

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

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10-MINUTE SMOOTHIE HACKS  
**20**



*Edward Keyte*

# Table Of Content

- **1. Green Machine Protein Boost** Page 4
- **2. Berry Amino Fusion** Page 5
- **3. Tropical Energy Smoothie** Page 6
- **4. Banana Nut Powerhouse** Page 7
- **5. Detox Green Tea Elixir** Page 8
- **6. Coffee Chocolate Shake** Page 9
- **7. Sweet Beet Workout Prep** Page 10
- **8. Oatmeal Breakfast Bliss** Page 11
- **9. Super Reds Antioxidant Delight** Page 12
- **10. Lemon Refresh Amino** Page 13
- **11. Creamy Avocado Dream** Page 14
- **12. CBD Calm Smoothie** Page 15
- **13. Collagen Berry Beauty** Page 16
- **14. Pre-Workout Creatine Charge** Page 17
- **15. Herbal Tea Hydrator** Page 18
- **16. Chocolate Protein Pick-Me-Up** Page 19
- **17. Sunrise Citrus Electrolyte** Page 20
- **18. Nutty Superfood Swirl** Page 21
- **19. Omega Seed Energy Blend** Page 22
- **20. Tropical Oatmeal Fusion** Page 23

# 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.

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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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