

ALMOND BUTTER CHIA SMOOTHIE

PREP TIME: 5 MINUTES TOTAL TIME: 5 MINUTES
SERVINGS: 1 SMOOTHIE AUTHOR: JULIA

INGREDIENTS

- 1 large ripe banana peeled and frozen
- 3/4 cup unsweetened almond milk
- 1 tablespoon unsweetened almond butter
- 1 tablespoon **chia seeds**

OPTIONAL ADD-INS:

- **Ground cinnamon**
- Maca Powder
- **raw cacao powder**
- Blueberries or fruit of choice
- Spinach or leafy green of choice

Almond Butter Spinach Smoothie



Ingredients

- 1 tablespoons unsalted creamy almond butter
- 2 cups fresh spinach (tightly packed)
- 1 cup vanilla almond milk
- 1/2 ripe banana
- 1/4 cup frozen pineapple chunks
- Optional: 1 teaspoon chia seeds or 1 teaspoon flax seeds
-

Instructions

1. Combine all ingredients in a blender and blend on medium high speed until fully combined. The smoothie should be bright green and the spinach should be completely blended into the mixture.
2. Enjoy immediately.

Apple Pie Smoothie Recipe



Prep time: 10 minutes **Yield:** Serves 2.

Ingredients

- 1 cup unsweetened almond milk
- 1 cup unsweetened [applesauce](#) or [stewed apples](#)
- 1/2 cup raw, unsalted cashews, soaked in water for 1 hour
- 2 teaspoons vanilla extract
- 1/2 teaspoon ground cinnamon
- 2 chopped, pitted dates, soaked in water for 1/2 hour OR 2 Tbsp maple syrup*
- 1 cup ice cubes

**Use dates if using a high speed blender such as a Vitamix, otherwise use maple syrup.*

Banana Cream Pie Smoothie



Yield 2 servings (serving size: 1 cup)

Frozen bananas, graham cracker crumbs, and vanilla extract are a few of the ingredients that make this smoothie a rich dessert in a glass. Because it calls for low-fat yogurt and fat-free milk, one serving of this drink gives you about the same amount of calcium as a glass of milk.

Ingredients

- 1 cup sliced ripe banana (about 1 large)
- 1 cup vanilla low-fat yogurt
- 1/2 cup 1% low-fat milk
- 2 tablespoons whole wheat graham cracker crumbs (about 1/2 cookie sheet)
- 1 tablespoon nonfat dry milk
- 1/2 teaspoon vanilla extract
- 3 ice cubes (about 1/4 cup)
- Graham cracker crumbs

How to Make It

Step 1 Arrange banana slices in a single layer on a baking sheet, and freeze until firm (about 1 hour).

Step 2 Place frozen banana and remaining ingredients in a blender. Process until smooth. Sprinkle with graham cracker crumbs. Serve immediately.

Chef's Notes

Freeze and store extra bananas in zip-top plastic bags so you can whip up this smoothie in a flash.

Banana Split Smoothie



Ingredients

- 2 medium-large bananas, ripe, peeled, sliced and frozen
- 2 Tbsp (6 g) cacao powder (or cocoa powder)
- 1 Tbsp (16 g) salted almond butter (if unsalted, add pinch sea salt)
- 1/4 cup (60 ml) unsweetened almond milk (more depending on preferred thickness)

1/2 tsp vanilla extract

optional: 2 pitted dates (for extra sweetness)

Instructions

1. Add frozen banana, cacao powder, almond butter, and almond milk to a blender and blend on low until thick and creamy (see photo), scraping down sides as needed. You are looking for a soft serve consistency.
2. Add vanilla extract, dates (optional), and a bit more almond milk and blend once more until thick and creamy and well blended. Taste and adjust flavor as needed, adding more almond butter for nuttiness, vanilla extract for vanilla flavor, salt for flavor balance, or cacao powder for more intense chocolate flavor. Set blender in freezer or refrigerator while preparing serving glasses.
3. Cut a banana in half lengthwise and peel. Then slice in half lengthwise again (so you have four pieces). Slide banana wedges down into two serving glasses (or 1 large serving glass, as pictured), and press with a spoon to “adhere” to the sides.
4. Add smoothie and top with desired toppings, such as coconut whipped cream, cherries, shredded coconut, and cacao nibs (I highly recommend all!).
5. Best when fresh but can be covered and frozen up to 2 days. Let thaw before enjoying.

Berry Oat Breakfast Smoothie

Prep time	Total time
5 mins	5 mins



Serves: 1-2

Ingredients

- ½ cup old fashioned rolled oats
- 1 cup milk (more as needed)
- ½ cup frozen berries
- 3 tablespoons honey (or to taste)
- ⅓ cup vanilla yogurt or greek yogurt
- ¼ cup ice

Instructions

1. Add all ingredients to a blender. Cover tightly and pulse until ice is broken up, then puree until smooth. Taste and add sweeter if needed or milk if it is too thick. Serve immediately.

Notes

I used a combination of blueberries, raspberries, and blackberries - strawberries would be amazing too!

Blackberry Cinnamon Smoothies



A healthy smoothie made with blackberries, apple, banana, dates, and vanilla. Cinnamon adds flavor and yogurt makes these smoothies extra creamy and thick!

Yield: 2 smoothies

Total Time: 5 minutes

Ingredients:

- 1 banana, sliced and frozen
- 1 cup frozen blackberries
- 1 small apple, diced (do not peel)
- 1 cup unsweetened vanilla almond milk (or milk of your choice)
- 1/2 cup vanilla yogurt (I use non-fat Greek)
- 2 dried dates, pitted
- 1 tablespoon [ground flaxseed meal](#)
- 2 teaspoons ground cinnamon
- 1/2 teaspoon [pure vanilla extract](#)

Directions:

1. Add the banana, blackberries, and apple to a blender; top with milk. Add yogurt, dates, flaxseed, cinnamon, and vanilla. Puree until smooth. Serve immediately.

Blueberry Almond Butter Smoothies



Yield: 2 servings **Total Time:** 5 minutes

Ingredients:

- 1 banana, peeled
- 1 cup frozen blueberries
- 1/2 cup almond butter
- 1/2 cup plain yogurt
- 3/4 cup almond milk
- 3 dates, pitted and quartered
- 1 cup ice, or as needed

Directions:

1. Combine all ingredients in a blender; purée on high speed until smooth. Add a few ice cubes and blend until it reaches your desired consistency.

