



glow-boosting

JUICES & SMOOTHIES

By Haley Post

HALEYPOST.COM

HI, I'M HALEY!

I am so happy you're here--welcome to our online community!! I'm a writer, photographer, and recipe developer with a passion for balanced wellbeing. On the blog, we share recipes, DIYs, and resources designed to nourish the body, mind, and spirit. From seasonal recipes to tips on holistic wellness, I'm here to empower and encourage you to live your happiest, most vibrant life.



This ebook is a collection of the juices, smoothies, and smoothie bowls I love (and make) the most--simple, nourishing, and delicious recipes I keep in my weekly menu rotation. From dessert-esque smoothies like my favorite Chocolate Hazelnut Smoothie to immune-boosting juices like summery Pink Gingerade Juice, there's a recipe here for whatever you're craving.

Hungry for more juice and smoothie recipes? There's an ever-growing collection waiting for you on the blog at HaleyPost.com. THANK YOU for all of your support, and I'm so excited to share these recipes with you.

Let's dig in!!

- Haley

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RASPBERRY PITAYA OMBRE SMOOTHIE

Makes 2 smoothies

This fun, layered ombre smoothie is as delicious as it is gorgeous! Raspberry and pitaya make an amazing combination, and honestly, how could you not smile while sipping on this smoothie?

INGREDIENTS

- 2 frozen bananas
- 1 tsp raw honey
- 1/2 tsp pure vanilla extract
- Splash of almond milk (or any milk of your choice)
- 1 cup raspberries, frozen
- 1 pitaya pack
- Toppings: raspberries, coconut flakes

TO MAKE:

1. Blend the bananas, honey, vanilla, and a splash of milk until smooth. Pour the banana mixture into the bottom third of two glasses (leaving leftover smoothie in the blender).
2. Add the frozen raspberries to the blender. Blend until smooth (feel free to add more milk as needed). Fill the glasses with the raspberry mixture until they are $\frac{2}{3}$ of the way full, leaving the remaining smoothie in the blender.
3. Add pitaya pack to the blender and blend until smooth, adding more milk if needed. Top off the glasses with the pitaya mixture. Use a straw to gently swirl the smoothies to create an ombre effect. Garnish with coconut flakes and raspberries.



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CHOCOLATE HAZELNUT SMOOTHIE

Makes 1 smoothie

This creamy, icy, thick smoothie tastes like a chocolate hazelnut milkshake. SO GOOD. If you don't like hazelnuts, feel free to swap out the hazelnuts for almonds or cashews!

INGREDIENTS

- 8 oz milk
- 2-3 bananas, frozen
- 1 tbsp cacao or cocoa powder
- 2 tbsp hazelnut butter (or 3 tbsp hazelnuts, soaked overnight)
- 1 tsp vanilla extract

TO MAKE:

1. Combine all ingredients in a blender.
2. Blend on high to combine (this will take around 30 seconds, depending on your blender). Then turn the blender speed down to low and continue blending for another 30 seconds - 1 minute. This will make the smoothie even fluffier and creamier.
3. Pour into a glass and enjoy!



09

HYDRATING GREEN SMOOTHIE

Makes 1 smoothie

This Hydrating Green Smoothie is one of my go-to breakfast recipes during the summer. Made with ingredients like coconut water, kiwi, and fresh mint, this smoothie is super cooling and refreshing.

INGREDIENTS

- 10 oz coconut water
- 1 cup spinach
- ½ cup pineapple, frozen
- ¼ cup mango, frozen
- 1 banana, frozen
- 2 kiwi fruits, peeled
- 1 handful fresh mint (about ¼ cup)
- 1 tsp raw honey (optional)
- 1 tsp hempseed (optional)

TO MAKE:

1. Combine all ingredients in a blender. Blend until smooth.
2. Pour into a glass and enjoy!



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PINK PITAYA SMOOTHIE BOWL

Makes 1 smoothie bowl

Pitaya (A.K.A. dragonfruit) may be known for its amazing, naturally hot pink color--but did you know it's also packed with antioxidants, vitamins, and minerals? This delicious (and beautiful) smoothie bowl is one of my favorite ways to eat pitaya.

