

Banana Orange Smoothie

Posted At : April 4, 2008 6:21 PM

- 1 banana
- ½ cup orange juice more or less, depending on how thick or thin you want it
- 3 tablespoons [virgin coconut oil](#) - liquefied
- 1 tablespoon [Coconut Cream Concentrate](#)
- 3 tablespoons organic whole milk vanilla yogurt
- 3 ice cubes

Blend everything together in blender! This is also good by adding 5 frozen strawberries. Enjoy!



Breakfast In A Cup

**Prepared by Sarah Shilhavy
Photo by Jeremiah Shilhavy**

Servings: 2

Preparation Time: 5 minutes

- 2 frozen bananas
- 1/2 cup [rolled oat flakes](#)
- 1 cup milk (use more or less to adjust to desired consistency)
- 1/2 cup [coconut peanut butter](#) or [peanut butter](#)
- 1-2 tablespoons [coconut oil](#), melted
- dash [cinnamon](#)
- 1 teaspoon [vanilla](#)
- 1 cup spinach (optional)

Place all ingredients in a good blender. Blend until smooth and well mixed. Pour into 2 glasses and drink immediately.



Cashew Coconut Creamer (Dairy Free)

Prepared by Sarah Shilhavy, Photo by Jeremiah Shilhavy

Servings: 1 1/2 cups

Preparation Time: 2 minutes, besides soaking time

- 1 cup cashew nuts, soaked overnight, rinsed,
- 1/4 cup [honey](#)
- 1/2 teaspoon [vanilla extract](#)
- 1/2 cup coconut milk*
- 2 tablespoons [coconut oil](#), melted (give or take as needed)

1. Place all of the ingredients in high-powered blender.
2. Blend until smooth and creamy, pouring melted coconut oil in to the mix in a steady drizzle.
2. Store in glass jar in the refrigerator for up to a week.

Chocolate Coconut Banana Protein Shake

Posted At : May 7, 2010 9:44 AM

If you workout then you probably already know the importance of taking protein powder to help "refuel" after a strenuous workout. Taking just the same thing all the time though gets boring, so I've come up with some different ways to jazz up a regular old protein shake.

This is one that I really like, using the [Double Bonded Chocolate Protein Powder](#). The frozen banana adds a wonderfully creamy texture and the xanthan and guar gums help thicken the shake almost to a pudding-like thickness. I like to eat it with a spoon sometimes. If you don't have any of the gums on hand though taking them out won't hurt too much. And oh, another thing: this isn't a very icy shake without the ice. So if you like your protein shakes icy be sure to include the ice (go by taste, I like to use anywhere from 5 cubes to a large handful).

If you're taking this for breakfast or as a post-workout drink I totally recommend adding the coconut oil as it'll give you that extra energy boost. This protein shake may be a little extra fuss then the normal water/milk + powder but it's worth it.

Let me know what you think if you try it!

Sarah:)

Chocolate Coconut Banana Protein Shake



Chocolate Coconut Banana Protein Shake

**Prepared by Sarah Shilhavy,
Photo by Jeremiah Shilhavy**

Servings: 1

Preparation Time: 3 minutes

- 1-2 heaping scoops [double bonded chocolate protein powder](#)
- 1 teaspoon [cocoa](#)
- 1/4 teaspoon xanthan gum
- 1/4 teaspoon guar gum
- 1 frozen banana
- 3/4 cup water
- 1/2 cup coconut milk* or organic raw whole milk
- 5 ice cubes, optional (more or less as desired)
- 1-3 tablespoons [coconut oil](#), melted

Add all ingredients except coconut oil to blender and blend, pouring the coconut oil in slowly. Continue blending until smooth and enjoy.

Chocolate Coconut Smoothie

Posted At : December 23, 2008 6:19 PM

- Approximately $\frac{3}{4}$ cup dates or raisins soaked in 1 cup water
- 2 tablespoon [organic golden flax seeds](#)
- 1 tablespoon [shredded](#) or [flaked coconut](#)
- 1 teaspoon [organic cocoa powder](#)
- 1 - 2 teaspoons [coconut oil](#)
- 1 teaspoon [organic vanilla extract](#), (opt)
- 1 teaspoon [organic whole sugar](#), or to taste
- 1 chopped pear
- 1-2 frozen chopped bananas
- Ice cubes, as needed

Soak first 3 ingredients from 30 minutes to a couple of hours. Blend and slowly in a blender add other ingredients. Blend well. You can top this with raw cacao nibs or add other seeds/nuts as desired.