Blueberry Coconut Smoothie



Prep time 5 mins

Total time 5 mins

Serves: Makes 24 ounces (2 small, or 1 mega smoothie)

Ingredients

- 4 ounces vanilla yogurt
- 2 cups frozen blueberries
- ½ cup shredded coconut (sweetened or unsweetened)
- ½ cup juice (pomegranate, acai or cranberry)
- ½ cup lowfat milk

Instructions

1. In a blender pitcher, blend all ingredients together until smooth.

Notes

Note: Since this recipe calls for frozen fruit, you'll have to keep working with the blender, stirring and reprocessing until smooth. I like mine thick, for a thinner consistency, add more liquid a little at a time until it's like you like it.

Blueberry Pie Smoothie



Prep time 5mins **Total time** 5mins

This Blueberry Pie Smoothie tastes just like blueberry pie....in a glass! Perfect for breakfast, snack, or a healthy treat!

Author: Cathy Trochelman

Serves: 2

Ingredients

- 1 c. vanilla yogurt
- 1 c. almond milk (I used unsweetened)
- 1 c. fresh or frozen blueberries
- 1 frozen banana, cut into chunks
- 1 tsp. vanilla
- (optional) 1-2 graham crackers

Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. Enjoy!

Caramel Apple Smoothie



4 (8-ounce) servings **Total Time:** 5 minutes

This refreshing easy Caramel Apple Smoothie is actually healthier! This smoothie is a great breakfast, snack or dessert options for kids and adults.

Ingredients:

- 3/4 cup milk (nonfat or almond is okay too) (see note)
- 1/4 cup unsweetened apple juice
- 1 apple (use your favorite brand)
- 1 tablespoon sugar-free caramel syrup plus more for optional garnish
- 2 cups ice cubes

Directions:

1. Pour the milk and juice into a blender.
2. Core the apple and cut it into chunks. Place it in the blender then add the caramel and ice. Blend until smooth.
3. Optional serving suggestion: top with additional caramel sauce.

Notes:

If you're using a high powered blender (like a Blendtec) you can use less liquid. Start with 1/2 cup milk and add more as needed.

Carrot Cake Smoothies



yield: **4 (1 CUP) SERVINGS** prep time: **10 MINUTES**

INGREDIENTS:

- 4 medium carrots, peeled and roughly chopped
- 9 ounces vanilla Greek yogurt
- 1-1/2 cups unsweetened vanilla almond milk
- 1/4 cup plus 2 tablespoons toasted shredded coconut
- 1/4 cup plus 2 tablespoons walnuts
- 1 tablespoon honey
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/2 cup ice (optional)

DIRECTIONS:

1. Combine all ingredients in [blender](#) until smooth. Serve immediately.

Carrot Pear Lavender Smoothie



Ingredients:

- 2 carrots, peeled and chopped
- 3 ripe pears, cored (peeling optional)
- 1/2 tsp food grade lavender blossoms, crushed
- 1 cup nut milk (I used freshly made almond milk)
- 1 Tbsp raw honey (use lavender blossom honey if you can)
- pinch pink Himalaya salt
- 3-4 ice cubes

Method:

- Place all the ingredients in a blender jar and process until smooth. Add more honey if needed.
- Pour smoothie into glasses and enjoy in good company!

Tip: If your blender is not powerful enough you may want to juice the carrots first. Blend the freshly-made carrot juice with other ingredients. Add the carrot pulp and blend until smooth. And! Remember to buy organic produce whenever you can.

Chai Gingerbread Smoothie



Prep time 2 mins

Cook time 1 min

Total time 3 mins

This smoothie is like drinking Christmas for breakfast. Best part? It's packed with vegan protein, antioxidants, vitamins and minerals.
#Boom

Serves: 1

Ingredients

- 1½ frozen bananas
- ½ cup unsweetened organic vanilla almond milk (or other non-dairy milk)
- 1 handful of spinach
- 1 scoop of Vega Chai Protein Powder
- 1 tablespoon unsulphured blackstrap molasses
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- Pinch himalayan of pink sea salt

Instructions

1. Place all ingredients into a high powered blender and blend until smooth

Cherry Pie Smoothie

This Cherry Pie Smoothie recipe is simple to make, naturally sweetened, and tastes like the pie that inspired it!



Total Time: 5 mins **Prep Time:** 5 mins

Yield: 2 servings

Ingredients:

- 1 cup frozen cherries
- 1/2 cup plain non-fat Greek yogurt
- 1/3 cup milk (I used almond milk)
- 1/4 cup old-fashioned oats (use gluten-free oats if making this smoothie GF)
- 1/2 teaspoon vanilla extract, store-bought or [homemade](#)
- 1/4 teaspoon almond extract
- pinch of salt
- (optional) 1-2 teaspoons maple syrup or honey, to sweeten if needed

Directions:

Add all ingredients to a blender. Pulse until smooth, adding more milk if needed to thin out the smoothie or more ice to thicken it, if needed.

Serve immediately, garnished with a fresh cherry if desired.

Chocolate Covered Cherry Protein Smoothie



Yield: 1 large smoothie
minutes

Prep Time: 5 minutes

Total Time: 5

This chocolate cherry power smoothie packs 14 grams of protein!

Ingredients:

- 1 and 1/2 large bananas, cut into chunks & frozen
- 6 oz Chobani Black Cherry Nonfat Yogurt
- 1/2 cup frozen cherries
- 1/3 cup milk (I use almond milk - use more or less, depending on how thick you'd like it)
- 2 Tablespoons chocolate syrup (I use sugar free, see below for substitutions)¹

Directions:

1. Make sure you have a strong, powerful blender that will blend up the frozen banana. I like this [Ninja](#) or this [Vitamix](#).
2. Add first 4 ingredients to blender. Blend until you've reached a smooth consistency. If desired, add more milk for a thinner smoothie.

Recipe Notes:

1. Instead of chocolate syrup, try adding 1 Tablespoon of unsweetened cocoa powder or 1 Tablespoon of mini chocolate chips.

Chocolate Decadence Smoothie Bowl



Prep 15 min **Yield** 4 servings

Ingredients

- 1 Pint of [So Delicious Dairy Free Chocolate Coconutmilk Frozen Dessert](#)
- 1/4 C. [So Delicious Dairy Free Unsweetened Coconutmilk Beverage](#)
- 1 Banana
- **Toppings:** Strawberries, Bananas, Toasted Coconut and Cocoa Nibs

Chocolate Peanut Butter Banana Breakfast Shake



Yield: 2 servings

Prep Time: 5 minutes

Ingredients

- 2 large overripe bananas , peeled, sliced and frozen*
- 1 cup original almond milk (or more to thin as desired)
- 3/4 cup ice
- 1/4 cup creamy peanut butter
- 2 Tbsp unsweetened cocoa powder
- 1/2 tsp vanilla extract

Instructions

1. Add all ingredients to a blender and process until well pureed.
Serve immediately.
2. *The overripe bananas will add the sweetness for the smoothie so use some that have a generous amount of speckles, don't use black bananas though those are just gross.