INGREDIENTS

- 1 pitaya pack (3.5 oz)
- 2 bananas, frozen
- 1 tsp raw honey
- 1/2 tsp pure vanilla extract
- Sprinkle of cinnamon
- Splash of almond milk (or any milk of your choice)
- Toppings: raspberries, coconut flakes, granola, rose petals

TO MAKE:

1. Blend the pitaya, bananas, honey, vanilla, cinnamon, and milk until well combined.
2. Spoon into bowls and top with raspberries, coconut, granola, and rose. Enjoy!



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TROPICAL GREEN SMOOTHIE BOWL

Makes 2 smoothie bowls

When you're looking for a satisfying way to sneak in some extra greens, these yummy Tropical Green Smoothie Bowls will NEVER let you down. With a creamy green base and vibrant toppings like mango and coconut, these bowls are nourishing AND delicious.

INGREDIENTS

- 2-3 bananas, frozen
- 2 cups spinach
- 1/2 cup pineapple, frozen
- 1 tsp raw honey
- Splash of coconut milk
- Toppings: hemp seeds, coconut flakes, mango, berries of your choice (I used raspberries & gooseberries)

TO MAKE:

1. Blend the bananas, spinach, pineapple, honey, and coconut milk until well combined.
2. Scoop into bowls and top with hemp seeds, mango, berries, and coconut. Enjoy!



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GOLDEN IMMUNITY JUICE

Makes about 2 cups

When I'm feeling in need of some extra immune support, this Golden Immunity Juice is my go-to. With ingredients like oranges, ginger, and turmeric, this juice is packed with antioxidants, vitamins, and anti-inflammatory compounds.

INGREDIENTS

- 3 medium golden beets, cut into large pieces
- 3 medium oranges, peeled
- 5 carrots
- 4 inch piece of ginger, peeled
- 1 inch piece of turmeric, peeled

TO MAKE:

1. Cut and peel the fruits and vegetables.
2. Turn on the juicer and add the ingredients. For best results (and the maximum juice yield), alternate between adding hard/non-juicy produce (i.e. beets) and soft/juicy produce (i.e. oranges).
3. Serve as is, or pour over ice. Enjoy!!



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RUBY RESCUE JUICE

Makes about 4 cups

This juice is full of vitamins and immune-supporting ingredients, making it the perfect pick-me-up if you're feeling run down. The garlic adds an extra flavor kick and is great for its cold-fighting benefits, but feel free to omit it if you're not a garlic fan!

INGREDIENTS

- 4 inches peeled ginger
- 2 cloves of garlic
- 4 medium apples
- 3 beets
- 4 stalks celery
- 3 large carrots
- Juice from 1 lemon

TO MAKE:

1. Cut and peel the fruits and vegetables. Use a citrus juicer to juice the lemon and set aside.
2. Turn on the juicer and add the ingredients, alternating between adding hard/non-juicy produce (ie: ginger) and juicy produce (ie: apples).
3. Stir in the lemon juice. Serve as is, or pour over ice.
Enjoy!!



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PINK GINGERADE JUICE

Makes about 2 cups

This refreshing juice tastes like summer and looks like a gorgeous, deep pink lemonade. I highly recommend using apples with a sweet, crisp flavor such as Fuji or Pink Lady in this juice--they complement the lemon and ginger perfectly!

INGREDIENTS

- 5 apples (such as Fuji or Pink Lady)
- 1 small beet, halved
- 2" piece of ginger
- Juice from 1 lemon

TO MAKE:

1. Cut and peel the fruits and vegetables. Juice the lemon with a citrus juicer and set aside.
2. Turn on the juicer and add the ingredients.
3. Stir in the fresh lemon juice. Serve as is, or pour over ice. Enjoy!!

If you made any of the recipes in
this ebook, please share a photo on
Instagram and tag me
@haleyjordanpost so I can see what
you made!! :)

Also, don't forget to visit the blog at
HaleyPost.com for more delicious
juice and smoothie recipes.

Thank you for making and sharing
these recipes--I hope you love
them as much as I do!

- *Haley*

PHOTOGRAPHY & STYLING
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RECIPES
by Haley Post

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