Coconut Cream Mocha

Posted At : March 3, 2009 5:49 PM

- 1/2 cup [cocoa powder](#)
- 1/3 cup [sugar](#) or [honey](#)
- 3 1/2 cups whole milk
- 1/2 cup water
- 1/4 cup [coconut cream concentrate](#)
- 1 1/2 - 2 cups strong black coffee
- 2 teaspoons [vanilla extract](#)
- whipped cream, for garnish - optional
- ice cream, of your choice for garnish - optional

In a large saucepan with a wire whisk, stir together cocoa and sweetener. Over medium heat, add 1 cup of milk, the water and coconut cream concentrate. Whisk and bring to a simmer.

Add coffee and remaining milk and whisk until mocha is nice and hot. Add vanilla. Remove from heat and serve with a spoonful of the optional garnishes if desired. Enjoy!!

Note: For a real energy booster, add 3 tablespoons of coconut oil.

Coconut Date Shake

Posted At : August 8, 2009 9:30 AM

- 14 oz coconut milk*
- 2 tablespoons [Coconut Cream Concentrate](#) (or more to taste)
- Small handful of dates - pits removed (more or less to taste)
- 2 cups ice (more or less depending on thickness desired)

- 2 teaspoons [coconut oil](#), melted
- Optional: 1/2 cup soaked almonds or Brazil nuts for extra protein. Soak for at least an hour and rinse off water.

Place all ingredients in blender. While blending, pour the coconut oil into the shake in a slowly. Blend all really well for a great, healthy, non-dairy desert or breakfast drink.

*Use 1 teaspoon of [coconut cream concentrate](#) for every 6-8 oz of water for coconut cream milk. Mix together and use as directed or make [homemade coconut milk](#).

Coconut Eggnog Smoothie

Posted At : December 21, 2011 12:21 PM



Coconut Eggnog Smoothie

photo by recipe author

A holiday treat you can feel good about! Rich, creamy, delicious taste with no added sugar (the bananas and coconut give it a wonderful, delicate sweetness), packed with nourishing protein, good fats and nutrients for a quick breakfast or mid-afternoon snack, satisfying to your body and your senses. Or serve it to your guests, they'll never guess how healthy it is! ;)

Servings: 4

Preparation Time: 5 minutes

- 1 1/2 cups raw milk or coconut milk*
- 5 large [soy-free eggs](#)
- 2 tablespoons [virgin coconut oil](#), melted
- 2 tablespoons [coconut cream concentrate](#), softened

- 1/2 teaspoon [nutmeg](#)
- 1/2 teaspoon ground ginger
- 1/2 teaspoon [cinnamon](#)
- 1/4 teaspoon sea [salt](#)
- 4-5 frozen ripe bananas

Blend all but the bananas until thoroughly mixed, add frozen bananas and blend until smooth. Serve immediately with an extra sprinkle of nutmeg on top. Enjoy! :)

Coconut Fruit Smoothie

Posted At : January 4, 2010 7:13 AM



Coconut Fruit Smoothie

Prepared by Sarah Shilhavy, Photo by Jeremiah Shilhavy

Servings: 1

Preparation Time: 10 minutes

- 1 cup [coconut milk](#) or regular whole milk

- 1/2-1 whole banana
- 1/4 cup frozen fruit: berries, peaches, etc.
- 2 tablespoons fresh ground [flax seeds](#)
- 2 tablespoons fresh ground nuts: almonds, pecans, etc
- 1 tablespoon [dry coconut](#) (flakes, etc.)
- 1 tablespoon [coconut oil](#), melted

Place all ingredients except coconut oil in blender and blend. Slowly pour coconut oil into blender while blending. Blend until smooth and serve.

Coconut Latté

Posted At : May 23, 2009 3:21 PM

- 1-2 tablespoons [coconut cream concentrate](#), optional
- 1-3 tablespoons [coconut oil](#)
- 2/3 cup whole milk
- 1 cup espresso
- 2 tablespoons coconut flavored syrup (or desired flavor and amount)

Brew espresso and add flavored sweetener of your choice (or omit) and coconut cream concentrate if using. Pour into serving mugs.

Using espresso steamer steam milk and coconut oil to 140 degrees. Add to espresso and enjoy!