Cinnamon Roll Breakfast Smoothie



Serves: 2 servings

Ingredients

- 1 banana, frozen
- ½ cup vanilla greek yogurt
- 1 cup vanilla almond milk
- ½ cup old fashioned rolled oats
- 1 tablespoon brown sugar
- 1 teaspoon cinnamon
- ½ teaspoon vanilla

Instructions

1. Add all ingredients to a blender or food processor.
2. Blend until smooth.
3. Serve immediately, with an additional sprinkle of cinnamon if desired.

Dark Chocolate, Coconut, and Almond Smoothie Bowl



Ingredients

1½ frozen bananas (or 1 whole avocado)

¾ c chopped kale, stems removed

¾ c unsweetened almond milk

¼ c almonds

3 Tbsp unsweetened dark cocoa powder

¼ tsp cinnamon

1 scoop pea protein powder (optional)

Spirulina powder (optional)

Toppings

Whole almonds

Sliced almonds

Fresh mint

Shredded coconut

Sliced banana

Almond butter

Combine all ingredients in blender and blend until smooth.

Immediately divide mixture between 2 serving bowls and top with desired toppings.

Dark Chocolate Peppermint Protein Shake



COOK TIME:5 mins

TOTAL TIME:5 mins

Ingredients

- -1 large banana, frozen
- -2-3 large ice cubes
- -1 cup non dairy milk of choice
- -1 scoop **Designer Whey Gourmet Chocolate Protein Powder**
- -2 tablespoons **cocoa powder** (high quality)
- -Pinch of sea salt
- -1/4 tsp **pure peppermint extract**
- -optional add In: 1 tablespoon dark/vegan chocolate chips
optional
- -toppings: homemade whipping cream, vegan whipped topping, or Greek yogurt

Instructions

1. Place all ingredients in a blender or magic bullet and blend until smooth.

Digestive Aid Smoothie



Prep time 5 mins **Total time** 5mins **Serves:** 1

Ingredients

- ½ cucumber
- ½ banana, frozen
- 4 mint leaves
- ¼ teaspoon spirulina
- 1 tablespoon minced ginger
- 3 tablespoons chopped fennel bulb
- ½ cup coconut water

Instructions

1. Add ingredients to a blender and blend until smooth.

Eggnog Smoothie



A healthy fruit smoothie recipe made with bananas, dates, and almonds that tastes just like eggnog.

Yield: 1 smoothie

Prep Time: 1 minutes

Cook Time: 2 minutes

Total Time: 3 minutes

Ingredients:

- 1 cup Silk Unsweetened Cashew Milk
- 2 frozen bananas
- 2 pitted Mejuol dates
- 1/4 cup plain Greek yogurt (I used non-fat)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg, plus additional for topping as desired
- 1/2 teaspoon almond extract
- Bourbon, rum, or whiskey (optional)
- Whipped topping (optional)

Directions:

1. Place the cashew milk, banana, dates, Greek yogurt, cinnamon, nutmeg, and almond extract in a blender. Puree until smooth. If desired, blend in rum, bourbon, or whiskey. Pour into serving glass and top with whipped topping and additional nutmeg.

French Toast Protein Shake



Number of Servings: 1

Ingredients

- 1/2 cup fat free cottage cheese
- 1 scoop vanilla protein isolate powder
- 1 tsp maple extract
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 2 tsp Splenda
- 1/2 cup water
- 7 ice cubes
- 1 tbsp cool whip free

Directions

1. Combine all ingredients into a blender and pulse until well combined. Top with a dollop of cool whip free and a shake of cinnamon.

Blueberry Yogurt Smoothie



Prep Time: 5 Minutes

Servings: 1 Servings

Ingredients

- 1 cup Plain, Unflavored Yogurt
- 1 cup Fruit (your Choice - Blueberries, Peaches, Pineapple, Etc)
- 1/4 cup Milk
- 1 dash Honey
- Ice

Instructions

Place yogurt, fruit, milk, a handful of ice and honey to taste all into a blender. Blend until smooth. Taste it for sweetness and add more honey if needed.

Grape and Blueberry Protein Smoothie



Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Servings: 1 large smoothie

Ingredients

- 1 egg beaten, scrambled, and cooled
- 1 ripe banana peeled and frozen
- 1/2 cup fresh blueberries
- 1/2 cup frozen red grapes
- 3 large ice cubes
- 1 cup unsweetened almond milk
- 1/4 cup orange juice
- 1/8 teaspoon to 1/4 ground cinnamon

Instructions

1. In a small skillet, scramble the egg over medium heat until fluffy and cooked through. Remove from heat and set on a plate. Allow egg to cool to room temperature.
2. Add all ingredients for the smoothie to a blender and blend until completely smooth.

Grapefruit Green Smoothie



A simple, tart-sweet smoothie with detoxifying benefits from grapefruit, vitamins and minerals from spinach, and natural sweetness from apple and banana.

Prep time 10mins **Total time** 10mins **Serves:** 2

Ingredients

- 1 grapefruit, peeled, seeds removed (reserve juice)
- 1 large sweet apple, cored and skin removed (I prefer honeycrisp)
- 2 cups spinach (I like to freeze mine to keep it extra fresh)
- 1 large ripe banana, previously sliced and frozen
- 2-3 ice cubes
- Unsweetened almond milk, water, or orange juice to thin (~1/2 cup)
- *optional:* 1/2 tsp fresh ginger, peeled and chopped

Instructions

1. Add all ingredients to a blender (including reserved grapefruit juice) and blend until creamy and smooth. Add more liquid if too thick, ice to thicken, and banana or apple to sweeten.

Notes

*For added staying powder, add your favorite protein powder or a healthy handful of raw hemp seeds.

Grasshopper Pie Smoothie



Health and fertility benefits of Grasshopper Pie Smoothie Fresh spinach is an excellent source of vitamin K, vitamin A, vitamin C, and vitamin B6, all of which have significant roles in reducing inflammation in the body, all of which help in the case of infertility.

Ingredients

- 2 c. fresh spinach
- 5 fresh mint leaves
- 1 c. 2-percent milk
- 6 ice cubes
- 2 tbsp. cocoa powder
- 2 tbsp. granulated sugar
- 1/4 tsp. peppermint extract

Instructions

Combine all ingredients in a blender and blend until smooth and frothy. Pour into a glass and serve immediately.

