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# Moringa Oleifera Recipes

Smoothies, Shakes, and Drinks

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Thanks to [www.itsmoringa.com](http://www.itsmoringa.com) for the recipes.

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# Banana Cream Pie Smoothie

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## Ingredients:

- 1 Tablespoon Moringa Powder
- 1 Banana
- 1 Cup vanilla-flavored low fat milk
- 1 Graham Cracker
- 1 cup of ice

## Preparation:

Blend until Smooth!



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# Blood Orange Smoothie

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## Ingredients:

- 1 Tablespoon Moringa Powder
- 1 blood orange
- 1 cup vanilla-flavored low fat milk
- 1 cup of ice

## Preparation:

Blend until Smooth!



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# Fresh Berry Shake

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## Ingredients:

- 1 tablespoon Moringa powder
- 1 cup fresh berries
- 1 cup organic milk
- 1 teaspoon honey
- 1 cup ice

## Preparation:

Blend until smooth!



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# Heart-Healthy Moringa Shake

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## Ingredients:

1 tablespoon Moringa powder  
1 banana  
1/2 cup strawberries  
1/2 cup orange juice  
1/3 cup silken tofu  
honey to taste  
Ice

## Preparation:

Blend until smooth. Enjoy!



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# Cherry Vanilla Smoothie

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## Ingredients:

1 Tablespoon Moringa powder  
1 cup frozen dark cherries  
1/2 cup apple juice  
1/2 cup vanilla yogurt

## Preparation:

Blend until smooth. Enjoy!





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# Papaya Smoothie

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## Ingredients:

- 1 Tablespoon Moringa powder
- 1 cup fresh papaya
- 1 cup orange juice
- 1 cup ice cubes

## Preparation:

Blend until smooth. Enjoy!



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# Tropical Coconut Cream Shake

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Ingredients:

1 tablespoon Moringa powder  
1 cup coconut milk  
1 banana  
1 cup of ice

Preparation:

Blend until smooth.



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# Chocolate Mint Smoothie

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## Ingredients:

1 Tablespoon Moringa powder  
1 cup coconut water  
1 tablespoon chopped fresh mint  
1/4 cup cocoa nibs

## Preparation:

Blend until smooth.



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# Green Vitalizing Drink

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Ingredients:

1 Tablespoon Moringa powder  
1 cup shredded romaine  
1 sliced cucumber  
1/2 squeezed lemon  
1/2 sliced apple

Preparation:

Blend until smooth.



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# Cherry Almond Smoothie

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## Ingredients:

1 Tablespoon Moringa powder  
1 cup organic milk  
2 tablespoons almond butter  
1/2 cup frozen cherries

## Preparation:

Blend until smooth.



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# Fresh Apple Detox

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## Ingredients:

1 Tablespoon  
Moringa powder  
3 Macintosh ap-  
ples, juiced  
1 teaspoon honey  
1 squeeze fresh  
lemon

## Preparation:

Blend until  
smooth.



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# Anti-Inflammatory Juice

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## Ingredients:

1 Tablespoon Moringa powder  
4 organic carrots  
4 stalks of celery  
1 golden delicious apple  
1 cucumber

## Preparations:

Juice, blend, and enjoy!



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# Blue Banana Smoothie

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## Ingredients:

1 Tablespoon Moringa powder

1 banana

1/2 cup blueberries

1/2 cup orange juice

## Preparations:

Blend until smooth.





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# Tropical Pineapple Juice

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Ingredients:

1 Tablespoon Moringa powder  
1/2 fresh pineapple, juiced  
2 oranges, juiced

Preparation:

Juice, blend, and enjoy!



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# Moringa Tea

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Ingredients:

1 Moringa teabag

Boiling water

Fresh lemon or  
honey

Preparation:

Pour boiling water  
over teabag and  
steep for 5 minutes.  
Add lemon or honey  
to taste.



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# Watermelon Tea

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Ingredients:

1 cup of fresh watermelon juice  
1 cup of It's Moringa tea, chilled

Preparation:

Simply combine and pour over ice.

