

*Diana Stobo's*

# **Green Belly-Slimming Smoothies Recipe Book**

**Lose Belly Fat Forever With These Seven  
Powerful Super-Food Smoothies That You  
Can Make In 2 Minutes Or Less**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

*Diana Stobo*

# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## **1. Who is Diana Stobo?**

*Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.*

*She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.*

## **2. What exactly is Diana Stobo's "GREEN BELLY-SLIMMING SMOOTHIES RECIPE BOOK"?**

*It is a downloadable recipe book and guide with 7 fantastic smoothie recipes to guide you to a slimmer, healthier you.*

## **3. How will it help me?**

*These delicious, easy smoothies will help you control your appetite, burn stubborn belly fat, and boost your nutrition.*

## **4. How do I know if it's right for me?**

*If you are in general good health and want some help slimming down or maintaining your weight, this guide is right for you.*

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.



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## Introduction

I know a secret to helping your body store less belly fat. The secret is — fat!

It sounds counterintuitive, but it's true. Increasing your intake of "good fats" helps develop and maintain healthy cells, improves brain function, gives you antioxidants, and — believe it or not — helps you lose weight in your middle.

Good fats are both monounsaturated fats and polyunsaturated fats.

Monounsaturated fats (called MUFAs, pronounced moo-fahs) are plant-based fats found in some of the world's most delicious foods: avocados, nuts, seeds, olives, and dark chocolate! They help you reduce your bad cholesterol, maintain your good cholesterol, balance your metabolism, satisfy your appetite, and slim down.

Polyunsaturated fats are essential fats that are required for normal bodily function. They are used to build cell membranes, cover nerves, clot blood, move your muscles, and control inflammation. They also lower triglycerides, which are harmful to heart health. These fats are also known as omega-3 and omega-6 fatty acids. You can get these fats from flax seeds, certain fish, and walnuts.

Get a dose of good fats each day by eating these foods:

Olive oil

Raw nuts, such as almonds, cashews, pecans, and walnuts; eaten whole or made into nut-milk or nut butter

Flax seeds and flax seed oil

Avocados

Dark chocolate

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## Sip Up, Slim Down

Quick and easy to prepare, these smoothie recipes are packed with refreshing fruits and MUFAs—the flat-belly diet powerhouse ingredient that targets belly fat. These 10 filling, creamy smoothies are perfect for a meal or a hearty snack.



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## Clean Greens

A very green drink with a creamy base of nut-milk for some good fat.  
Serves 2.



### Ingredients

- 1 frozen banana
- 2 cups fresh kale
- 1 tablespoon spirulina
- 2 tablespoons **chia seeds**
- 1½ cups unsweetened **almond milk** (or Diana Stobo's Cashew Hemp Milk in Wild Vanilla)
- 1 cup ice

### Directions

Pour nut-milk into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).

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## Awesome Avocado

Avocado has a great fat that aids your metabolism, nourishes your skin, and increases your overall glow.



### Ingredients

1½ cups water

½ an **avocado**

1 green apple

1 Bartlett pear

1 cup spinach leaves

½ head of romaine lettuce

Juice of 1 lemon

### Directions

Pour water into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).

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## Creamy Berry Blend

Creamy, protein-rich, and full of berry goodness. Serves 2.



### Ingredients

2 cups raw spinach

1 scoop unflavored plant-based protein powder

1/2 cup strawberries

1/3 cup blueberries

1/8 cup raw **cashews**

1½ cups unsweetened **almond milk** (or Diana Stobo's Cashew Hemp Milk in Wild Vanilla)

1/8 teaspoon ground cinnamon

### Directions

Pour nut-milk into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).

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## Tropical Beauty

Pineapple and mango make the tastiest combination. This smoothie has all your favorite tropical fruits. Serves 2.

### Ingredients

- 2 frozen bananas
- 1 cup sliced pineapple
- 1 cup sliced mango
- 2 cups of kale
- ½ an **avocado**
- ½ cup coconut water

### Directions

Pour coconut water into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).





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## Power Me Up

This thick smoothie includes ground flax seeds for fiber and fat.  
Serves 2.



### Ingredients

2 large bananas

2 cups spinach

½ an apple, cored and chopped

1 cup sliced strawberries

1 tablespoon **flax seed**

½ cup **almond milk** (or Diana Stobo's Cashew Hemp Milk in Wild Vanilla)

### Directions

Pour nut-milk into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).

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## Chocolate Malted Milk

This is an antioxidant-rich, energizing chocolate shake. I add the coconut oil not only for its health qualities, but when chilled it creates a thicker, more satisfying milk. Double the recipe to have some for later!

### Ingredients



1½ cups **almond milk** (or Brazil nut milk)

2 tablespoons agave nectar or raw honey

2 tablespoons raw **cacao** powder

1 tablespoon maca powder

¼ teaspoon vanilla extract

Pinch sea salt

1 tablespoon **coconut oil** (melt the coconut oil in a hot-water bath before measuring)

### Directions

Pour nut-milk into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).

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## Vanilla Chai Latte

The sublime combination of honey and vanilla with the delicate spice of chai tea makes this frothy drink so delicious.

### Ingredients

1½ cups (12 ounces) **almond milk**

1½ tablespoons raw honey

1 tablespoon maca powder

¼ teaspoon Royal Chai Extract (or any chai spice)

1 teaspoon vanilla extract or powder

1 tablespoon **flax seed** oil or **Udos 3-6-9**

Dash of salt

1 cup ice cubes

### Directions

Pour nut-milk into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).



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## Belly Soother

This smoothie is creamy with a spicy kick. Serves 2.



### Ingredients

2 frozen bananas

½ cup **almond milk** (or Diana Stobo's Cashew Hemp Milk)

½ cup vanilla yogurt (preferably **coconut-milk** or **nut-milk** based)

1 teaspoon raw honey

½ teaspoon grated ginger

½ teaspoon cinnamon

### Directions

Pour nut-milk into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).

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## Purity

A perfect balance of tart and sweet. Serves 2.

### Ingredients

- 1 cup frozen raspberries
- $\frac{3}{4}$  cup unsweetened **almond milk**  
(or Diana Stobo's Cashew Hemp Milk)
- $\frac{1}{4}$  cup spinach
- 1½ tablespoons honey
- 2 teaspoons finely grated fresh ginger
- 1 teaspoon ground **flax seed**
- 2 teaspoons fresh lemon juice

### Directions

Pour nut-milk into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).



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## Easy Peasy Smoothie

The strawberry-banana combination is so simple and so satisfying. This is a great way for beginners to try a smoothie. Serves 2.



### Ingredients

- 1 cup **almond milk** (or Diana Stobo's Cashew Hemp Milk)
- 1 cup frozen strawberries
- 1 frozen banana
- 1 tablespoon cold-pressed organic **flax seed oil**

### Directions

Pour nut-milk into blender. Add remaining ingredients and blend on high speed until smooth (about 1 minute).