate protein coming soon), and a hint of cinnamon for an antioxidative coffee kick.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: Organic Coffee / Plant-Based Protein



Sweet Beet Workout Prep

Sweet Beet Workout Prep: Stir in LiveGood E3 with its natural beetroot powder into your pre-workout smoothie for an earthy, sweet edge.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: E3 - Energy, Endurance, Electrolytes



Oatmeal Breakfast Bliss

Oatmeal Breakfast Bliss: Blend cooked oatmeal, LiveGood vanilla protein, and a touch of honey for a filling and nutritious breakfast.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [Plant-Based Protein](#)



Super Reds Antioxidant Delight

Super Reds Antioxidant Delight: Mix LiveGood super reds with frozen cherries and Greek yogurt for a tart, antioxidant-rich treat.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [Organic Super Reds](#)



Lemon Refresh Amino

Lemon Refresh Amino: Create a refreshing smoothie with LiveGood aminos lemon flavour, cucumber, and mint for a hydrating pick-me-up.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: Essential Aminos



Creamy Avocado Dream

Creamy Avocado Dream: Combine ripe avocado, LiveGood vanilla protein, and a splash of milk for a creamy, satisfying smoothie.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [Plant-Based Protein](#)



CBD Calm Smoothie:

CBD Calm Smoothie: Blend LiveGood CBD oil, lavender, and blueberries for a soothing, stress-relieving concoction.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [CBD Oil](#)



Collagen Berry Beauty

Collagen Berry Beauty: Mix LiveGood collagen with peptides, mixed berries, and a bit of flaxseed for a smoothie that's kind to your skin.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: Collagen Peptides



Pre-Workout Creatine Charge

Pre-Workout Creatine Charge: Add LiveGood Creatine + HMB to a smoothie with banana and almond milk for a pre-workout energy surge.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [Creatine + HMB](#)



Herbal Tea Hydrator

Herbal Tea Hydrator: Steep your favourite herbal tea, chill it, and then blend with LiveGood super greens for a refreshing, hydrating drink.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: Organic Super Greens



Chocolate Protein Pick-Me-Up

Chocolate Protein Pick-Me-Up: Blend LiveGood vanilla protein powder with raw cacao and a dash of espresso or LiveGood organic coffee for a coffeehouse-inspired treat.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: Organic Coffee / Plant-Based Protein



Sunrise Citrus Electrolyte

Sunrise Citrus Electrolyte: Mix LiveGood E3 with fresh orange juice and a carrot for a natural electrolyte booster.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: E3 - Energy, Endurance, Electrolytes



Nutty Superfood Swirl

Nutty Superfood Swirl: Swirl in LiveGood super reds with a spoonful of almond butter and a splash of milk for a nutty, superfood-packed smoothie.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [Organic Super Reds](#)



Omega Seed Energy Blend

Omega Seed Energy Blend: Combine LiveGood super greens, chia seeds, and a ripe pear for an omega-3 rich energizer.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: Organic Super Greens



Tropical Oatmeal Fusion

Tropical Oatmeal Fusion: Mix cooked oatmeal with LiveGood super reds, a scoop of vanilla protein, and mango for a tropical twist on a hearty breakfast.

Blend, Sip, Enjoy – LiveGood Every Day.

Buy: [Plant-Based Protein](#)

Blend, Sip, Enjoy – LiveGood Every Day.

**Join the journey to
wellness with
LiveGood – follow my
social channels for
more delicious
inspirations!**

**Feel free to share this e-book widely
once you're a part of the LiveGood
family - membership is your key to
spreading the goodness!**





From Edward Keyte: Guidance and Gratitude

Disclaimer:

Edward Keyte presents these smoothie inspirations as a fellow LiveGood enthusiast, not a health professional. Consider these suggestions as a canvas for your creativity; feel free to modify and personalise them to your taste. Please retain this e-book's attribution to Edward Keyte as the original author.

Gratitude Note:

Thank you for taking the time to explore the vibrant world of smoothies with "LiveGood Blends." Your journey towards health and vitality is greatly valued, and we hope these ideas spark joy and wellness in your daily routine. Here's to blending a life full of flavour and nourishment!

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