



SMOOTHIE RECIPES



SMOOTHIES

You can get super creative with them and mix all kinds of creations. Your imagination is your limit. Just be mindful that some ingredients can be calorie dense, so the calories can add up quickly on you. You can make these with or without protein to fit your needs/ wants.

DIRECTIONS

Always add the liquid first, then your solid ingredients into your blender, then the ice; and blend until smooth.

ESSENTIALS

Protein powder: Get 1 -2 good protein powders of whatever variety you like best. I like to have a chocolate one and a flavor to mix with fruits – that may be vanilla or strawberry or whatever you like.

Fruit: I buy frozen fruit – but you can also buy fresh fruit and freeze yourself. Just make sure when you buy it pre-frozen that the ingredients only list the fruit, no added sugars or syrups or juices.

I do buy fresh bananas, peel them, cut them in half and freeze them. I haven't found these pre-frozen by themselves. You can buy each fruit you want by itself or if there are pre-mixed blends that you like, those work just as well. I tend to get some of both so I can change things up depending on what I'm craving.

WHEN YOU ARE TOO TIRED/ BUSY TO COOK, TAKE 90 SECONDS AND FUEL YOUR BODY.

THESE ARE A GREAT WAY TO PACK IN VITAMINS AND NUTRIENTS IN A QUICK AND EASY WAY.

Nut Butters: I keep a variety on hand to mix things up – peanut butter, almond butter, cashew butter; seed butters are also good.

Just be sure that whatever kind you buy doesn't contain added sugars or unnatural ingredients.

Roasted nuts/ seeds and maybe a little salt – but that's it!

Extracts/ fresh herbs – vanilla, caramel, lemon, almond, mint, coffee – anything flies...again, just pay attention to the ingredients.

You don't want chemical additives. I like to throw fresh herbs in now and then to get a little crazy – some good smoothie friendly options are mint, cilantro, basil. These are great no cal ways to boost flavor.

Almond milk (or other type of milk that you like) – Make sure it is the unsweetened variety.

Other mix in options – Green Powders, Matcha, Spirulina, Chia seeds, flax seeds, ginger; avocado; lemon or lime juice; green tea; honey, cinnamon, nutmeg, etc.

Veggies – Lots of veggies can be mixed into your smoothies – spinach, kale,

Fruit juices can also be mixed in, just watch out for the sugar content. I try to use whole fruits instead since they contain fiber, but these are certainly options to mix up the flavors.



CHOCOLATE MOCHA

SERVES 1

Ingredients

- 1 cup almond milk
- 1 serving chocolate protein powder (Or you can use skip the protein and sub choc almond milk for the regular)
- 1 cup brewed and then chilled coffee (regular or decaf)
- 1 tsp vanilla extract
- ½ frozen banana
- 1 cup ice cubes

MINT CHOCOLATE

SERVES 1

Ingredients

- 1 cup almond milk
- 1 scoop chocolate protein
- Fresh mint leaves (or mint Extract – I find the mint extract to taste more like the mint in a peppermint patty, whereas the fresh mint is a little softer and cleaner tasting)
- 1 cup fresh baby spinach
- 1 cup ice cubes

SPRING DETOX

SERVES 1

Ingredients

- 1 scoop vanilla protein
- 1 cup unsweetened almond milk
- 1 cup frozen peaches
- ½ cup frozen pineapple
- ½ banana
- 2 cups kale
- 1 tablespoon ground flaxseed

TWISTED TROPICS

SERVES 1

Ingredients

- 1 cup water
- ½ cup frozen mango chunks
- ½ cup frozen pineapple chunks
- ½ frozen banana
- 4-5 cilantro sprigs
- 1 scoop vanilla (or fruity) protein

SPRING DETOX

SERVES 1

Ingredients

- 1 cup green tea, chilled
- 1 cup loosely packed cilantro
- 1 cup loosely packed organic baby kale (or another baby green)
- 1 cup cucumber
- 1 cup pineapple
- Juice of 1 lemon
- 1 tablespoon fresh ginger, grated
- ½ avocado

CHOCOLATE PB BANANA

SERVES 1

Ingredients

- 1 cup almond milk
- 1 scoop chocolate protein
- 2 tablespoons peanut butter
- ½ frozen banana
- ½ avocado
- 1 cup ice



HAPPY GREEN MONSTER

SERVES 1

Ingredients

- ½ cup coconut water
- ¼ cup coconut milk
- Juice of half a lime
- ½ pear, peeled and cored
- 1 cup spinach
- 1 cup kale
- 1 cup of ice
- 1 scoop of vanilla protein

STRAWBERRY VANILLA KICK

SERVES 1

Ingredients

- 1 scoop vanilla protein
- 1 cup almond milk
- 1 cup strawberries
- 1 tsp cinnamon
- Dash of Cayenne pepper
- 1 cup of ice

STRAWBERRY MOJITO

SERVES 1

Ingredients

- 1 ¼ cup water
- ½ cup of strawberries
- 1 scoop vanilla protein
- 2 tbsp lime juice
- 2 tbsp fresh mint
- 1 tsp raw honey
- 1 cup ice

BERRY BEET

SERVES 1

Ingredients

- 1 cup water
- 1 small cooked beet, chopped
- 1 cup mixed berries
- 1 scoop vanilla protein

STRAWBERRY CARROT ENERGIZER

SERVES 1

Ingredients

- 1 cup fresh carrot juice
- 1 cup strawberries
- 1 scoop protein

MANGO TANGO

SERVES 1

Ingredients

- 1 scoop protein
- 1 cup water
- ½ cup mango chunks
- ½ cup pineapple chunks



STRAWBERRY KIWI

SERVES 1

Ingredients

- 1 scoop protein
- 1 cup water
- 1 frozen kiwi, chopped
- 1 cup strawberries

VANILLA ALMOND FUDGE

SERVES 1

Ingredients

- 1 scoop vanilla protein
- 1 tbsp almond butter
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 1 cup almond milk
- 1 cup ice

VANILLA CHOCOLATE SWIRL

SERVES 1

Ingredients

- 1 cup of almond milk
- ½ chocolate protein
- ½ vanilla protein
- 1 tsp vanilla extract
- 1 cup ice

PBJ

SERVES 1

Ingredients

- 1 scoop vanilla protein
- 1 cup almond milk
- 1 tsp peanut butter
- 1 cup strawberries

PUMPKIN PIE

SERVES 1

Ingredients

- ½ cup pumpkin puree
- ½ tsp cinnamon
- ½ tsp nutmeg
- 1 cup almond milk
- 1 cup ice

BANANA SPLIT

SERVES 1

Ingredients

- 1 scoop chocolate protein
- ½ banana
- ¼ cup pineapple chunks
- 2-3 frozen strawberries
- 1 cup water
- 1 cup ice

CHOCOLATE HAZELNUT

SERVES 1

Ingredients

- 1 scoop chocolate protein
- 1 tsp hazelnut extract
- 1 cup almond milk
- 1 cup ice