Green Apple Pie Smoothie

This green apple pie smoothie tastes like an apple pie in a glass! it's simple, smooth, creamy, delicious and has only 214 calories!



Ingredients

- 2 Granny Smith apples cored and sliced (not peeled)
- 125 grams (1/2 cup) 0% fat Greek yogurt plain
- 15 grams (1/2 cup) baby spinach
- 25 grams (1/4 cup) quick cooking oats
- 1 tablespoon honey
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 110 grams (1/2 cup) crushed ice

Instructions

1. Place all the ingredients into a blender and process until smooth and creamy. Taste and adjust the sweetness if necessary.
2. To serve, pour into a glass or mason jar and sprinkle some cinnamon on top.
3. Enjoy the green apple pie smoothie!

Green Monster



1/4 cup no-sugar-added apple juice

1/4 cup water

1/2 scoop plant-based vanilla protein powder

1/2 Bosc pear, chopped

1/2 cup baby spinach, loosely packed

1/2 frozen banana

1/4 ripe avocado

Serves: 1

Nutrition: 271 calories, 6 g fat, 40 g carbs, 8 g fiber, 15 g protein

Green Tea Avocado Smoothie



Start your morning a healthy glass of creamy green goodness. Blend and enjoy. If you are sensitive to almonds, try cashew milk, rice milk, or other option. See post for where to buy ingredients if

you need help. For a higher fat smoothie, use 1/2 of an avocado (or if you have a small one).

Servings [1](#)

Ingredients

- 10 ounces unsweetened almond milk preferably homemade, [recipe here](#)
- 1-2 scoops protein powder of choice
- 1 large handful baby spinach leaves
- 1/4 of a ripe avocado
- 1 teaspoon matcha green tea powder organic
- 1 teaspoon spirulina powder
- Liquid flavored stevia drops of choice coconut or vanilla are good
- 3-4 ice cubes

Instructions

1. Place all ingredients in a blender and start at a low speed. Build up the speed and puree until smooth and creamy. If it gets too thick, add a little more almond milk or water.

Green Tea Weight Loss Smoothie



This low calorie smoothie contains green tea, which stimulates fat loss via substances called catechins, while lowering cholesterol. At 46 calories per serving, you will burn more calories digesting this smoothie than you will absorb from it. The apple mellows the spicy

flavor of the watercress while the mint enhances the green tea tanginess. It is a good source of calcium, manganese, magnesium, potassium and vitamin B6. It is an excellent source of fiber, vitamin A and vitamin C

Ingredients:

- 1/2 granny smith apple
- 1/2 cucumber
- 1 celery stalk, chopped
- 12 oz green tea, brewed with 2 teabags
- 1 tbsp fresh mint leaves
- 1/2 cup broccoli sprouts
- 1/2 cup watercress
- 1 cup ice cubes

Instructions:

1. Add all ingredients to the blender in the order of items listed.

Tips:

- Use 4 teabags for a stronger green tea flavor

Hawaiian Pina Colada Smoothie



Yield: 1 large smoothie

Total Time: 5 minutes

This banana + pineapple + coconut + vanilla smoothie is a tropical beach vacation in a glass. With a cherry on top.

Ingredients:

- 1 frozen ripe banana, previously peeled & sliced
- 3/4 cup fresh pineapple chunks
- 1/2 cup Bai5 Molokai Coconut
- 1/3 cup plain Greek yogurt¹
- 1/4 teaspoon vanilla extract
- 1 cup ice
- cherries and pineapple chunks for decor (pretty things taste better)

Directions:

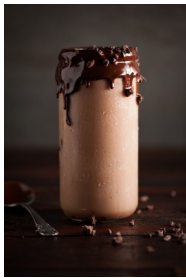
1. Make sure you have a strong, powerful blender to really get that banana blended. I like this [Ninja](#) or this [Vitamix](#).
2. On high, blend all of the ingredients listed - in that order - until thick, creamy, and smooth - about 3 minutes. Stop to scrape down the sides of the blender as needed. Add more Bai5 Molokai Coconut if needed to thin out.
3. Serve in a glass and enjoy.

Recipe Notes:

Try adding 1 cup of your favorite greens to get in some extra veggies.

1. Full fat, low fat, or 0% Greek yogurt are all fine. Regular yogurt is OK as well. I prefer plain yogurt in this smoothie; I find flavored yogurt makes the smoothie too sweet.

A HEALTHY CHOCOLATE SMOOTHIE



ingredients (Serves 1)

1/2 small frozen banana, peeled and chopped

1/4 avocado

3/4 cup water

3/4 cup almond or coconut milk

2 tablespoons [Healthy Chef Protein](#)

1 tablespoon [Naked Mylk Chocolate or raw cacao](#)

pinch of sea salt

1 tablespoon raw honey or maple syrup or a little stevia to taste

1 tablespoon coconut butter or cold pressed coconut oil to blend
(optional)

Handful of ice to blend

Cacao nibs and raw melted chocolate for garnish (optional)

Raw Chocolate Drizzle (recipe from [Healthy Baking](#))

1/4 cup melted cacao butter

1/4 cup cashew butter or tahini

1/4 cup raw cacao or [Naked Chocolat](#)

1 tablespoon organic maple syrup

method

1. **Combine** frozen banana, avocado, almond milk, water, [Naked Chocolat](#), salt, maple, coconut oil, [Healthy Chef Protein](#) and ice into a good high-speed blender like a Vitamix.
2. **Blend** all the ingredients until creamy.
3. **Pour** into a large glass and enjoy for breakfast or lunch.

Healthy Coffee Banana Smoothie Recipe



Preparation 10 mins

Total Time 10 mins

Serves Serves 3

Healthy Coffee Banana Smoothie Recipe Whip up an easy banana and yogurt smoothie, with a kick of coffee. Protein, fiber and caffeine? There's your morning jolt!

Ingredients

- 1 cup chilled [Seattle's Best](#) brewed coffee
- 1 1/2 bananas, cut into chunks
- 1 cup nonfat plain Greek yogurt
- 1 tbsp [ground flax seed](#)
- 2 tsp [honey](#) or [agave nectar](#)
- 1/2 tsp [ground cinnamon](#)
- 1/4 tsp grated [nutmeg](#)
- 6 ice cubes

Instructions

1. Place all of the ingredients in [a heavy-duty blender](#) (one that can crush ice).
2. Blend until smooth. Serve.

Healthy Oat Smoothies ~ Blueberry Muffin Smoothie & Peach Cobbler Smoothie



Ground oats, yogurt, and frozen fruit lend these wholesome, filling Healthy Oat Smoothies a thick, creamy texture, while pure vanilla extract and a touch of cinnamon make them taste just like peach cobbler and blueberry muffins!