Coconut Smoothie

- 10-12 ice cubes
- 1 cup of water
- 1-2 tablespoons [protein powder](#) (preferably from goat's milk)
- 1 tablespoon [Virgin coconut oil](#)
- 1 tablespoon [flax seeds](#) ground
- 1 teaspoon [pure vanilla extract](#)
- 3-4 tablespoons [coconut flour](#)(more if you want it thicker)

Place all ingredients in a blender and process at high speed until well combined. You may need more or less ice, depending on how cold you like a smoothie.

Coconut Tropical Bliss Smoothie

Photo by recipe author

Servings: 2

Preparation Time: 10 - 15 minutes

Almond Milk:

- 1/2 cup raw almonds
- 1 1/2 cups distilled water

Mix ins:

- frozen bananas
- fresh pineapple
- [coconut cream concentrate](#) to taste
- 1 tablespoon [coconut oil](#)

Blend nut milk in a high-speed blender. Add remaining ingredients and blend until thoroughly mixed.

Adjust ingredients to desired taste and thickness.

Coconutty Green Smoothie

Posted At : January 7, 2011 8:44 AM



Coconutty Green Smoothie

**Prepared by Sarah Shilhavy
Photo by Jeremiah Shilhavy**

Servings: 2

Preparation Time: 4 minutes

- 2 bananas, frozen
- 2 HUGE handfuls spinach
- 1 cup milk, raw is best
- 1/4 teaspoon [cinnamon](#)
- 1 teaspoon [vanilla](#)
- 1 tablespoon [coconut oil](#)

Add all ingredients into a blender. Blend until mixed. Serve in tall glasses and enjoy.
Best when shared with an eager toddler.

[Creamy Coconut Cinnamon Smoothie](#)

Posted At : July 27, 2011 12:47 PM



Creamy Coconut Cinnamon Smoothie

**Prepared by Sarah Shilhavy
Photo by Jeremiah Shilhavy**

I like to use either coconut milk or fresh raw milk for this recipe. A natural sweetener could be added as well, although the banana gives just the right amount of sweetness for my taste. I have also added fresh pineapple which gives it a nice tropical twist!

Servings: 1

Preparation Time: Less than 5 minutes

- 1 1/2 cups milk
- 1 medium frozen banana
- 1 heaping teaspoon [coconut cream concentrate](#)
- 1/2 teaspoon [vanilla extract](#)
- Dash of [cinnamon](#)
- 1 teaspoon [virgin coconut oil](#)

Place milk, banana, coconut cream concentrate, vanilla and cinnamon in blender. Blend on high for about 30 seconds or until ingredients are well combined. Slowly drizzle the virgin coconut oil into the mixture.

Energy Berry Smoothie

Posted At : August 17, 2008 7:49 PM

- 1 cup of following berries, (or a mixture) blueberries, strawberries, raspberries or
- peaches
- ½ banana
- ½ cup rice, almond, hazelnut, [coconut milk](#), or regular milk
- ¼ cup orange juice
- ½ cup water
- 3 tablespoons [protein powder](#) (optional)
- 3-4 tablespoons [virgin coconut oil](#), melted
- 3-4 ice cubes

Berries & banana should all be frozen. Place all ingredients into blender except oil and slowly pour oil in while blending. Beat all ingredients for 2 -3 minutes, or until well mixed and blended.

Fresh Fruity Smoothie with Coconut Oil

photo by recipe author

Servings: 6 - 8 oz.

Preparation Time: 10-15 minutes

- 1 cup red grapes
- 2 medium apples (with skin) remove core
- 1 pear (remove core)
- 1 peach (remove pit)
- 1 cup strawberries (remove stems)
- 4 oz cup plain yogurt
- 1 cup raw milk
- 2 tablespoons [virgin coconut oil](#)
- 1 avocado (optional)

If you don't like the taste of eating an avocado, try placing one in this mixture. You will not know it's there.

Place all ingredients in a blender and blend until smooth. If smoothie is thick, add more milk until it's the consistency you prefer. Place leftover smoothie in the refrigerator to enjoy later.

Fruit-Coconut Smoothie

Posted At : May 17, 2008 4:14 PM

- 1 ripe banana
- ¾ cup of organic vanilla yogurt
- ¼ cup [shredded coconut](#)
- ¼ cup of frozen blueberries
- 1 tablespoon of [whey protein](#)
- ¼ cup of melted [coconut oil](#)

Put everything except oil in the blender and blend until combined. Then add oil and process until well mixed.

It's very filling for breakfast. If you want an even sweeter smoothie, add 1 teaspoon of [honey](#). Enjoy!

