Glowing Smoothies

Beauty & Bones Smoothie

Inspired by the wisdom of Dr. Mary Claire Haver, this blend is all about nourishing your body through the transitions of life. Rich in calcium and protein, it supports strong bones, radiant skin, and a vibrant glow from within. It's like Beauty & the Beast—only here, beauty and bone strength go hand in hand.

Ingredients:

- 6 oz unsweetened almond milk
- ½ frozen banana
- 1 cup FAGE Greek yogurt (5% milk fat – high protein, creamy, gut-loving)
- 2 cups frozen wild blueberries 🫐 (or swap with blackberries/raspberries)
- 2 Tbsp chia seeds (for omega-3s + fiber)
- 1 Tbsp flaxseeds (hormone balance + skin health)
- 2 scoops Flow & Glow Skin + Bone Collagen Powder ✨
- 1 scoop vanilla protein powder
- A few cubes of ice

Directions:
Blend until smooth, pour into your favorite glass, and sip slowly as you feel your body being nourished from the inside out.

Glow Note: Blueberries are a true beauty food. Packed with powerful polyphenols, they support collagen, protect your skin from UV damage, and even help reduce the appearance of brown spots—so your glow shines brighter every day.

Heavy Metal Detox Smoothie

(Heavy Metal Detox • Liver Support • Brain & Body Cleanse)

Inspired by Medical Medium – Cleanse to Heal by Anthony Williams , this wild blueberry blend helps flush heavy metals, supports the liver, and boosts overall vitality.

Ingredients

- ½ cup water + 10 ice cubes (≈ 1 cup liquid)
- 2 ripe bananas 🍌
- 2 cups frozen or fresh wild blueberries 🫐
- 1 cup fresh cilantro
- 1 teaspoon barley grass juice powder
- 1 teaspoon spirulina
- 1 tablespoon Vimergy Organic Atlantic Dulse
- 1 fresh orange or 4 oz fresh orange juice 🍊

Directions

1. Add all ingredients to a high-speed blender.
2. Blend until completely smooth and creamy.

Glow Note: Blueberries, cilantro, barley grass juice powder, spirulina, and dulse help bind and flush heavy metals, while orange and blueberries deliver antioxidants and vitamin C. This smoothie supports the liver, aids detox, and boosts overall vitality.

Glowing Green Goddess Smoothie

(aka The Glow Reset)

This emerald elixir is packed with greens, citrus, collagen, and hydrating coconut water—designed to flush inflammation, alkalize your body, and leave your skin fresh and glowing. It's cooling, frosty, and deeply nourishing—your green glow in a glass.

Ingredients:

- 1 full bottle Harmless Harvest coconut water 🥥
- 6 cubes of ice
- 2 handfuls fresh spinach
- 1 handful fresh kale
- 1 full cucumber
- 1 celery stalk
- 1 frozen banana 🍌
- 1 green apple 🍏
- 1 cup frozen fruit (blueberries are my go-to)
- 3 slices lemon (skin + seeds on) 🍋
- 2 slices lime (skin + seeds on) 🍈
- 2 tsp spirulina (optional superfood boost)
- 2 scoops Glow & Flow Skin + Bone Collagen Powder

Directions:

1. Add all ingredients into the blender.
2. Blend until smooth.
3. For a frosty, super-chilled version: place the whole blender in the freezer for 15 minutes, then re-blend before serving.
4. Pour into a tall glass and sip your way to glowing skin, strong bones, and a happy gut.

Glow Note: This smoothie is more than a drink—it's a detox ritual. Leafy greens and citrus help alkalize the body, spirulina is an ocean-born beauty mineral, and coconut water replenishes electrolytes for natural energy and radiant hydration.

Questions about sourcing ingredients or other vitality concerns?
Contact Katie Killebrew: katie@yogaparty.com

Golden Glow Shots

(Circulation • Digestion • Immune Boost • Fat Burning)

This is my Sunday ritual: a fresh batch of powerful golden shots that fuel my week with warmth, energy, and deep cellular healing. These tiny tonics pack a serious punch for joint pain, inflammation, circulation, digestion, immune defense, and virus protection.

Ingredients (Juicer Method)

- 2 full hands of fresh ginger (about palm-sized pieces)
- 4 full fingers of fresh turmeric root
- 2 full lemons 🍋
- 1 whole pineapple (peeled + cored) 🍍
- 1 scoop Micro-C Immune Power by Vimergy ✨
- Pinch of ground cinnamon (added after juicing)
- Pinch of freshly ground black pepper (added after juicing to activate turmeric)

Directions

1. Run ginger + turmeric through your juicer first.
2. Follow with lemons, then pineapple for sweetness.
3. Stir in Micro-C Immune Power to supercharge your shot.
4. Sprinkle in ground cinnamon + black pepper, stir well.
5. Pour into mini 3–4 oz glass jars, seal, and store in the fridge.

How to Enjoy

• Morning Shot Ritual: Shake well, sprinkle a touch more cinnamon if desired, and shoot it down!
• Tea Ritual: Freeze into ice cubes, drop into a mug, add hot water, cinnamon, and Manuka honey for a soothing anti-inflammatory tea.
• Extra Zing: Squeeze fresh lemon on top for added brightness.

Glow Note: This blend does it all—ginger + turmeric reduce inflammation, boost circulation, and soothe digestion; black pepper maximizes turmeric absorption; pineapple brings bromelain for joint + gut support; lemon alkalizes and refreshes; and together they create a natural immune shield against colds and viruses while supporting fat metabolism.

🔥 **Side Note:** These shots are tiny but mighty—warming your body, boosting fat burning, strengthening immunity, keeping your blood flowing, and leaving you with that unmistakable Golden Glow.

Questions about sourcing ingredients or other vitality concerns?
Contact Katie Killebrew: katie@yogaparty.com