Yield: Approximately 24 ounces (1 large or 2 small smoothies)

Ingredients

- 1/2 cup old-fashioned oats
- 1 1/2 cups frozen blueberries (or sliced frozen peaches)
- 1 cup vanilla yogurt
- 1/2 cup milk
- 1 tablespoon honey
- 1/4 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon (increase to 1/2 teaspoon if using peaches)

Instructions

1. Measure oats into blender. Blend until ground into a fine powder. Add frozen fruit, vanilla yogurt, milk, honey, vanilla, and cinnamon. Blend until completely smooth. Serve immediately.

Notes

You may use nonfat, lowfat, or regular vanilla yogurt. You may use whole milk, 2%, skim milk, almond milk, or your favorite type of milk. You can experiment with substituting different kinds of fruit.

Healthy Peanut Butter Cup Smoothie



Prep Time: 5 minutes **Total Time:** 5 minutes **Yield:** 2 servings

Ingredients

Peanut Butter Layer

- 1 banana, frozen
- 1/4 cup [peanut flour](#) OR 2 tablespoons peanut butter
- pinch of salt
- 1/2 teaspoon vanilla extract
- 1 cup Unsweetened Silk Almond Milk
- 4 large ice cubes

Chocolate Layer

- 1 banana, frozen
- 3 tablespoons cocoa powder
- handful of spinach
- 1 cup Unsweetened Silk Almond Milk

Instructions

Peanut Butter Layer

1. Place all ingredients in a blender or magic bullet. Mix until smooth.

Chocolate Layer

1. Place all ingredients in a blender or magic bullet. Mix until smooth.

Kale-Ginger Detox Smoothie



Prep Time: 2 minutes **Total Time:** 2 minutes

Yield: 1 large smoothie

ingredients:

- 1 ripe banana, peeled and frozen
- ½ cup frozen blueberries
- 2 teaspoons ginger, peeled and finely grated
- 2 cups kale leaves, loosely packed
- 1 cup unsweetened almond milk
- 1 tablespoon [chia seeds](#) (optional)
- 1/8 teaspoon ground cinnamon
- 2 teaspoons to 1 tablespoon raw honey

instructions:

1. Add all ingredients to a blender and blend until completely smooth. If necessary, add more almond milk to help your blender process the frozen fruit.

Key Lime Pie Protein Shake Recipe



Serves 1

Total time: 5 minutes

Ingredients

- 2 scoops [DailyBurn Fuel-6](#) in vanilla
- 1 cup unsweetened almond milk
- 1 frozen banana
- 1 tablespoon key lime juice
- Zest of one key lime
- 1/2 teaspoon maple syrup
- 1 cup ice cubes
- 1 tablespoon nonfat plain Greek yogurt
- 1 tablespoon crushed graham crackers

Preparation

1. In a blender, mix protein powder, almond milk, frozen banana, key lime juice, maple syrup and ice until smooth. Top with a dollop of yogurt and graham cracker crumbs.

Kiwi Basil Smoothie



3 frozen kiwis (freeze in small cubes for easy blending.)
1 banana
1 pink grapefruit, juiced (about 3/4 cup juice)
1 Tbsp agave syrup
small handful of fresh basil
handful of ice cubes

Blend. Pour. Serve!

Lemon Meringue Pie Smoothie



Use a nice ripe mango of the sweeter variety, and you won't need to add any additional maple syrup. You could use frozen mango cheeks if they're not in

season, and leave out the ice cubes. To make more of a substantial smoothie, add the hemp or chia seeds.

Serves 1 generously, or 2 small portions **Prep time:** 5 min

Ingredients

200g | 1 medium ripe mango, flesh

Juice of half a large lemon (about 2 tbs)

3 tbs | 90g coconut yoghurt

100ml coconut water

3-4 ice cubes ***

2 tsp hemp seeds or white chia seeds (optional)

1 tsp maple syrup (optional; to taste)

Blend all the ingredients in a high speed blender till smooth, 30 sec – 1 min. Taste and add maple syrup if your mango has not provided sufficient sweetness (to your taste).

Will keep for at least 2-3 days covered in the fridge, but best enjoyed immediately.

Lentil Green Smoothie



Prep time 5mins

Total time 20mins

Cook time 15mins

Serves: 2

Ingredients

- ½ cup dry lentils
- 1 cup (packed) spinach
- 1 large cucumber, peeled and roughly chopped
- 2 large apples (I used granny smith), peeled, cored, and roughly chopped
- Handful ice (about 1 cup)
- 2 tbsp chia seeds
- 1 tsp ginger, grated
- 1 tsp cinnamon
- 1 tsp matcha powder (optional)
- 1 cup coconut water (or filtered water)

Instructions

1. Add lentils and 1.5 cups water to a small saucepan and bring to a boil. Cook until lentils are tender, about 15 minutes. Drain any excess water and allow to cool slightly.
2. Combine lentils and remaining ingredients to blender and blend until smooth. Add additional water as needed to create desired consistency.

Mango White Bean Smoothie



Prep time 5mins **Total time** 5mins **Serves:** 2

Ingredients

- 1¼ cup rice milk
- ⅔ cup white beans, rinsed
- 1½ cups mango chunks, frozen or fresh
- 12 small mint leaves, plus more for garnish
- ⅓ cup shredded, unsweetened coconut
- ice as needed

Instructions

1. Combine the first 5 ingredients in a high powered blender. Blend until smooth. Add ice as needed and blend again - you will want more ice, about a cup if you use fresh mango, or less if you use frozen mango. Garnish with fresh mint.

Blueberry Maple Oatmeal Smoothie



Servings: 2

ingredients

- 1/2 cup rolled oats
- 1 cup yogurt
- 1 cup blueberries (fresh or frozen)
- 2 tablespoon maple syrup
- 1 cup liquid (I used milk but juices like apple juice would also work well.)

directions

1. Mix the rolled oats into the yogurt and let sit in the fridge over night.
2. Puree everything in a food processor.

Matcha Mint Chip Smoothie Recipe



Yield 1 serving

**Note: You can up your smoothie by adding half an avocado, some kale, maca powder, or spirulina.*

Ingredients

- 1 cup unsweetened coconut milk
- 1/2 cup ice
- 1 teaspoon [Epic Matcha green tea powder](#)
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon pure maple syrup
- 1/4 teaspoon peppermint extract
- 1 tablespoon chocolate chips or cacao nibs

Directions

1. Place all ingredients in a blender except for the chocolate chips. Blend until smooth.
2. Once smooth, add in the chocolate chips or cacao nibs; pulse once or twice.
3. Enjoy immediately!

