

# 32 TIKVA Smoothies





**Tikva tastes great mixed in just plain water or almond milk.**

Pour 1 scoop of your favorite flavor of Tikva into a glass and add 10-16 ounces of water or chocolate or vanilla almond milk depending on your taste and simply stir with a fork. It mixes in quite easily.

If you have all 3 flavors of tikva, you can make up to 32 combinations of smoothies with the recipes in this book.

If you choose to make the smoothies in this book, you may need to purchase some additional items, like a blender, fruit, cocounut / mct oil, collagen, etc... if you don't have any of the additional items, you can either substitute or leave them out.

Feel free to experiment with your Tikva and find what tastes best to you.

**If you come up with a recipe that you think is great and you woud like to share, please share it with us on facebook at:**

**[www.facebook.com/TikvaDrink](https://www.facebook.com/TikvaDrink) or email it to [matt@TikvaDrink.com](mailto:matt@TikvaDrink.com)**



# Raspberries & Cream

1 cup coconut milk  
1/3 cup frozen raspberries  
1 Tbsp coconut oil or MCT oil  
1 scoop collagen  
1 Scoop of Tikva  
(Try with Sweet Raspberry  
Mango Fusion Or Chocolate)  
Add Ice  
Blend until smooth



# Berry Avocado Smoothie

1 lb frozen mixed berries

(You can substitute Frozen Mango)

1 1/2 cups unsweetened almond milk

1 large avocado

1 Scoop of Tikva

(Try with Sweet Raspberry, Mango Fusion Or Chocolate)

Add Ice

Blend until smooth







## Berry Vanilla Smoothie

1 cup coconut milk

1/4 cup berries (You can replace with cut up or frozen mango if using Mango Fusion Tikva)

1 teaspoon vanilla extract

1 teaspoon MCT oil

1 Scoop of Tikva

(Try with Sweet Raspberry, Mango Fusion Or Chocolate)

