



DYNAMIC DUO

FAVORITE RECIPES

Bid Dween Smoothie (E)

This is NOT just another Big Green Smoothie! It simply must be called the "Bid Dween Smoothie" as that is how it is referred to on the Hilltop thanks to a certain toddler who named it that! This incredible smoothie uses TH Dynamic Duo Greens Powder which is a combination of spirulina and moringa... two very powerful greens that will help to cleanse your body & improve your health! The "Bid Dween" Smoothie is a delicious and nutritious energizing E smoothie which is low-fat, has some gentle carbs, and it tastes out of this world amazing! This is a single-serve recipe and the easiest big green smoothie you will ever make!

Single Serve

INGREDIENTS:

- 2 cups frozen chopped okra
- 1 cup unsweetened nut milk
- 1 frozen banana
- 1 cup ice cubes
- ¼ cup [TH Unflavored Pristine Whey Protein Powder](#)
- 1 to 2 pinches [TH Mineral Salt](#)
- 1 doonk [TH Pure Stevia Extract Powder](#)
- [TH Natural Burst Maple Extract](#) (any desired amount)
- 1 Tbs [TH Dynamic Duo Greens Powder](#)



INSTRUCTIONS:

1. Place all ingredients in order listed into the blender and blend until combined and smooth!

Greenie Meanies (S or E)

This recipe is found in [Trim Healthy Future](#)

Serene Chimes In: "Don't get scared off just 'cuz these little balls look so dark green. You bet they are green, but green foods can be sweet and delicious, too. And you bet they are mean, but for reasons I'll soon explain. Just be sure to pull up your big girl socks and try them because despite their mean side they're kind to you with how easy they are to throw together.

The mean nature of these balls is how they beat up on bad health. They don't get chewed up and act all insipid... lazily floating around in your tummy on a wee hunk of unchewed cracker as a raft. No!!!! They are captains! They get swallowed and mean bidness on badness. Inflammation... look out! Disease... they're comin' for ya! LDL cholesterol... you're about to take a beating! Anemia... you're outta here! High blood sugar... you're going down! Toxins and heavy metals... get ready to be flushed! Immune system... get boosting! Energy... get surging! Muscles... get building! Skin... get firming! Hair... get growing! Greenie Meanies are in the house!!

You have one version for E and two versions for S here. With 3 Greenie Meanie versions there will be no excuses, and no one left behind on this Greenie Meanie Boot Camp. I created the tangy version, not only because it is super yum, but also because the citrus helps unleash spirulina's energy power. Lime juice is said to be the best, but I put lemon down as most people have these more readily on hand. But if you have limes, then sub them for sure.

Note: I recommend you grab some green banana flour online or at a health food store somewhere. Its resistant starch is incredible for your gut. I put it in my smoothies and lots of other food creations. I use Superfoods by MRM brand that has 3 net carbs per tablespoon."

Tangy Fruit Greenie Meanies (E)

Multiple Servings

INGREDIENTS:

- 5 Tbs fresh lemon or lime juice
- 3 doonks [TH Pure Stevia Extract Powder](#)

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Greenie Meanies continued...

- 1 cup old fashioned rolled oats
- ¼ cup [TH Unflavored Pristine Whey Protein Powder](#)
- ¼ cup [TH Integral Collagen](#)
- ¼ cup [TH Baobab Boost Powder](#)
- ¼ cup green banana flour
- ¼ cup [TH Gentle Sweet](#)
- 2 Tbs [TH Dynamic Duo Greens Powder](#)
- ¼ cup dried golden berries or goji berries (or 2 Tbs raisins)
- ½ - ¾ tsp [TH Natural Burst Apricot Extract](#)



INSTRUCTIONS:

1. Put lemon juice and stevia in a small bowl. Stir to combine and set aside.
2. Put all other ingredients, minus dried berries or raisins, in food processor and process until ingredients break down a little. Add lemon and stevia mixture and process again until mixture forms a ball . . . or you can press the mixture and it holds together with your fingers.
3. Gently mix in dried berries or raisins, form into balls and put in Ziploc bags to store in the fridge for up to a week or keep longer in the freezer. They are even yummy straight from the freezer.

Island Bounty Greenie Meanies (S)

Makes Multiple Servings

INGREDIENTS:

- 4 Tbs fresh lemon or lime juice
- 3 doonks [TH Pure Stevia Extract Powder](#)

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Greenie Meanies continued...