Matcha Smoothie / Shake



Ingredient:

3/4 cup non-dairy milk, I use vanilla soy milk

1 cup watermelon cubes, frozen

1 1/4 bananas, frozen

1/2 - 2 tsp matcha green tea powder (I usually use about 1 tsp)

optional add-ins:

* vegan vanilla protein powder

* 1 tsp chia seeds

Pro-Tip: For a thicker shake use 1/2 cup milk and blend in a high speed blender.

1. Blend the matcha + non-dairy milk on low for a minutes. Add in optional protein powder and/or chia seeds.

2. Turn off blender and add the watermelon and banana. Blend from low to high - using your high speed blender plunger to get the swirl blend going (yes, a vitamix or BlendTec blender will help make the thickest shakes - but any blender will work - you just may need to add a splash more liquid in a lower speed blender to get the blend moving.)

Serve and enjoy via a spoon.

Orange and Banana Protein Smoothie



Ingredients

- 1 banana (if you have a frozen banana, even better)
- 1 cup of orange juice
- 6 oz of homemade yogurt (store bought works too, any flavor)
- 2 teaspoons of vanilla flavored whey protein powder (see note below)
- 4-5 ice cubes

Add all items into a blender. Pulse until ice and frozen banana are pretty well broken up, then mix for several minutes until it is super frothy and smooth.

Variations:

- Add any fruit in addition or instead of the banana. Bananas makes a good base for just about any flavor and keeps the smoothie smoother. Any kind of berries are good too, frozen or unfrozen.
- Replace the OJ with skim milk and add in a couple tablespoons of peanut butter. A squirt of fat free chocolate syrup ain't a bad idea either.
- If I have some spinach around I toss that in too. Again, doesn't effect the taste much, but gets all the good stuff into your blood stream.
- You can also add in a handful of rolled oats if you need a little fiber. You barely notice it's there.

Fresh Orange Smoothie (“Orange Julius”)

A healthy orange smoothie made with FRESH oranges, and your choice of milk and sweetener. Enjoy this fresh orange smoothie (“Orange Julius”) recipe today!



Total Time: 5 mins

Prep Time: 5 mins

Yield: 4-5 cups

Ingredients:

- **4 fresh oranges, peeled**
- **2 cups ice**
- **1/3 cup milk (your preference – regular, soy, coconut, etc.)**
- **1-2 tablespoons honey (or agave or your desired sweetener), if needed**
- **1 teaspoon vanilla extract, store-bought or [homemade](#)**

Directions:

Combine all ingredients in a blender, and blend until smooth. Add more ice if you would like.

Peach & Oat Breakfast Smoothie



Yield: 2 servings

Total Time: 3 minutes

Ingredients

- 1 1/2 cups peeled and diced , frozen peaches
- 1 cup almond coconut milk blend or original almond milk
- 1 (5.3 oz) greek yogurt - mango, peach, strawberry or coconut
- 1 very ripe banana , peeled and frozen
- 1/2 cup oats (old fashioned or quick, either are fine)
- 1/2 cup cold water

Instructions

1. Add all ingredients to a blender and process until well pureed.
Serve immediately.

Peach Pie Smoothie



Prep: 10 min **Yield:** 1 serving, serving size: 2 cups

The Ingredients

- 1 cup yogurt
- 1 cup fresh or frozen peach slices
- 1 teaspoon ghee (substitute coconut oil)
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- A little honey, maple syrup, or stevia to sweeten (optional)

Show Time

Place all of the ingredients except the cinnamon into your blender and blend for around 30-45 seconds or until nice and smooth. Pour into your smoothie glass and sprinkle the cinnamon on top.

Peanut Butter & Jelly Protein Smoothie



Prep Time: 5 minutes **Total Time:** 5 minutes

Yield: 1 very large smoothie

Ingredients:

- 1 medium banana, peeled, sliced, and frozen
- 6 oz Chobani 0% Greek Yogurt (or 2%, flavored or unflavored)
- 1 cup frozen berries*
- 3/4 cup unsweetened almond milk (or your favorite kind of milk)
- 1 Tablespoon peanut butter (any kind you like)

Directions:

1. Make sure you have a strong, powerful blender that will blend up the frozen banana.
2. Put all of the ingredients into the blender, in the order listed, and blend on high until thick and smooth. You may need to stop and stir/scrape down the sides of the blender a few times.

Recipe Notes:

Any variety of frozen berries will work. Cherries, strawberries, raspberries, blackberries. Read above in the post if you want to substitute fresh. Add 1 cup of your favorite greens for an added nutrition boost!

Peanut Butter Cup



1/2 cup unsweetened almond milk
1 scoop vanilla or chocolate plant-based protein powder
1 tbsp unsweetened cocoa powder
1/2 frozen banana
1/2 tbsp natural unsalted peanut butter
water to blend (optional)

Serves: 1

Nutrition: 258 calories, 6 g fat, 21 g carbs, 5 g fiber, 30 g protein

Power Pear Smoothie



Preparation time: 5 minute(s)

Ingredients

- 1 Very Ripe Frozen Banana (medium to large in size), broken into chunks
- 1/2 Ripe Pear
- 1/2 Cup [Unsweetened Almond Milk](#)
- 1 Tablespoon Unsalted Almond Butter
- 1/4 Teaspoon Ground Cinnamon
- Pinch Salt (omit if using salted almond butter)
- Pure Stevia Extract or Maple Syrup, to taste

Instructions

1. Combine the banana, pear, almond milk, almond butter, cinnamon, and salt in your blender and puree until smooth.
2. Taste test, and blend in sweetener to taste, if desired.
3. Pour in a glass and sprinkle with additional cinnamon if you want it to be pretty.

Quick notes

If your blender is wimpy like mine, make sure the fresh fruit (pears in this case) is closest to the blades, with the frozen fruit on top. This allows those blades to get moving before they hit the tough stuff.

Pumpkin Pecan Pie Smoothie



Yield: 16 ounces **Serves:** 1

Ingredients

- $\frac{3}{4}$ c. pumpkin purée
- 1 c. 2-percent milk
- $\frac{1}{2}$ c. lowfat plain yogurt
- $\frac{1}{4}$ c. toasted pecans
- 2 tbsp. maple syrup
- 1 tsp. ground cinnamon
- $\frac{1}{2}$ tsp. ground ginger
- $\frac{1}{4}$ tsp. ground cloves

Directions

1. Combine all ingredients in a blender. Blend until the nuts are thoroughly processed and the mixture is smooth. Pour into a glass and serve immediately or chill for later.

