



HEALTHY HOLIDAY SMOOTHIE recipes



aspire[®]
NUTRITION



A note from our founder

My name is Marty Orefice, founder of Aspire Nutrition (formerly All-Star). After experiencing a radical transformation with my son, I have dedicated my life to helping millions of others reach their full potential through the power of supplements and nutrition.

I've spent years experimenting with different foods and researching ingredients, and I'm proud to present you with my favorite Healthy Holiday Smoothie Recipes. Whether you are new to smoothies or a seasoned pro looking to incorporate new, delicious smoothies into your diet, this recipe book is a tool for anyone looking for new inspiration and to save a little time.

With these recipes, you'll be able to whip up smoothies that are budget-friendly, and ready to go at a moment's notice minimizing hours spent in the kitchen so you can maximize your free time. Most importantly, these recipes bring consciousness to what you are eating during the holiday season.

TABLE OF CONTENTS

PUMPKIN PIE SMOOTHIE	4
WHITE PEPPERMINT SMOOTHIE	5
APPLE PIE SMOOTHIE	6
ORANGE CREAMSICLE SMOOTHIE	8
CHOCOLATE AVOCADO SMOOTHIE	9
CRANBERRY APPLE SMOOTHIE	10
CORE 4 PROTOCOL	11



PUMPKIN PIE SMOOTHIE

Ingredients

- 1/3 cup of pumpkin puree
- 1/2 frozen banana
- 1 cup unsweetened vanilla non-dairy milk
- 1 scoop vanilla protein powder
- 1/4 teaspoon of ground cinnamon
- 1/4 teaspoon vanilla extract

Optional Add-Ins

- 1-2 scoops of [Bio-Heal Unflavored Powder](#)
- 1 scoop of [Multi+ Unflavored Powder](#)
- Top with 2 tablespoons of gluten-free granola or gluten-free graham crackers

Instructions

Add all ingredients to a blender. Blend for at least 30 seconds to a minute. Pour into a glass and add toppings. Enjoy!





WHITE PEPPERMINT SMOOTHIE

Ingredients

- 1 cup unsweetened vanilla coconut (or any non-dairy milk)
- 1/2 frozen banana
- 1 scoop vanilla protein powder
- 1/4 cup unsweetened shredded coconut
- 1/4 teaspoon peppermint extract

Optional Add-Ins

- 1-2 scoops of [Bio-Heal Unflavored Powder](#)
- 1 scoop of [Multi+ Unflavored Powder](#)
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseed

Instructions

Add all ingredients to a blender. Blend for at least 30 seconds to a minute. Enjoy!





APPLE PIE SMOOTHIE

Ingredients

- 2 small apples peeled, cored, and chopped into chunks
- 1 cup unsweetened vanilla non-dairy milk
- 1 frozen banana
- 1 scoop vanilla protein powder
- 1/4 teaspoon of ground cinnamon

Optional Add-Ins

- 1-2 scoops of [Bio-Heal Unflavored Powder](#)
- 1 scoop of [Multi+ Unflavored Powder](#)
- Top with 2 tablespoons of gluten free granola or graham crackers

Instructions

Add all ingredients to a blender. Blend for at least 30 seconds to a minute. Pour into a glass and add toppings. Enjoy!



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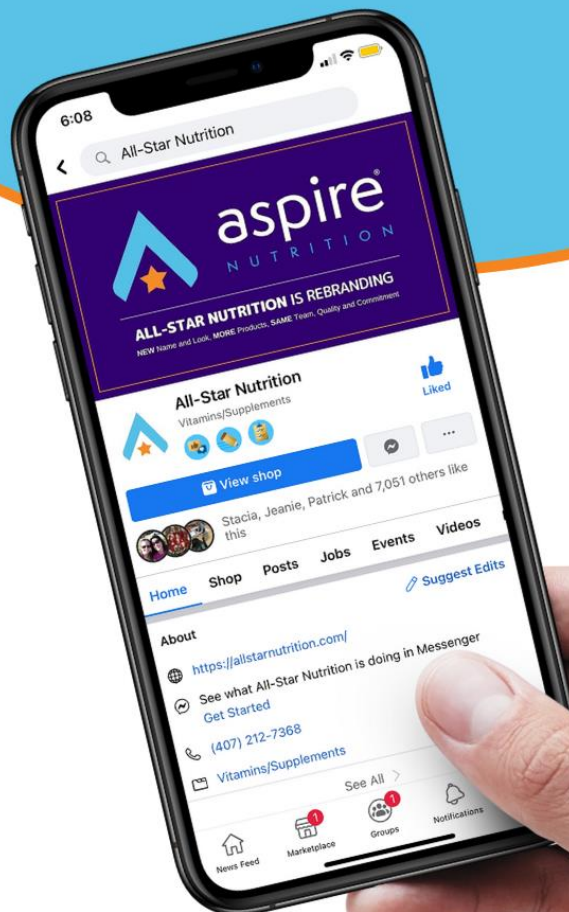
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ORANGE CREAMSICLE SMOOTHIE

Ingredients

- 3 small oranges, peeled
- 1 cup almond milk
- 1 tsp vanilla
- 1 frozen banana
- 2 tbsp vanilla protein powder

Optional Add-Ins

- 1-2 scoops of Bio-Heal Unflavored Powder
- 1 scoop of Multi+ Unflavored Powder
- Top with 1 tablespoon of Beyond Omega Creamy Orange Dreamsicle

Instructions

- Add all ingredients to a blender.
- Blend for at least 30 seconds to a minute. Pour into a glass and add toppings. Enjoy!