Add Ice

Blend until smooth

# Cherry Avocado Smoothie

1 cup of cherries

1/3 cup of avocado

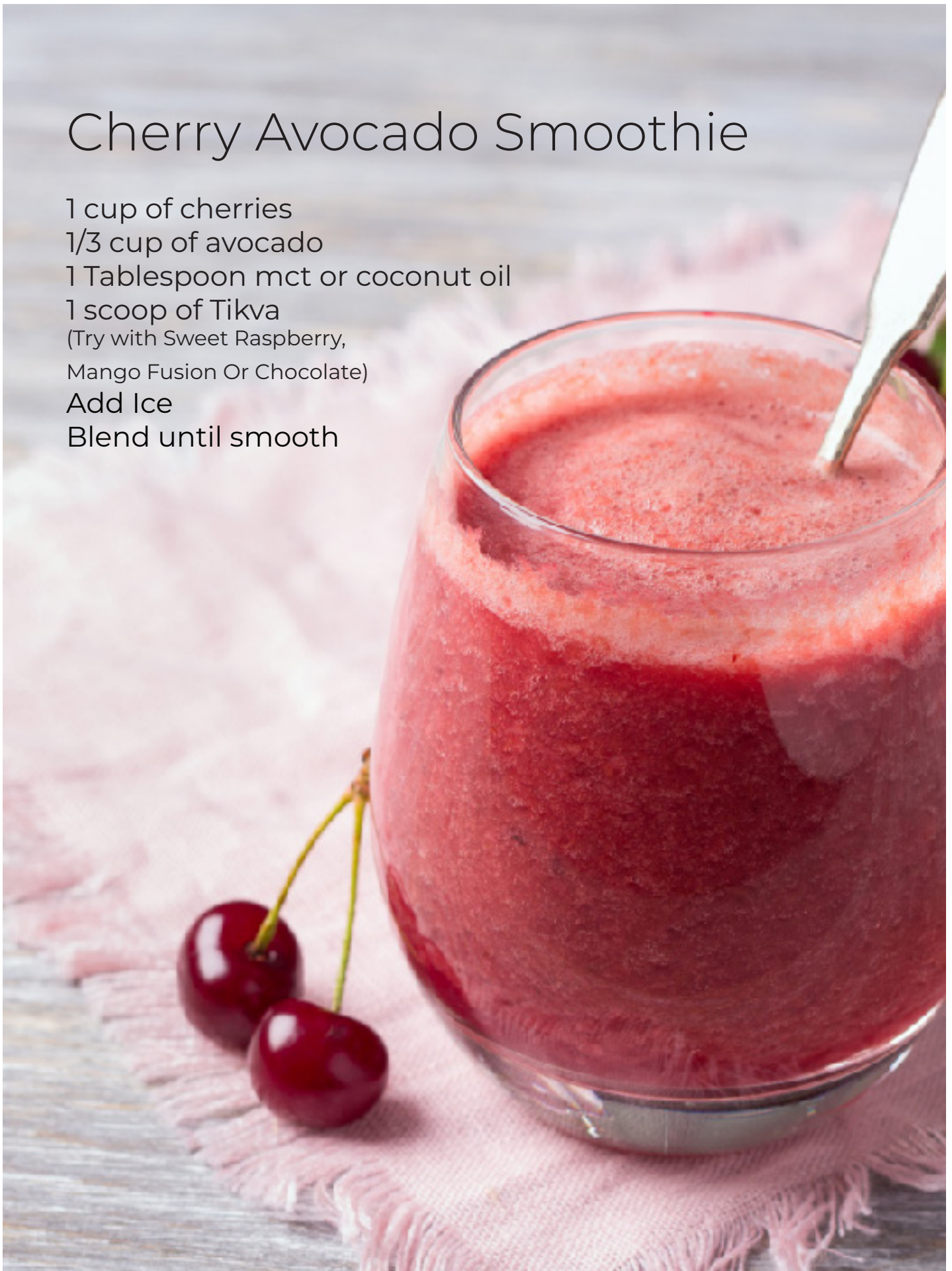
1 Tablespoon mct or coconut oil

1 scoop of Tikva

(Try with Sweet Raspberry,  
Mango Fusion Or Chocolate)

Add Ice

Blend until smooth







# Strawberry Banana Smoothie

2 cups frozen strawberries  
1 banana  
 $\frac{1}{4}$  cup Greek (or vanilla) yogurt  
1 cup milk (you can substitute with  
almond milk or oat milk)  
 $\frac{1}{2}$  cup ice  
1 scoop of Tikva  
(Try with Sweet Raspberry,  
Mango Fusion Or Chocolate)  
Blend until smooth





# Triple Berry Smoothie

1 banana (optional)  
1 cup frozen strawberries  
1 cup frozen blackberries  
1 cup frozen raspberries  
1 1/4 cup almond milk  
1/2 cup Greek yogurt  
1 scoop of Tikva (Try with Sweet Raspberry,  
Mango Fusion Or Chocolate)  
Add Ice  
Blend until smooth





# Chocolate Keto Protein Smoothie

3/4 cup almond milk  
1/2 cup ice  
2 tbsp. almond butter  
1 tbsp. chia seeds  
2 tbsp. hemp seeds

1/2 tbsp. pure vanilla extract  
Pinch kosher salt  
1 scoop of chocolate Tikva  
Blend until smooth



## Chocolate Coffee Smoothie

1 banana  
1 cup strong-brewed coffee (cold)  
1/2 cup plain Greek (or vanilla) yogurt  
1 scoop of chocolate Tikva  
1/2 cup of ice  
Blend until smooth



A tall glass filled with a thick, pink smoothie, topped with a layer of white foam. To the right of the glass, several chunks of fresh pineapple are scattered on a light-colored surface. The background is a soft, out-of-focus light blue.

# Coconut Pineapple Smoothie

2 bananas

1 cup pineapple chunks (canned or fresh)

1 cup coconut milk (from the can)

1 scoop of Tikva (Try with Sweet Raspberry, Mango Fusion Or Chocolate)

Add Ice

Blend until smooth



## Chocolate Raspberry Smoothie (2 Ways)

1 banana

1 cup almond milk

1 heaping tablespoon unsweetened cocoa powder (leave in if you have raspberry Tikva, take out if you have chocolate Tikva)

1/2 cup fresh raspberries

Handful of ice

1 scoop of Tikva (Raspberry or chocolate)

1/2 cup of ice

Blend until smooth



# Chocolate Peanut Butter Smoothie

1 banana

1 cup unsweetened milk (nut, soy, animal)

1 tablespoon natural peanut butter

1 scoop of Chocolate Tikva

Add Ice

Blend until smooth



# Mango Banana Smoothie

2 Mangos or 2 cups of frozen mango

1 Banana

1/2 Cup Milk (can substitute almond milk)

1/2 cup yogurt

Handful of ice (not necessary if using frozen mango)

1 scoop of Tikva (Mango, raspberry or chocolate)

Blend until smooth





# Dessert Smoothie

1-2 scoops of vanilla ice-cream

8-12oz Milk

1 scoop of Tikva (Mango, raspberry or chocolate)

Optional: Add your favorite fruit

Blend until smooth

