



# Oil-Infused Smoothies

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## BANANA PUMPKIN SPICED SMOOTHIE

1 cup vanilla almond milk  
1/2 banana  
1/c cup 100% canned pumpkin  
1 drop Nutmeg Vitality essential oil  
agave, honey, or maple syrup to taste  
1 cup ice cubes  
sprinkle of ground cinnamon on top

## MANGO ORANGE SMOOTHIE

2 cups fresh spinach leaves  
1 cup chopped mango  
1/2 vanilla almond milk  
1 cup ice cubes  
2-4 drops Orange Vitality essential oil

## BANANA BERRY ORANGE SMOOTHIE

1 cup berries (any kind)  
1 banana  
1/4 cup orange juice  
1/4 cup vanilla almond milk  
1 cup ice cubes  
2-4 drops Orange Vitality essential oil

## APPLE OATMEAL LEMON SMOOTHIE

2 cups spinach  
1/2 cup apple juice  
1/2 cup apple sauce  
1 banana  
1/4 cup dry quick-cooking oats  
1 cup ice cubes  
Ground cinnamon to taste  
2-4 drops Lemon Vitality essential oil

## SPICED BANANA SMOOTHIE

1 banana  
Scoop of Balance Complete protein powder  
1 tbsp of Coconut Butter (optional)  
1/2 cup water or milk of choice  
1 cup ice cubes  
1 drop of Nutmeg Vitality essential oil

## HEALTHY COPYCAT SHAMROCK SHAKE

1 can coconut milk  
1 ripe avocado  
2-3 tbsp raw honey or other sweetener  
5-7 drops Peppermint Vitality essential oil  
1 tsp vanilla  
1+ cups ice

## MINT CHOCOLATE SMOOTHIE

1/2 avocado  
1 cup fresh spinach leaves  
1/2 banana  
1/2 cup strawberries  
1/2 cup vanilla almond milk  
1-2 tbsp agave or other sweetener, to taste  
2-3 teaspoons unsweetened cocoa powder  
1 cup ice cubes  
1-3 drops Peppermint Vitality essential oil

## RISE & SHINE SMOOTHIE

3/4 cup yogurt  
3/4 cup milk  
3-4 mandarin oranges  
1/2 tsp vanilla extract  
15-20 ice cubes  
2 drops Tangerine Vitality essential oil

**TIPS:** Use less ice if using frozen fruit

For creaminess: banana, avocado, mango

For protein: Balance complete protein powder, hemp seeds

For antioxidant power: NingXia Red or NingXia Nitro

Vitality oils to try: Orange, Tangerine, Lemon, Peppermint, Nutmeg