Pumpkin Pie Smoothie

This smoothie serves 2, or makes a mega smoothie for one. Drink Up



Ingredients

- ½ cup light vanilla yogurt
- ¼ tsp ground cinnamon
- ¼ tsp pumpkin pie spice
- ½ cup skim milk
- 1 TBS Brown Sugar**
- ½ cup pumpkin puree
- 1½ cups ice
- ¼ cup whipped cream

Instructions

1. Pour all your ingredients into your blender, except for your ice.
2. Blend for about 15-30 seconds till smooth.
3. Add in your ice and blend for 2-3 minutes until smooth! (This may take longer if your blender isn't very strong)
4. Add more milk if you need to thin it out, or more ice if you want it thicker.
5. Top with a little whipped cream if desired

Pumpkin Spice Smoothie



Ingredients

- 1 cup non-dairy milk - I used [unsweetened almond milk](#)
- ½ cup [canned pumpkin](#)
- ½ banana
- 1 tablespoon raisins or ½ teaspoon [maple syrup](#)
- ½ teaspoon [gluten-free, alcohol-free pure vanilla extract](#)
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground ginger
- pinch ground nutmeg
- pinch ground cloves
- pinch all spice
- [vegan coconut whipped topping](#) - I used 2 tablespoon honey and omitted the vanilla in this batch (optional)

Instructions

1. Place everything but whipped topping in the blender.
2. Blend until smooth
3. Pour into your favorite glass and place a couple tablespoons of coconut whipped cream on top.
4. Sprinkle with cinnamon if you'd like!

Prep time: 5mins **Total time:** 5mins **Serves:** 2 cups, 1 serving

This smoothie is creamy and light. Not only will it add extra fiber to your day, but having pumpkin in the morning will keep you fuller, longer!

Notes

Sweetness - this smoothie is not overly sweet. If you would like to sweeten, add maple syrup instead of the raisins. Or use sweetened non-dairy milk.

Radish Detox Smoothie

Enjoy this delicious smoothie as often as you can. Radishes, sprouts, berries and coconut water work in synergy to provide maximum support for your body.



Ingredients:

- 1 bunch radishes
- 1/2 cup mixed sprouts: sunflower, alfalfa, radish
- 1/2 cup chopped radish leaves
- 1 ripe banana
- 1/2 fresh or frozen raspberries
- 1/2 fresh or frozen strawberries
- 1 1/2 cup coconut water
- 1/2 cup Thai style coconut milk
- pinch pink Himalaya salt
- few drops of liquid stevia (optional)
- 4-5 ice cubes if you are using fresh berries

Method:

- Place radishes, sprouts and radish leaves in a blender. Add coconut water. Process for 30 seconds or so.
- Add berries, banana and the coconut milk. Process until smooth. Add ice cubes if you are using fresh berries and blend again.
- Add pinch of pink Himalaya salt and, if necessary, a few drops of liquid stevia. Process for 15 seconds. Ready!

Raspberry Cheesecake Smoothie Recipe

A protein-rich raspberry cheesecake smoothie which has a thick consistency.



Serves: 1 **Prep time:** 5 mins **Total time:** 5 mins

Ingredients

- ½ cup skim milk
- ½ cup non-fat cottage cheese (I used Gay Lea Nordica 0%, 90 calories per ½ cup)
- 2 tablespoons honey
- ½ tsp vanilla extract
- 1 cup raspberries (I use frozen for convenience)

Instructions

1. Place all ingredients into the blender and blend on medium/high until it reaches your desired consistency.

Raspberry Coconut Smoothie



Prep Time: 5 mins Ready in: 5 mins Yield: 1 smoothie

Ingredients

- 1/2 cup coconut milk (122 grams)
- 1 cup (125 grams) frozen raspberries
- 1 tablespoon coconut butter
- 1 banana (150 grams) peeled and chopped into 1/2" pieces and frozen OR the flesh of 1/4 - 1/2 an avocado, chopped into 1/2" pieces and frozen
- sweetener of choice, if using avocado instead of banana

Directions

1. Blend all of the ingredients in your blender, food processor or with an immersion blender.
2. Add sweetener to taste. If you use an avocado and not a banana, you'll need to add some sweetener.
3. If the smoothie is too thick for you, add milk until it's your desired consistency.

Raw Banana Bread Protein Shake



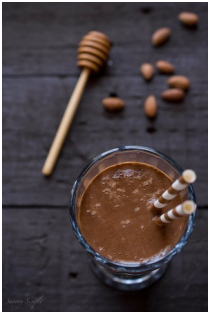
The estimated total time to make this recipe is 1-5 Minutes.

Put everything into a blender and blend until creamy consistency is reached! Top with a dash of cinnamon and chopped walnuts if desired!

Ingredients

- 1/2 cup Fat free cottage cheese [1]
- 1 scoop Scoop vanilla protein powder [2]
- 2-4 pkts Stevia (or 1/4-1 tsp sweetener of choice)
- 5-10 Ice cubes (Depending on how thick you like it, use less for a thinner consistency)
- 1/2-1 cup Water (Alter this according to desired consistency)
- Pinch Nutmeg (or pumpkin pie spice)
- Pinch Cinnamon
- 1/2 medium Ripe banana, (fresh or frozen)
- 1/2 tsp Butter extract or vanilla extract
- Optional: 2 tbs old fashioned oats, 1/2 tsp xanthan gum [3]
- [1] Cottage cheese may sound strange, but TRUST me... this is what makes the 'MILKSHAKE' consistency! Also, if you are sensitive to dairy, you can use tofu to get the same consistency!
- [2] I use Designer Whey Protein powder. It has 100 calories per scoop. I buy the vanilla flavor because it's a good base to add whatever flavors you want to make. It is also all natural. You can buy it from Kroger, GNC, Trader Joe's, Amazon, or Netrition.com.
- [3] You can get xanthan gum from most grocery stores in the gluten free section! Just a pinch of it makes your shake so thick and creamy!

Raw Chocolate Smoothie



Prep Time 5 mins **Total Time** 5 mins **Servings:** 1 smoothie

With only 5 ingredients, this raw chocolate smoothie is dairy-free, gluten-free, and it comes together in no time!

Ingredients

- 1 tablespoon raw honey
- 1 medium banana
- 2 tablespoons raw peanut butter
- 1 1/2 tablespoons raw cacao powder
- 1/2 cup almond milk, either store-bought or homemade

Instructions

- 1.Optional: warm the raw honey to thin it out by running the jar under hot water.
- 2.Puree honey, banana, peanut butter, cacao and almond milk in a sturdy blender until smooth.

Recipe Notes

For a more conventional smoothie, feel free to use non-raw versions of peanut butter, honey and cocoa powder.