Fruity Tropical Smoothie

Posted At : July 2, 2008 12:23 PM

- 3 tablespoons [virgin coconut oil](#), melted
- 1 tablespoon [coconut flour](#)
- 2 tablespoons [organic honey](#)
- 1 large organic banana, peeled and mashed
- 1 cup unsweetened pineapple chunks
- 1 cup fresh strawberries, sliced
- 2 organic kiwis, peeled and halved
- 2 large organic mangoes, peeled and cubed
- 10-12 ice cubes, optional

In small bowl combine virgin coconut oil, organic coconut flour, organic honey and mashed banana. Mix well, incorporating oil thoroughly. Pour into blender and add all other ingredients, except ice cubes. Puree on high until well blended, and then blend for another 1 minute. If mixture is too thick for your taste, you may add some water, or add the ice and blend on high until ice is completely crushed.

This makes a nice afternoon snack on a hot day, or a good morning drink at breakfast time.

Hot Cocoa

Posted At : November 25, 2007 1:28 PM

- 1 tablespoon [Virgin Coconut Oil](#)
- 1 tablespoon [Cocoa Powder](#)
- pinch [Himalayan salt](#)
- 1/4 teaspoon [organic whole sugar](#) (minimum)

Pour boiling water into a mug and let sit for about 20 seconds. Empty the water and put one tablespoon full of the virgin coconut oil in it. It melts quickly as you stir in one tablespoonful of cocoa powder and a pinch of Himalayan salt. Use a minimum of 1/4 tsp. of whole organic sugar to cut the bitterness of the cocoa and then add stevia drops to taste. Usually about 12 drops. Pour boiling water in the cup, stir, and add

cream or milk to taste. This makes a great treat very quickly. Other sweeteners can be used.

Strawberry Coconut Bliss Smoothie

Posted At : October 6, 2010 7:41 AM



Strawberry Coconut Bliss Smoothie

Photo by recipe author

A deliciously thick and creamy "milkshake" for breakfast? Yes please! My version of a local ice cream parlor's favored treat, minus the guilt.

Servings: 2

Preparation Time: 5 minutes

- 1 1/2 cups plain kefir (preferably homemade)
- 1-3 [soy-free organic eggs](#)
- 1 tablespoon [honey](#)
- 1-3 tablespoons [virgin coconut oil](#), melted

- 1/4 teaspoon [organic natural vanilla](#)
- 1/8 teaspoon [organic cinnamon](#)
- 1 1/2-2 cups organic frozen strawberries

Add kefir, desired amount of eggs, coconut oil and honey to the blender and combine thoroughly. The extra eggs and coconut oil provide even longer lasting satisfaction and energy.

Add vanilla, cinnamon and strawberries (adjust amount according to desired thickness) and blend on medium, then high speed until thoroughly combined, thick and creamy.

Garnish with additional strawberries and a sprinkle of cinnamon if desired. Enjoy immediately. A quick, easy, delicious and nourishing breakfast or afternoon snack!



Strawberry Lemon Coconut Smoothie

photo by recipe author

A quick, delicious and nutritious breakfast or afternoon snack that feels like an indulgent treat, but is completely nourishing and, through the eggs and coconut oil, provides long lasting energy and satisfaction! :)

Servings: 2

Preparation Time: 5 minutes

- 1 1/2 cup organic raw milk, plain kefir or milk of choice
- 1-3 [soy-free organic eggs](#)
- 1 tablespoon [raw honey](#)
- 1-3 tablespoons [coconut oil](#) (melted)
- 1-2 cups organic frozen strawberries (depending on desired consistency)
- 1/2 teaspoon [organic pure vanilla extract](#)
- 1/4 teaspoon organic lemon oil flavoring
- dash [salt](#)

Thoroughly blend first four ingredients, add final four ingredients and blend until smooth. Enjoy immediately.

Tropical Cocktail

Posted At : June 4, 2008 7:13 PM

Serves 2

- 150 ml water
- 1 1/2 tablespoons [coconut concentrate](#)
- 1/2 cup frozen mango
- 1 ripe banana
- 120 ml orange juice
- 1 teaspoon lime juice
- 3 tablespoons vanilla yogurt
- 2 tablespoons [coconut oil](#), liquefied

Mix water and coconut cream concentrate together until well blended.

Put everything except oil in a blender and process until you get a smooth texture of a drink then add oil and process again. You may add 3 drops of stevia to give sweeter taste. Especially good for a hot sunny day!

