

Powerfully Healing Raspberry Cream Smoothie Recipe

This is a powerful smoothie. The health benefits are enormous. If you have arthritis, diabetes, cancer, or any other major health ailment, or your goal is to prevent these diseases, this is a smoothie you should drink regularly.

For a massive boost of enzymes, tons of antioxidants, and a tremendous amount of anti-inflammatory healthy fats, you can't do much better than this recipe.

If you suffer from Candida, we recommend you take some SF722 or some other yeast killer, as pineapple is very high in natural sugars. We also recommend adding a few scoops of Total Nutrition Formula for extra nutrition.

This smoothie is absolutely delicious; I'll bet it's the best you've ever had. And it's kid friendly!

Just watch the video below and we'll prove it.

A few of the many benefits of avocados

- Helps lower cholesterol
- Reduces the risk of diabetes, stroke, and coronary artery disease
- Promotes a healthy body weight and BMI
- Reduces the risk of cancer
- Anti-inflammatory
- Promotes a healthy immune system
- Promotes healthy hair and skin

A few of the many benefits of pineapple

- Prevents free radical damage
- Helps build strong bones
- Promotes healthy gums
- Helps prevent macular degeneration
- Reduces the risk of diabetes, stroke, and coronary artery disease
- Promotes a healthy body weight and BMI
- Reduces the risk of cancer
- Anti-inflammatory
- Helps lower cholesterol
- Promotes a healthy immune system
- Promotes healthy skin
- Detoxifies the liver

A few of the many benefits of coconut oil

- Helps lower cholesterol
- Reduces the risk of diabetes, stroke, and coronary artery disease
- Promotes a healthy body weight and BMI
- Reduces the risk of cancer
- Anti-inflammatory
- Promotes a healthy immune-system
- Promotes healthy hair and skin
- Antifungal, antibacterial, and antiviral

A few of the many benefits of raspberries

- Helps lower cholesterol
- Reduces the risk of diabetes, stroke, and coronary

artery disease

- Promotes a healthy body weight and BMI
- Reduces the risk of cancer
- Anti-inflammatory
- Helps lower cholesterol
- Promotes a healthy immune system

Recipe

This is about as easy as it gets. The recipe serves four. It's perfect for a Vitamix. If you have a smaller blender, you may need to cut the recipe in half. Of course, all ingredients should be organic whenever possible.

Ingredients

- 1 whole, fresh, medium pineapple
- 10 ounces frozen raspberries
- 1 medium to large avocado
- 4 tablespoons coconut oil

Instructions

1. Blend pineapple first.
2. Then add avocado and coconut oil.
3. After the first ingredients are fully blended, add the frozen raspberries and blend until smooth.
4. Enjoy!

Recommended Supplements:

- Total Nutrition Formula

Further Reading:

- *Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula*
- *Raw Hummus Recipe*

- *Raspberry and Pumpkin Parfaits Recipe*
- *Homemade Calcium and Magnesium*
- *Homemade Vitamin C*