



Dr. Misa

Smoothies & Lattes

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## Bulletproof Latte

1 serving  
15 minutes

### Ingredients

- 1 cup Coffee (brewed)
- 1 tbsp Ghee
- 2 tbsps Canned Coconut Milk (full fat)

### Directions

- 1 Pour your brewed coffee into a blender with the ghee and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

### Notes

**No Ghee:** Use coconut oil or butter.

**More Fuel:** Add 1 tablespoon MCT oil per cup.

**No Coffee:** Use your favourite tea instead.



## Green Coconut Ginger Juice

1 serving  
5 minutes

### Ingredients

1/3 cup Canned Coconut Milk  
2/3 cup Water  
1/4 Lime (juiced)  
1 cup Baby Spinach  
2 tsps Ginger (grated)

### Directions

- 1 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 2 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

### Notes

**Make it Sweeter:** Add maple syrup, honey or monk fruit sweetener.

**Make it Thicker:** Add avocado, greek yogurt or frozen cauliflower.



## Green Tea Collagen Latte

1 serving  
10 minutes

### Ingredients

1 1/4 cups Unsweetened Almond Milk  
1/3 oz Collagen Powder  
1 tsp Green Tea Powder (Matcha)  
1 tsp Maple Syrup  
1 tsp Coconut Oil

### Directions

- 1 Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
- 2 Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
- 3 Pour into a mug and enjoy!

### Notes

**Nut-Free:** Use a nut-free milk instead, like coconut or oat.

**More Flavor:** Adjust the maple syrup according to preference.

**Additional Toppings:** Sprinkle with additional green tea powder to serve.

**Make it Vegan:** Omit the collagen powder.



## Strawberry Milkshake

3 servings  
15 minutes

### Ingredients

- 1 cup Almonds
- 4 cups Water
- 1 tbsp Raw Honey
- 2 tbsps Hemp Seeds
- 2 tbsps Ground Flax Seed
- 2 cups Frozen Strawberries

### Directions

- 1 Start by making your own almond milk. Place almonds in a high powered blender with water. Add raw honey. Blend on high for at least 60 seconds. Pour milk through a strainer or mesh sack to strain out the pulp. Discard the pulp
- 2 Add your filtered almond milk back to the blender with hemp seeds, flax seed and frozen strawberries. Blend for another 60 seconds or until smooth.
- 3 Pour into glasses and enjoy!

### Notes

**Short on Time:** Use store-bought almond milk.

**Make it Green:** Add spinach.



## Golden Turmeric Latte

2 servings  
10 minutes

### Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Canned Coconut Milk
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil

### Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

### Notes

- Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.
- Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.
- On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.
- Vegan:** Use maple syrup to sweeten instead of honey.



## Blueberry Energy Smoothie

2 servings  
10 minutes

### Ingredients

1/2 cup Cashews  
1/4 cup Hemp Seeds  
2 cups Water  
2 cups Baby Spinach  
1 1/2 cups Frozen Blueberries

### Directions

- 1 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 2 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

### Notes

**Make it Sweeter:** Add in a few soaked dates to sweeten it up.



## Pineapple Turmeric Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Ginger (peeled and grated)
- 1/2 cup Vanilla Protein Powder
- 1 tsp Turmeric (powder)

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Storage:** Refrigerate in a sealed jar overnight. Shake before drinking.

**No Pineapple:** Use mango, peaches or banana instead.



## Chocolate Avocado Smoothie

1 serving  
5 minutes

### Ingredients

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chocolate Protein Powder:** Use vanilla protein powder or hemp seeds and add cocoa powder.

**Likes it Sweet:** Add frozen banana.

**Nut-Free Version:** Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



## Winter Berry Smoothie

2 servings  
10 minutes

### Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

### Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)