- 1 cup dried coconut flakes (don't stress the size, it all breaks down in the end)
- ¼ cup [TH Baking Blend](#)
- ¼ cup plus 1 Tbs [TH Unflavored Pristine Whey Protein Powder](#)
- ¼ cup plus 1 Tbs [TH Integral Collagen](#)
- ½ cup [TH Baobab Boost Powder](#)
- 2 Tbs [TH Dynamic Duo Greens Powder](#)
- ¼ cup [TH Gentle Sweet](#)
- 2 Tbs extra virgin coconut oil
- ½ tsp [TH Natural Burst Apricot Extract](#)

INSTRUCTIONS:

Follow the same directions as for the Tangy Fruit Greenie Meanies by dissolving stevia in lemon juice before adding to the food processor.

Choco Mint Crunch Greenie Meanies (S)

Makes Multiple Servings

Make the Following INGREDIENT Changes to Island Bounty Greenie Meanies:

- Replace the ½ cup baobab with ½ cup plus 1 Tbs cocoa powder.
- Replace the 4 Tbs lemon juice with 3 Tbs unsweetened nut milk.
- Replace the ½ tsp apricot extract with a full tsp pure peppermint extract.
- Add ¼ cup cacao nibs (or if you don't have those, use any on-plan chocolate chips).

INSTRUCTIONS:

Follow the same directions for Tangy Fruit Greenie Meanies by dissolving stevia in lemon juice before adding to the food processor.

Greenie Meanie Yuck Yum (FP, S or E)

This recipe is found in [Trim Healthy Future](#)

Serene Chimes In: "Smoothies have always been my thing; in fact, I would go as far as to say . . . my main thing. As a busy mom of 14 children, they are the way I have lived and thrived on my THM journey. They're so quick to whip up and can pack such a health punch, I truly don't know how I could have endured my crazy life without them by my side. Rarely does a day go by that I do not savor every drip in the jar of my new favorite Greenie Meanie Yuck Yum! It is freakingly exploding with potent nutrition and fills you with a zing in your step and a zap of electricity in your cells (well, that's what I imagine) . . . adding in the health recharging power of double fermented kefir gives you even more crazy good reasons to dig in or slurp up."

Makes A Single Serving

INGREDIENTS:

- 12 oz. home fermented kefir made with low-fat milk for FP and E versions; or whole milk may be used for S versions. (Store-bought, low-fat kefir, though less health boosting to the gut may be used for E versions.)
- 1 handful raw spinach (or 2 Tbs frozen spinach)
- 2 tsp [TH Dynamic Duo Greens Powder](#)
- 1–2 Tbs [TH Baobab Boost Powder](#)
- 2–3 Tbs fresh lemon juice
- 1–2 doonks [TH Pure Stevia Extract Powder](#)
- Optional 1 Tbs [TH Integral Collagen](#)
- Optional 1 Tbs [TH Unflavored Pristine Whey Protein Powder](#)
- Optional 1–2 tsp MCT oil for S
- 1 Tbs green banana flour (along with Crunchy Additions for a super Light E)



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Optional Other Superfood Additions:

- ½ Tbs maca powder
- ½ Tbs acai powder
- 1 tsp camu camu powder

Optional Crunchy Additions for S:

- 1 Tbs raw whole flax seeds
- 1 Tbs cacao nibs
- 2 Tbs unsweetened coconut flakes

Optional Crunchy Additions for E:

- 2 Tbs R's Granola from [Trim Healthy Future](#) or Pearl's Crunchy Granola from [Trim Healthy Table](#)
- 1 Tbs either Dried Cranberries from [Trim Healthy Future](#), golden berries, or goji berries

INSTRUCTIONS:

1. Put all ingredients except for Crunchy Additions into a blender or use a hand blender in a wide mouth mason jar. Blend well until no little bits of spinach can be seen then stir in your crunchies, if using.

NOTES:

Homemade kefir from whole raw milk is by far the most delicious in my opinion. It is a little more superfoody and will make an S Yuck Yum. (This is the one I indulge in most regularly along with the S Crunchy Additions.)

Mint Chip Ice Cream Shake (S)

This recipe is found in [Trim Healthy Future](#)

Rashida Says: "Not only is this recipe filled with okra, but it also contains spinach . . . what??? Yes, this is literally packed with healthy, slimming veggies and my family is none the wiser. Although this can be a single serving, I like to share it and have it on the side of our lunch with my girls. Both girls love it; they consider it like an ice cream/shake treat and I have even made popsicles with it for them. They both gag when eating cooked, plain okra so this is a great way to get this gut-healing and vitamin C rich veggie into them."

Makes 1 Large Serving

INGREDIENTS:

- 2 cups frozen chopped okra
- 1 cup unsweetened nut milk
- 1 cup fresh spinach
- 1½ tsp [TH Super Sweet Blend](#)
- 2–3 Tbs [TH Gentle Sweet](#)
- ¼ tsp pure peppermint extract
- ½ tsp [TH Natural Burst Vanilla Extract](#)
- 1½ Tbs [TH Integral Collagen](#)
- 1 Tbs [TH Unflavored Pristine Whey Protein Powder](#)
- 2 large pinches [TH Mineral Salt](#)
- 2–3 Tbs on plan chocolate chips or 85% dark chocolate chopped up
- 1 tsp [TH Dynamic Duo Greens Powder](#)



INSTRUCTIONS:

1. Place everything but the chocolate chips into a blender. Blend until smooth, then add the chocolate and blend for a few seconds or until they have broken up enough to fit through a straw.