CHOCOLATE AVOCADO SMOOTHIE

Ingredients

- 1/2 large avocado
- 1 cup unsweetened vanilla non-dairy milk
- 1 1/2 tbsp cacao powder
- 1/8 tsp salt
- 1 tbsp of protein powder
- 8-10 drops of liquid stevia (or to taste)
- 2/3 cup ice cubes

Optional Add-Ins

- 1-2 scoops of [Bio-Heal Unflavored Powder](#)
- 1 scoop of [Multi+ Unflavored Powder](#)

Instructions

Add all ingredients to a blender. Blend for at least 30 seconds to a minute. Enjoy!





CRANBERRY APPLE SMOOTHIE

Ingredients

- 3/4 cup frozen cranberries (or fresh cranberries but add a handful of ice too)
- 1 large apple, cored and chopped into chunks
- 2 tablespoons raw pecans or walnuts (or nut butter)
**Nut-free? Use pumpkin seeds, hemp seeds, sunflower seed butter, or pumpkin seed butter instead.*
- 1 tablespoon maple syrup (or stevia to taste)
- 1 cup unsweetened vanilla non-dairy milk
- 1/4 teaspoon ground cinnamon

Optional Add-Ins

- 1-2 scoops of [Bio-Heal Unflavored Powder](#)
- 1 scoop of [Multi+ Unflavored Powder](#)

Instructions

Add all ingredients to a blender. Blend for at least 30 seconds to a minute. Enjoy!



Aspire Nutrition Core 4 Protocol

Not sure where to start? We get it!

That is why we developed this guide! This is what we call our "Core 4" protocol.

The research is clear: most health-related issues and cognitive challenges can be traced back to 1 of 3 primary problems happening inside the body. And while we recognize that some challenges aren't "curable", the intensity and frequency of their symptoms can be managed by fixing one OR all three of the causes.

Symptoms vs. Causes

Many people can relate to the following symptoms: constipation, bloating, joint pain, brain fog, autism (symptoms), ADD/ADHD, memory, speech development, mood, stress, asthma, acne, disease, immunity, poor sleep, and allergies. We think of symptoms as smoke alarms triggered by one the three causes, or fires in your body:

1. Unhealthy Gut
2. Toxicity
3. Inflammation

Most supplements, medications and therapies seek to put a band-aid on the symptom, but ignore the problem; which is like pouring water on a smoke alarm instead of the fire.

We don't formulate our supplements to pour water on smoke alarms, we formulate them to put out fires.

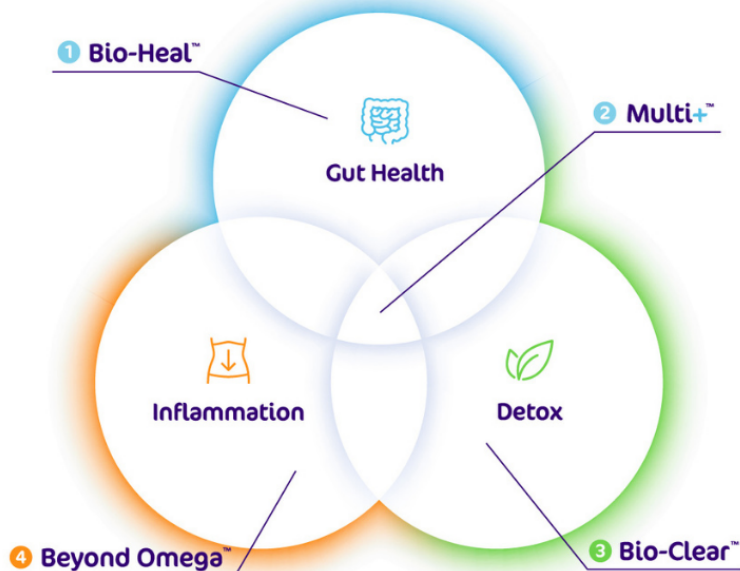
Aspire supplements are designed to fix the problem that is causing the symptoms and help people of all ages optimize their long-term health, vitality and development.

The Core 4

When people ask questions like, "What is the ultimate stack of supplements my family should take to protect us and optimize our health?"

The answer is simple and always the same, the "Core 4."

We believe these four supplements can help anyone achieve their full potential and put out all three fires.



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