Yogurt Energy Drink

- 1/2 cup plain yogurt (preferably whole milk organic, can be flavored, like vanilla)
- 1 banana, cut into 2 pieces
- 2 [eggs](#) - raw/organic

- 2 tablespoons [Virgin Coconut Oil](#) (melted)
- 2 tablespoons [flax seeds](#) (ground)
- crushed ice (optional)

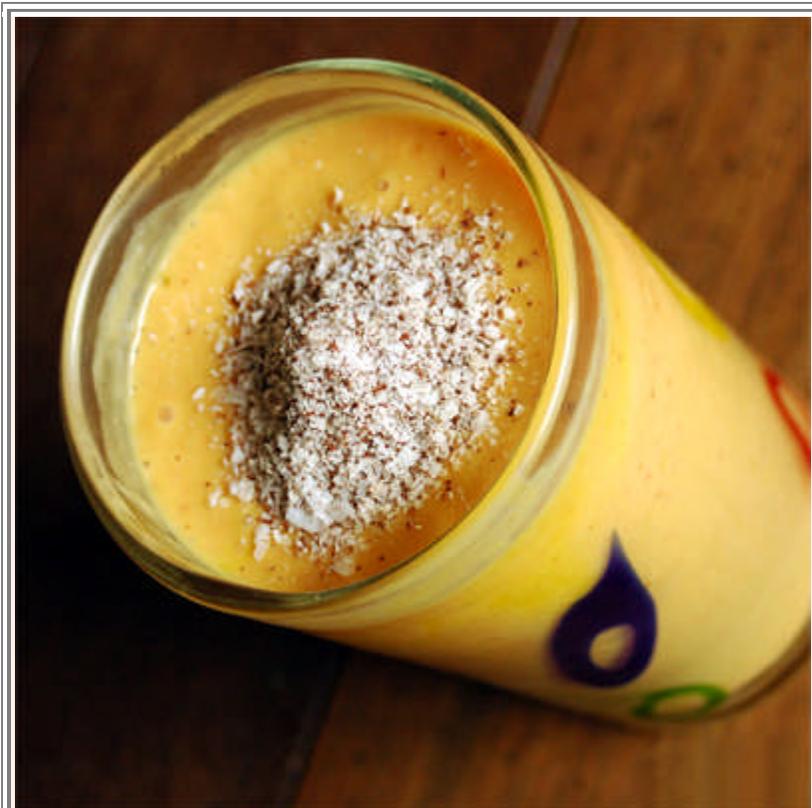
Put yogurt, banana, egg yolk, flaxseeds and coconut oil in a blender. Blend it at medium speed. Put crushed ice in and blend again. Good for 2 servings.

Comments:

1. You can substitute flaxseeds with almond nuts, sesame seeds, sunflower seeds and other healthy nuts and seeds that you prefer.
2. You can also freeze this and eat it as frozen yogurt.
3. This drink is good as a quick digestive breakfast food and gives you a lot of energy in the morning that lasts until lunch.

Rise & Shine Breakfast Smoothie

Posted At : December 7, 2009 7:04 AM



Rise & Shine Breakfast Smoothie

Photo by recipe author

Servings: 2

Preparation Time: 10 minutes

- 2 1/2 cups kefir, yogurt or buttermilk
- 1 whole mango, fresh or frozen
- 2 handfuls strawberries, fresh or frozen
- 1 or 2 frozen bananas
- 1-3 tablespoons [raw honey](#)
- 1 tablespoons freshly ground [flax seed](#) (optional)
- Raw [egg](#) yolks (optional)
- 2 tablespoons [coconut oil](#), melted (more/less as desired)
- [Coconut flakes](#)

Pour your choice of cultured dairy into the blender. Add in mango, strawberries, bananas and honey (add flax seed and/or egg yolks if desired).

Give it a whirl till smooth and while it is blending... add coconut oil and let it run for a minute more. Pour into a tall, large glass and top with coconut flakes and extra ground flax seeds if desired.



