



*Tina McDermott*  
DISCOVER WHOLE BODY FREEDOM



# *Finally Thin Forever Smoothies*

Free of Gluten, Dairy, Sugar Free Healthy Drinks  
Guaranteed to give you your health back.

BY TINA McDERMOTT

FREE OF GLUTEN, DAIRY, SUGAR FREE HEALTHY DRINKS  
GUARANTEED TO GIVE YOU YOUR HEALTH BACK.

# Health benefits

Boost your immune system  
Satisfy you and keep you from overeating  
Blood sugar balance  
Help regulate your mood  
Chock full of vitamins and minerals  
Helps to prevent disease  
Pure Pleasure

Imagine drinking a Piña Colada that is actually **GREAT for you**. What about decadent **Chocolate frappuccino** that has amazingly healthy? What about drinking a **Green Goddess Smoothie** that is not only packed full of **vitamins and minerals** but is delicious all at the same time?

Come on all you Gods and Goddesses and learn how you can make delicious, **healthy smoothies** for you and your family quick and easy. Even your kids will love them as I teach you tricks to get greens in them without them knowing it. Simply add cocoa nibs and the chocolate hides the greens!

**BY TINA McDERMOTT**  
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# PIÑA COLADA

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## INGREDIENTS:

1 or 2 scoops of vanilla approved protein powder (SunWarrior, Vega, Garden of Life, Show me the Whey - My Organic Market)

8oz unsweetened coconut milk, almond milk, hemp seed milk or just water

1/2 cup fresh or frozen pineapple

1/2 frozen banana

1 tablespoon coconut butter

1 large handful of fresh baby spinach

2-3 Ice Cubes



## DIRECTIONS:

Mix all the ingredients in a mason jar and use an immersion blender to blend together. Enjoy!

## TOP TIPS:

Use approved protein powder (SunWarrior, Vega, Garden of Life, Show me the Whey - My Organic Market)







# PUMPKIN PIE SMOOTHIE

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1 or 2 scoops of vanilla approved protein powder (SunWarrior, Vega, Garden of Life, Show me the Whey - My Organic Market)

1/4 cup cashews

1/4 cup water (plus more if needed)

1/4 cup organic pumpkin puree

1/2 teaspoon pumpkin pie spice

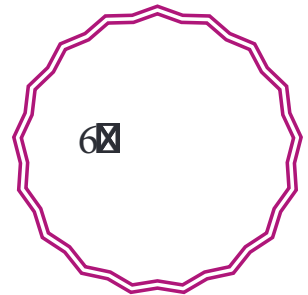
Pinch salt

1 tablespoon pure maple syrup

1/2 frozen banana (fresh works too, the smoothie just won't be as thick)

1/2 cup ice cubes

Ground cinnamon for topping, if desired



Mix all the ingredients in a high speed blender or alternatively in a mason jar and use an immersion blender to blend together. **Enjoy!**



# THE GREEN GODDESS

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## INGREDIENTS:

6" piece of cucumber  
3 medium Kale leaves, torn  
5 stems fresh mint  
3 stems fresh parsley  
1" piece fresh ginger  
1 avocado  
1 cup coconut water  
fresh juice of one lime  
1-2 tsp flax seed oil  
1-2 tbsp hemp seeds  
2-3 drops stevia

Servings  
1

## DIRECTIONS:

Place all ingredients into high speed blender and mix until smooth, adding a little filtered water if needed for consistency. Enjoy!

## Optional:

Add 1/2 cup frozen berries—blueberries, raspberries or strawberries as they are low sugar fruit  
Use unsweetened almond milk or unsweetened coconut milk vs coconut water

# CHOCOLATE FRAPUCCINO

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## INGREDIENTS:

1 or 2 scoops of vanilla approved protein powder  
(SunWarrior, Vega, Garden of Life, Show me the Whey - My Organic Market)  
1 medium size apple cut into quarters  
1/2 cup cashews  
1/4 cup water (plus more if needed)  
1/2 frozen banana (fresh works too, the smoothie just won't be as thick)  
2 to 3 tablespoons cocoa nibs  
Pinch salt  
1/2 cup ice cubes



## DIRECTIONS:

Mix all the ingredients in a high speed blender for 2 minutes. Enjoy!

