

5-MINUTE FAT BURNING SMOOTHIES



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My Top 5 Fat Burning Smoothies

These are my clients and our Cabral Community favorites to add in after you've completed the [Dr. Cabral Detox](#).

Please feel free to experiment with the recipes and even add a few items that you would like as well. And, once you've created a new recipe you enjoy using let us know what it is and we'd love to share it with the Dr. Cabral Detox community!

Enjoy the recipes!

My Purple Crush Smoothie

This is a version of the smoothie I drink every morning. The name came from the soda I used to love drinking as a kid called "Grape Crush." This is my new healthier choice ;)

Recipe

- 1c Frozen Wild or Organic Blueberries
- 1c Greens (chard, spinach, kale, etc.) or greens powder
- 1/2-1tbsp flax or chia seeds (optional)
- 6-8oz Water
- 6-8oz Almond or Coconut or Rice Milk
- 2sc Daily All-In-One Support powder
- 0-20 Drops Stevia as needed for sweetener (optional only if needed)

Cinnamon Vanilla Swirl

Recipe

- 1/2-1Tsp Organic Cinnamon powder
- 1/2-1c Frozen Banana (optional)
- 1/2-1c ice
- 6-8oz Water
- 6-8oz Coconut or Unsweetened Vanilla Almond or Rice Milk
- 2sc Daily All-In-One Support powder
- 1/4 Tsp Non-Alcoholic Vanilla Extract
- 0-20 Drops Stevia as Needed for Sweetener (optional only if needed)

Chocolate Coconut Bar

Recipe

- 1-2 Tsp Cacao powder (optional)
- 1/2-1 Tbsp Dark Chocolate Cacao nibs (optional)
- 1/2-1 Tbsp Coconut Oil
- 1/4c Shredded Coconut (optional)
- 1c Ice
- 6-8oz Water
- 6-8oz Coconut Milk
- 2sc Daily All-In-One Support powder
- 0-20 Drops Stevia as Needed for Sweetener (optional only if needed)

Iced Coffee (Mocha)

Recipe

- 1-2 Tsp Cacao powder (optional)
- 1 Tbsp Dark Chocolate Cacao nibs (optional)
- 8oz Organic Swiss Decaf or Regular Iced or Room-Temperature Coffee
- 6-8oz Unsweetened Vanilla Almond or Coconut Milk
- 1c Ice
- 2sc Daily All-In-One Support powder
- 0-20 Drops Stevia as needed for sweetener (optional only if needed)

Antioxidant Overload

Recipe

- 1-2c Frozen Mixed Berries (blueberries, raspberries, blackberries, cherries)
- 1c Greens (chard, spinach, kale, etc.) or Greens Powder
- 1/2-1tbsp Flax or Chia Seeds (optional)
- 6-8oz Water
- 6-8oz Almond or Coconut or Rice Milk
- 2sc Daily All-In-One Support Powder
- 0-20 Drops Stevia as Needed for Sweetener (optional only if needed)

Caribbean Island Splash

Recipe

- 1c Frozen or Fresh Mangos or Pineapple
- 1c Ice (if not using frozen fruit)
- 1/2-1 Tbsp Coconut Oil
- 6-8oz Water
- 6-8oz Coconut Milk
- 2sc Daily All-In-One Support powder
- 0-20 Drops Stevia as Needed for Sweetener (optional only if needed)

> [For the All-In-One shake powder I recommend in the smoothies click here](#)

Frequently Asked Questions

Do You Have to Add Nut Milk?

- You do not have to add a nut milk to any recipe. You can always just double your water to your preferred consistency and texture

How to Make the Shake Thicker?

- If you ever want your smoothie to be thicker try adding more ice, or a frozen banana

How to Make the Shake Thinner?

- Try add fresh greens instead of frozen, and using less ice. You may also add as much liquid as you would like to think out.

I Want to Lose More Weight

- Most people will always lose more weight by eliminating sugar or added fruit from their diet in the beginning. If this is your goal, begin by eliminating fruit from your shakes for 21 days as instructed on DrCabralDetox.com

Simple Shopping List Recommendations

- Greens Powder
- Flax & Chia Seeds
- All-In-One Smoothie Powder
- Nut Milks (Carageenan free)

- Frozen Blueberries & Berries
- Alcohol-free Vanilla Extract
- Organic Cinnamon
- Coconut Oil
- Cacao Nibs
- Organic Coffee
- Banana

Putting It All Together

It's been my opinion and experience over the past 20 years that there is simply nothing more powerful than adding 1 smoothie a day to your lifestyle.

The easy to digest [all-in-one shake powder](#) with added antioxidants provides you with everything you need to get 100% of your vitamins and nutrients for the day. Plus, it “crowds out” the processed baked goods or other items you may be eating in its place.

This leads me to my last point that replacing your current breakfast with an all-in-one smoothie can literally change your life. The extra water, low glycemic carbs, protein, vitamins, and minerals will give you the natural brain and body energy you need to be at your best.

I truly hope you try a 21-day AM smoothie challenge if you haven't already done so. It will keep your Dr. Cabral Detox results coming and it's the easiest way to get all the nutrition your body needs for the day all in one fast and inexpensive breakfast on the go.

Enjoy the smoothie recipes and please let us know some of the creations you've come up with on your own!

Thank you again for reading my free report and for beginning to take control of your own health & life!



Ayubowan,

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