Raspberry Peach Melba Smoothie

Photo by recipe author

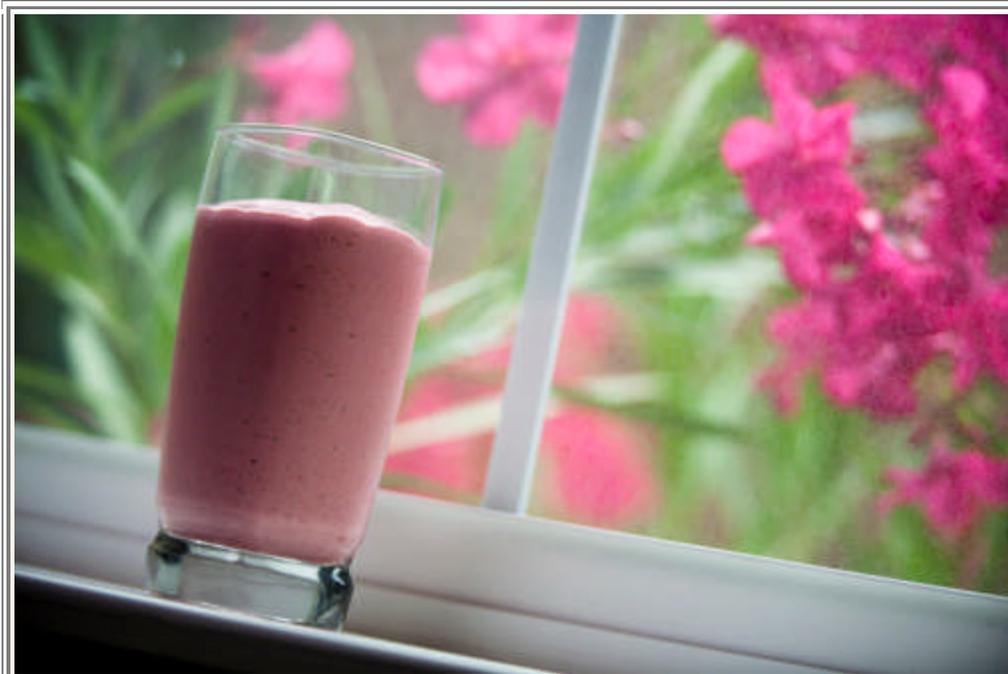
This smoothie is perfect for a nutritious breakfast on the go. The additional high quality protein from the raw eggs or goat's milk powder keeps you going strong till lunch!

Servings: 2

Preparation Time: 5 minutes

- 1 1/2 cups plain kefir (preferably homemade)
- 2-4 organic [eggs](#) OR 1-2 tablespoons [goat milk protein powder](#)
- 1 tablespoon [raw honey](#)
- 3 tablespoons melted [virgin coconut oil](#)
- 3/4 cup frozen raspberries
- 3/4 cup frozen peaches
- 1 teaspoon [vanilla extract](#)

Add kefir, eggs or protein powder, honey and coconut oil, blend to mix before adding frozen ingredients. Add frozen fruit and vanilla, blend until smooth. Serve immediately.



Raspberries and Cream Breakfast Smoothie

Prepared by Sarah Shilhavy, Photo by Jeremiah Shilhavy

This smoothie is rich, creamy, fruity and very filling. The natural energy boosting properties of coconut oil make it the perfect way to start your day!

Servings: 1

Preparation Time: 5 minutes

- 1/4 cup heavy cream
- 3/4 cup milk
- 1 honey date (optional)
- 1/2 teaspoon [vanilla extract](#) or vanilla powder
- dash ground [nutmeg](#)
- 3-4 tablespoons [rolled oats](#)
- 1 cup frozen raspberries
- 1-2 tablespoons [coconut oil](#), melted

Combine all ingredients except raspberries and coconut oil and let soak for 1 hour or up to overnight.

Place all ingredients except coconut oil into a blender and blend until smooth while pouring coconut oil into blender in a steady stream.

Pour into a glass and enjoy!

Creamy Coconut Cinnamon Smoothie

Prepared by Sarah Shilhavy
Photo by Jeremiah Shilhavy

I like to use either coconut milk or fresh raw milk for this recipe. A natural sweetener could be added as well, although the banana gives just the right amount of sweetness for my taste. I have also added fresh pineapple which gives it a nice tropical twist!

Servings: 1

Preparation Time: Less than 5 minutes

- 1 1/2 cups milk
- 1 medium frozen banana
- 1 heaping teaspoon [coconut cream concentrate](#)
- 1/2 teaspoon [vanilla extract](#)
- Dash of [cinnamon](#)
- 1 teaspoon [virgin coconut oil](#)

Place milk, banana, coconut cream concentrate, vanilla and cinnamon in blender. Blend on high for about 30 seconds or until ingredients are well combined. Slowly drizzle the virgin coconut oil into the mixture.