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Healthy 5-Day Smoothie Challenge for Autism

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Hi!

I'm so glad you are here and taking the next step in your child's health journey. This smoothie guide is here to get you started into nourishing your child's body with all of the good stuff that they need.

Research shows that a healthy diet with nutrient dense food can be beneficial in a childs behavioural and cognitive development, so here's a quick start for a healthy day.

Kiddos can be super picky so I hope you find these recipes easy, delicious and a crowd pleaser with your family.

Warning: These smoothies can be beneficial for parents health too (try it!). Let's get going!

Click here for more ways to benefit your child with their development.

Dr. Danielle ND

	Mon	**Tue**	**Wed**	**Thu**	**Fri**
Breakfast	Banana Cinnamon Smoothie	Lemon Tart Smoothie	Blueberry Protein Smoothie	Raspberry Zinger Smoothie	Mango Coconut Green Smoothie

Fruits

- [ ] 3 Banana
- [ ] 2 Lemon

Seeds, Nuts & Spices

- [ ] 3 tbsps Chia Seeds
- [ ] 1/2 tsp Cinnamon
- [ ] 3 tbsps Ground Flax Seed

Frozen

- [ ] 1 cup Frozen Blueberries
- [ ] 1/4 cup Frozen Broccoli
- [ ] 2 1/4 cups Frozen Cauliflower
- [ ] 1/2 cup Frozen Mango
- [ ] 1 cup Frozen Raspberries

Vegetables

- [ ] 1 cup Baby Spinach

Boxed & Canned

- [ ] 1/4 cup Organic Coconut Milk

Cold

- [ ] 3 tbsps Coconut Butter
- [ ] 4 cups Unsweetened Almond Milk

Other

- [ ] 4 Ice Cubes
- [ ] 1 1/2 cups Vanilla Protein Powder
- [ ] 3 cups Water

Banana Cinnamon Smoothie

2 servings

5 minutes

Ingredients

1/2 cup Vanilla Protein Powder

2 tbsps Ground Flax Seed

2 tbsps Chia Seeds

2 Banana (frozen)

4 Ice Cubes

2 cups Water

1/2 tsp Cinnamon

Directions

1 Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

Notes

No Protein Powder, Use hemp seeds with vanilla extract instead.

Leftovers, Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green, Add spinach.

Lemon Tart Smoothie

1 serving

10 minutes

Ingredients

1 Lemon (juiced)

1 Banana (frozen)

1 cup Frozen Cauliflower

2 tbsps Coconut Butter

1/4 cup Vanilla Protein Powder

1 1/2 cups Unsweetened Almond Milk

Directions

1 Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

What is Coconut Butter?, The ground up meat of the whole coconut. Also sometimes called coocnut manna. Cashew butter can be used instead.

No Protein Powder, Use 1/4 cup hemp seeds per serving instead.

Blueberry Protein Smoothie

1 serving
5 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

Directions

1 Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries, Use any type of frozen berry instead.
No Protein Powder, Use hemp seeds instead

Raspberry Zinger Smoothie

1 serving

10 minutes

Ingredients

1 cup Frozen Cauliflower

1 cup Frozen Raspberries

1 Lemon (juiced)

1/4 cup Vanilla Protein Powder

1 tbsp Chia Seeds

1 1/2 cups Unsweetened Almond Milk

Directions

1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder, Use 1/4 cup hemp seeds per serving instead.

Mango Coconut Green Smoothie

1 serving

10 minutes

Ingredients

1/4 cup Frozen Cauliflower

1/4 cup Frozen Broccoli

1/2 cup Frozen Mango

1 cup Unsweetened Almond Milk

1/4 cup Organic Coconut Milk (full fat)

1/4 cup Vanilla Protein Powder

1 tbsp Coconut Butter

Directions

1. Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

Notes

Coconut Butter, Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

No Protein Powder, Use hemp seeds instead.