Skinny Oreo Milkshake

This cookies & cream Oreo milkshake is full of potassium, as well as calcium, Vitamin C, and fiber.



ingredients

- 2/3 cup milk of choice
- 1/4 tsp pure vanilla extract
- 2 to 3 Oreos or [Healthy Oreos](#)
- 1 medium frozen banana (140g) (See instructions below for a banana-free version)
- optional: sweetener of choice, to taste
- optional: 1 scoop protein powder

Blend all ingredients, except cookies, until completely smooth. Add the cookies, and pulse quickly until broken up. Pour into a glass, top with [Vegan Cool Whip](#) if desired, and serve. (Banana-free version: omit banana and use 1/2 cup Mori-Nu tofu or Thai coconut meat. Also add 1/8 tsp salt and 1-2 tbsp sweetener of choice. Increase vanilla to 1/2 tsp.)

Spiced Butternut Apple Smoothie



Ingredients

- 1 cup cubed and steamed butternut squash
- 1 sweet apple, refrigerated, then diced
- 1 ripe banana, frozen
- 1/2 cup soy milk
- 5 ice cubes
- 3/4 tsp. cinnamon
- 1/8 tsp. curry powder
- 1/2 lime, juiced
- 1/2 - 1 Tbsp. honey, to taste
- Cayenne, dash

Instructions

1. Place all ingredients in a blender. Blend until smooth. Adjust honey to desired sweetness.
2. Let flavors meld for at least 5 minutes. Place in refrigerator if you have more time than that.
3. Top with a dash of cayenne, if desired. Serve with a wide straw.

Spinach Flax Protein Smoothie



Makes one large smoothie

Ingredients

- 1 cup unsweetened almond milk (or any kind)
- 1 large handful of organic baby spinach, washed
- ¼ cup frozen mango chunks
- ¼ cup frozen pineapple
- ½ of a banana (fresh or frozen)
- 1 Tbsp flax meal (optional)
- 1 Tbsp chia seeds (optional)
- 1 scoop vanilla protein powder (optional)

Instructions

1. Combine all ingredients into a blender
2. Blend until smooth
3. Pour into a glass & serve immediately

Notes

*I like to pack it with spinach, but if you're not a spinach lover, try a smaller handful at first

*Like with any smoothie, add or subtract any ingredients you want, just start with a liquid base & any fruits & veggies you like, & go from there.

Strawberry Beet Smoothie



Prep time 5mins **Total time** 5mins **Serves:** 2

Ingredients

- 1 cup whole strawberries, frozen or fresh
- 1 small beet, peeled and cut into chunks
- 1 banana, peeled and frozen
- 3 tablespoons chia seeds
- 2 pitted dates
- ¼ cup old fashioned oats
- 1 cup cold water
- 1 cup ice stevia, to taste (optional)

Instructions

1. Place all ingredients in the blender and blend until smooth.
Enjoy! Place all ingredients in a blender and blend until smooth.

Sunrise Smoothie



Ingredients

Serves 1

- 1 cup organic frozen mixed berries
- 1 frozen banana
- 1 orange, peeled and segmented
- 4 - 6oz Vanilla Greek Yogurt (I used a 5.3oz container of Vanilla Oikos)

Directions

1. Combine all ingredients in a blender then blend until smooth.

Sunshine Smoothie with Coconut, Clementine and Turmeric



Serves 1

1/4 cup old-fashioned rolled oats

1 cup chilled unsweetened coconut water

2 tablespoons unsweetened coconut milk

Fresh or frozen segments from 2 clementines (about 1 1/2 cups)

1/2-inch fresh turmeric, peeled and roughly chopped (or 1/2 teaspoon ground), more if desired

1/2-inch fresh ginger, peeled and roughly chopped

1/4 teaspoon vanilla extract

1 teaspoon honey or agave nectar (optional)

1 tablespoon maca powder (optional)

Place the oatmeal in a blender and process until finely ground. Add the remaining ingredients to the blender and process until smooth.

For a thicker smoothie, let it stand for about 5 minutes before serving.

Super Cilantro Detox Smoothie



Ingredients

- 160 ml (2/3 cup) water cold
- 30 grams (1 cup packed) baby spinach
- 10 grams (1/4 cup packed) fresh cilantro leaves
- 1 small mango peeled, cored and diced
- 1 green apple cored and sliced (but not peeled)
- the juice of 1 lime
- 1 teaspoon fresh ginger grated
- 1 teaspoon chia powder

Instructions

1. Blend the baby spinach, cilantro and water until smooth.
2. Add the mango, apple, lime juice, ginger and blend again.
3. Pour it into a glass and sprinkle some chia powder on top before serving.
4. Enjoy your detox green smoothie!

Superfood Power Smoothie



Servings: 1

Ingredients:

- 1 – 2 cups (235-475 ml) almond milk: I prefer 2 cups because it makes it less thick but if you prefer thick smoothies, stick to 1 cup.
- ½ frozen banana: high in potassium to promote bone health
- 1 tbsp cacao powder: great source of magnesium and a “good mood brain food”
- 1 tbsp chia seeds: balances blood sugar, anti-aging, antioxidant and energy enhancing
- 2 tbsp goji berries: high in vitamin C and antioxidants
- 1 tbsp hemp seeds: a good source of vegan protein containing all the essential amino acids
- ½ tbsp maca powder: a hormone-balancing food, strength builder, and natural aphrodisiac
- 1 tsp cinnamon: helps to stabilize blood sugar levels
- 3-4 ice cubes

Directions:

1. Combine all ingredients in high-powered blender and blend on high for about 45 – 60 seconds.
2. Serve and enjoy!

Vanilla Chai



- 1/4 cup unsweetened almond milk
- 1/4 cup chai tea (brewed from a teabag and chilled)
- 1/2 scoop plant-based vanilla protein powder
- 1/2 frozen banana
- 1/2 tsp ground cinnamon
- 1/2 tbsp unsalted natural almond butter
- water to blend (optional)

Serves: 1

Nutrition: 219 calorie, 9 g fat, 20 g carbs, 4 g fiber, 17 g protein

Vanilla-Date Breakfast Smoothie



yield Makes 2 smoothies

Total Time 5 minutes

Ingredients

- 1 cup nonfat yogurt
- 1 cup nonfat milk
- 1 cup (packed) pitted Medjool dates (about 9 ounces)
- 1/2 teaspoon vanilla extract
- 2 cups ice cubes

Preparation

1. Purée yogurt, milk, dates, and vanilla in blender until smooth. Add ice cubes; puree until mixture is thick and smooth. Divide between 2 glasses and serve.