# CRAZY WOMAN CHOCOLATE PUDDING

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## INGREDIENTS:

- 1/2 large avocado, frozen (flesh only)
- 1 large ripe banana, peeled and frozen
- 1 cup unsweetened almond milk
- 2 tbsp raw cacao powder or cocoa powder
- \*2 soft medjool dates, pitted  
(or use liquid sweetener)
- 1/2 tsp pure vanilla extract
- pinch of fine grain sea salt
- shaved chocolate and shredded coconut,  
to garnish
- 3-4 ice cubes, add until very cold



## DIRECTIONS:

1. This is the hard part: You need to freeze your banana and avocado beforehand! This results in an ice cream like texture. If using warm then add more ice but it won't be the same!

2. Add your almond milk first into the blender (always) followed by the frozen avocado flesh, frozen banana, cacao or cocoa powder, pitted dates, vanilla, and a pinch of sea salt (amazing). Process until smooth. Process in ice until very very cold (you don't want this luke warm). Pour into parfait glasses, mini bowls, or into a huge glass all for yourself.

**\*Best served immediately!!**

**Notes:** If you are using firm dates, please soak them for about 30 minutes beforehand. This will aid in blending them smooth.



# CHOCOLATE STRAWBERRY DECADENCE

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## INGREDIENTS:

- 1 or 2 scoops of vanilla approved protein powder  
(SunWarrior, Vega, Garden of Life, Show me the Whey -  
My Organic Market)
- 8oz unsweetened coconut milk, almond milk, hemp seed  
milk or just water
- ½ cup frozen or fresh strawberries (you may substitute any  
berries you like)
- 1/2 frozen banana
- 1/4 cup almonds
- 2 tablespoons cocoa nibs (alternatively you can use a  
chocolate flavored approved protein powder)
- 1-2 Ice (optional)
- \* Optional -Add 2 to 4 cups of fresh or frozen greens  
(spinach, kale, arugula)

## DIRECTIONS:

Mix all the ingredients in a mason jar and use an immersion blender to blend together. **Enjoy!**

# CARIBBEAN PASSION PUNCH

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## INGREDIENTS:

- 1 scoop vanilla protein powder (SunWarrior, Vega, Garden of Life, Show me the Whey - My Organic Market)
- 1 cup water or unsweetened almond milk
- 1 cup combination of frozen strawberries/mango/peach
- 1 fresh orange, peeled
- 2 tablespoon coconut butter



## DIRECTIONS:

1. Mix all together in a high powered blender and serve for breakfast, lunch, dinner or a snack.

# HONOLULU HEAVEN

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## INGREDIENTS:

- 1 scoop vanilla protein powder (SunWarrior, Vega, Garden of Life, Show me the Whey - My Organic Market)
- 1 cup water or unsweetened almond milk
- 1 fresh orange, peeled
- 1 banana
- 1 cup frozen mango
- 2 tablespoons coconut butter

## DIRECTIONS:

1. Mix all together in a high powered blender and serve for breakfast, lunch, dinner or a snack.

# DIRTY MONKEY SMOOTHIE

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## INGREDIENTS:

- 1 scoop chocolate protein powder (SunWarrior, Vega, Garden of Life, Show me the Whey - My Organic Market)
- 1 cup water or unsweetened almond milk
- 1 banana
- 1/2 cup unsweetened plain yogurt
- 2 tablespoons chia seeds
- 1/4 cup almonds

## DIRECTIONS:

Mix all together in a high powered blender and serve for breakfast, lunch, dinner or a snack. **Enjoy!**



# BLUEBERRY FLURRY

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## INGREDIENTS:

- 1 scoop vanilla approved protein powder (SunWarrior, Vega, Garden of Life, Show me the Whey - My Organic Market)
- 1 cup water or unsweetened almond milk
- 1 banana
- 1 cup frozen blueberries
- 1/2 cup unsweetened plain yogurt
- 2 tablespoons chia seeds
- 1/4 cup almonds

## DIRECTIONS:

Mix all together in a high powered blender and serve for breakfast, lunch, dinner or a snack. **Enjoy!**



# *Finally Thin Forever Smoothies*

**Tina McDermott, LLC – Wellness Speaker | Weight Release Expert Coach**

[www.tinamcdermott.com](http://www.tinamcdermott.com) \* [tina@tinamcdermott.com](mailto:tina@tinamcdermott.com) \* 410-570-5170