



CLEARVITE™

Sparkling Smoothie Recipes

Use Organic Ingredients for a Healthier You!



Veggies Voila

- 1 scoop of ClearVite™
- ½ cup of tomato or any other vegetable juice
- Dash of cayenne pepper
- Handful of ice cubes



Carrot Shake

- 1 scoop of ClearVite™
- 1 cup of freshly juiced carrots
- 1 cup of ice cubes
- 1 tsp. roasted sesame oil

Tropical Paradise

- 1 scoop of ClearVite™
- ½ cup of water (or rice milk, or coconut milk)
- ½ cup of pineapple-orange or pineapple-coconut juice
- ½ cup of fresh pineapple or frozen tropical fruit
- ½ of banana (may be frozen)
- Handful of ice cubes (if none, may use frozen fruit)



Protein Smoothie

- 1 scoop of ClearVite™
- 2 tbsp. raw almond butter
- ½ banana
- ½ cup of water

Apple-Cinnamon

- 1 scoop of ClearVite™
- 1 cup of water
- 2 tbsp. frozen apple juice concentrate
- ½ banana (frozen)
- ½ tsp. cinnamon



Extra Special Berry Surprise

- 1 scoop of ClearVite™
- ¼ cup blackberries
- ¼ cup blueberries
- ¼ cup strawberries
- ½ banana
- 1 ½ cup of fresh orange juice
- 3 tsp. of honey (optional)
- 1-2 cups of ice



Warm, Nourishing, Morning Toddy

- 1 scoop of ClearVite™
- ½ cup of tomato or vegetable juice
- 2 tsp. of regular or toasted sesame oil
- add 1 ½ cups of hot water after the mixture is blended



Green Tea Wake Up

- 1 scoop of ClearVite™
- ¼ cup of rice or coconut milk
- ½ cup of hot green tea

Raw Soup

- 1 scoop of ClearVite™
- 1 pear (peeled)
- 2 tbsp. of walnut oil
- 1 cucumber (peeled)
- 1 head of chopped parsley
- 1 lemon
- 2 cups of water

Hot Chocolate Whammy!



- 1 scoop of ClearVite™
- ½ cup of hot rice milk
- 1 tbsp. of organic powdered chocolate
- 1 tsp. xylitol
- May add ½ cup of cherries

Power Smoothie

- 1 scoop of ClearVite™
- 1 tbsp. supergreen powder
- 1 tbsp flaxseed oil
- 1 banana



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