Mint Chocolate Chip Protein Balls (S)

This recipe is found in [Trim Healthy Future](#)

Rashida Says: "Once these babies are frozen, I like to put them in a Ziploc bag and store them in the freezer. They taste like mint chocolate chip ice cream in protein ball form. You wouldn't know they are filled with tons of great fiber to support your digestion. They're perfect if you need a snack and are running out the door."

Makes Multiple Servings

INGREDIENTS:

- ½ cup [TH Baking Blend](#)
- ½ cup [TH Integral Collagen](#)
- ½ cup [TH Unflavored Pristine Whey Protein Powder](#)
- ½ cup [TH Whole Husk Psyllium Flakes](#) (ground fine in a coffee grinder)
- ½ cup [TH Gentle Sweet](#)
- 2–3 doonks [TH Pure Stevia Extract Powder](#)
- ½ tsp [TH Mineral Salt](#)
- ¼ cup coconut oil
- ½ cup water
- Optional 2 tsp [TH Dynamic Duo Greens Powder](#)
- 1 tsp pure peppermint extract
- ¼–½ cup on plan chocolate chips or chopped 85% dark chocolate



INSTRUCTIONS:

1. Put all dry ingredients into a bowl. Follow with the wet ingredients and then end with the chocolate chips. Mix well.
2. Line a plate with parchment paper and then roll mixture into balls.
3. Chill in the freezer.

Super Swig (FP)

This recipe is found in [Trim Healthy Future](#)

Rashida Says: "I've always been on a mission to get more fresh greens into my husband Jack. I'd sometimes pack salads for him to take to work, but he let me know they took far too long to eat on his short lunch breaks. (I can eat my salad super-fast, but we are all talented in different ways.) I know my Auntie Serene created her Earth Milk drink as a way to get more greens in, but my husband is not the type to carry around a big mason jar by that name (wink) and he'd just rather get a green drink over and done with than sip it all day.

I quickly whiz Super Swig up in the morning for him to take to work and drink on the drive there... or to swig before he sees his first patient. He loves how it fits perfectly into his fast-paced lifestyle and he actually likes the taste! He'll sometimes gulp it down with his breakfast before he even leaves the house. He even drinks it with dinner sometimes, if he's not in a salad eating mood in the evening. Even though I came up with this recipe for Jack, we all drink it now. I feel extra energized when I have it and our girls love it as well (I slightly dilute it for them). If you have toddlers who can't eat greens without choking, this is perfect for them! This can be a side to any meal or snack if you are tired of salads or just don't have time for them. Or, put a little collagen or whey in it for protein and it can be your complete snack."

Makes 1-2 Servings

INGREDIENTS:

- 2 cups water
- 3 large handfuls fresh kale or spinach
- 5 frozen strawberries
- 2 tsp [TH Super Sweet Blend](#)
- 1 tsp [TH Dynamic Duo Greens Powder](#)



INSTRUCTIONS:

1. Throw everything into a blender and blend until smooth.

Sweet N Easy Greens Drink (FP)

This drink features the healthy TH Dynamic Duo Greens Powder, which is a blend of two power packed greens... moringa and spirulina! Enjoy this drink as a side to your meal or as a full or partial snack. If having as a full snack, please add the protein option. Dynamic Duo Greens Powder combines the two most potent, healing and ethically sourced super greens together to allow you to go green with drinks, yummy bars, balls, smoothies, lattes, and baked treats.

Makes A Single Serving

INGREDIENTS:

- 1 cup unsweetened nut milk
- ½ cup water
- 2 tsp [TH Dynamic Duo Greens Powder](#)
- 1 doonk [TH Pure Stevia Extract Powder](#)
- 2 pinches [TH Mineral Salt](#)
- ¼ tsp [TH Natural Burst Vanilla or Maple Extract](#) (or extract of your choosing)
- Optional 2 Tbs [TH Unflavored Pristine Whey Protein Powder](#) (if using for a snack 2-4 Tbs)
- Optional 2 tsp [TH Integral Collagen](#) (if using for a snack 2-3 tsp)



INSTRUCTIONS:

1. Blend all ingredients except for the whey protein powder, if using, for a few seconds in a blender or use a hand blender right in your glass jar.
2. If using this recipe as a snack add the optional whey protein last and then blend slowly until combined.